



Number 79      September 2023



# The Veteran

North Hampshire RC's Christian Geldard riding to second placed man in the VTTA 24 Hours Championship

Andy Critchlow  
M45-49 winner



Richard Oakes  
M55-59 winner



## VTTA SUCCESSES IN GRAN FONDO TT



Angela Carpenter  
W55-59 winner

Sarah Matthews  
W60-64 winner

## UCI WORLD CHAMPIONSHIPS SCOTLAND 2023

Kevin Tye  
M60-64 winner



Brian Lewis  
M85-89 winner



# THE VETERAN

The quarterly magazine of the  
Veterans Time Trials Association

Number 79

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

**Vice Presidents**

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# THE SUMMER'S BEEN JUST CHAMPION!

Despite the weather being even more variable than our normal summer the VTTA has seen plenty of activity with our championships and local events. This September Veteran is crammed with championship reports and it has been pleasing to see new names come to the fore amongst the award winners, who all deserve our congratulations. Thanks also of course to the organising teams, who probably went above and beyond more than normal to ensure their event's success.

We have had some near casualties with promotions - the 15 scheduled for July was postponed due to dangerous gale force winds, whilst the 12 hour had to be moved from East Anglia to North Shropshire due to major roadworks; the 12 must be jinxed as the course then had to be modified due to more roadworks and the men's result is now the subject of an enquiry - see below. The 50 managed to go ahead despite temporary traffic lights and then extreme heat created debilitating conditions for the riders. Also, the 30 was scheduled for Scotland the week before and using some of the same roads as the World Championship TTs, but this too fell foul of road resurfacing and was moved at very short notice to a newly created course in Fife.

Which brings us nicely to acknowledging the rides of all our VTTA riders at the World Championships - we now have 6 Gran Fondo TT World Champions and Chris Symonds again set an outstanding example with his participation in the Elite TT. Well done to all. The World Championships combining all cycling disciplines throughout Scotland (except the far north) was a great success for the riders and the organisation. I would venture to suggest even more successful than Yorkshire 5 years ago!

*Mike Penrice*

CONTENTS	
President's Piece	5
Chairman's Comment	6
Out and About with the IT Manager	7
Welcome To New Members : June/July 2023	8
Obituaries (Barry Freeman and Joe McCann)	9
VTTA National 30 Miles Championship	11
VTTA National 50 Miles Championship	15
Vets Southern 10 Miles Closed Circuit Championship	19
Vets Northern All Comers 10 Miles Closed Circuit Championship	23
UCI World Championship Gran Fondo Time Trials, Scotland	27
VTTA Nat'l 100 Miles Championship	30
VTTA National 24 Hours Championship	33
Around The Groups (alphabetically)	36

## VTTA/RTTC NATIONAL 12 HOURS CHAMPIONSHIP - AN APOLOGY

This championship was held on Sunday 13<sup>th</sup> August, promoted by the West Cheshire and Liverpool Time Trials Cycling Associations, mainly in North Shropshire. We endeavour to publish in a timely manner a full result with report and photographs of the leading riders; such a report was to appear in this September edition of The Veteran.

Unfortunately due to a complaint involving some leading male riders it has not been possible to finalise a full result, which awaits the outcome of an official investigation. The editor has therefore regretfully decided to hold back on publishing the usual championship feature until, hopefully, the December Veteran.

References in group reports to various award winners in the 12 have been left in, where not affected by this matter.

## PRESIDENT'S PIECE

I pen this contribution whilst sitting on a terrace in Spain, overlooking a swimming pool, with a temperature of 34+. A sharp contrast to the weather in the UK from where family and friends send me updates on the very wet, unseasonal weather they are experiencing.

Mention of the temperature is relevant when casting my mind back to our National 50 Mile Championship when temperatures reached 30+ and many riders were DNS and more than a few DNF. Andrew Simpkins placed an article on the website advising on riding in extreme heat and it is worth reading even if it could be seen as an extremely rare occasion in the UK!

I find riding daily in the heat here in Spain is too much. Performance suffers and recovery takes much longer .... a normal situation for a person of an older age one might say! This experience is, of course, in sharp contrast to the experience of the competitors in the Tour de France who have to compete in temperatures of 30+ for many hours and days in succession. Hydration and nutrition support is critical to their high-level performances. It is their profession, their job, and they have youth on their side (they will, naturally, grow out of that!).

The amateurs, the riders who hold down a job whilst competing, do not have any of those advantages, in fact they must provide all round support from within their own resources. It was while I was watching the UCI World Championships that one such example was to be seen.

Chris Symonds, a member of the North Roads Club and our VTTA, was riding for Ghana in the men's elite time trial. As you might recall from the article in the Mach edition of the Veteran, Chris has competed for his country since the early 2000s at Commonwealth Games and UCI Championships. He prepared for Glasgow whilst successfully holding down a non-9 to 5 job. In addition to the demands of his training regime he also had to spend time seeking affordable accommodation and looking for back up team support. (He informs me that he received inputs from the Irish team managers, USA and Canadian mechanics.)

Chris displays a commitment to our sport that is shared by members throughout the VTTA, whether it is an attempt on a track age record, a 12 or 24 hour event or a season long competition. It is the sense of achievement, recognition, and the satisfaction that one has done it to the best of our ability which motivates all of us.

This leads me on to our completed National Championships for this season. Reports have featured in previous Veterans and on the website and will be featured in greater detail in this edition. Sincere congratulations to all our new champions. I do hope you will all support your group presentation where the hard fought and well earned awards will be presented.

Moving to the issue of involvement, Cycling Weekly recently published a survey regarding participation in our sport. The findings did not reveal anything we did not know previously but it did identify a potential target group for recruitment to the VTTA. I remember that we used that phrase some time ago when discussing recruitment and retention. As of July, we were roughly 300 members fewer than last year, a decline in membership that has been ongoing for a few years. Some Groups have worked hard at using local and, in some cases, National events to attract new members but however effective those efforts are, they are not reversing the overall trend of declining membership.

The VTTA is a small, niche Association offering a range of opportunities to its members. We have been in existence for eighty years and are now facing drastically changing demands on the sport

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of time trialling. We need riders, new members, and ideas to retain the interest and involvement of those who may otherwise resign or lapse their VTTA membership. The recent Closed Circuit event at Croft demonstrated the potential of the VTTA to attract riders who, subsequently, could become members. The evidence indicates that when we provide well organised and well advertised promotions, on road or closed circuit, potential members enter as riders and appreciate the quality of the Association. The VTTA 'Best Practice' document outlines the features of high-quality events which are necessary to support riders and attract new members.

Recruitment is vital to the VTTA, its future depends on Groups' and individuals' effectiveness in attracting new members.

Take care on the roads.

*Tony Farrell*

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## **CHAIRMAN'S COMMENT - SEPTEMBER**

### **A Profile of the 'Modern Amateur Cyclist'**

Cycling Weekly recently published a report of an online survey they had conducted amongst international readers. 40% of the almost 600 respondents were from the UK and Ireland. As with all surveys there must be some 'selection bias' in who completes it, but there were some interesting statistics which may help to profile the 'modern' amateur and keen cyclist. How do you compare against these observations?

Cycling is still predominantly a male sport and the post-40 age groups predominate. These older riders typically have the money to own multiple bikes.

The main motivation to cycle for a majority is general health and fitness with a minority riding for competitive fitness. This ties in with about a quarter taking part in racing on the road with others taking part in 'semi-competitive' sportives and gran fondos. These competitive riders describe themselves as 'very fit' or 'exceptionally fit'.

A majority of the respondents are riding four or five times a week with as many as a half clocking up 5000 miles a year or more, also doing one or two interval sessions a week, plus weight training at times. About 40% are using a power meter – showing just how popular and affordable this technology now is.

Two thirds of respondents said they got their training advice from websites, training apps and online videos. But only a fifth followed an annual plan and less than 10% had a coach.

The reasons given if respondents were cycling less than they would like were lack of time, concern over the state of the roads, and injury. This may also help explain why nearly two-thirds also ride indoors, at least weekly in winter if not all year round. About half of these are using a smart trainer and are on Zwift which is seen as helping with more structured high intensity training.

A comment from a UK coach on his experience of modern riders is that some are producing huge numbers on Zwift but are not attracted to racing on the road. Time trials can prove more attractive as there is less perceived risk of accidents and local mid-week club time trials are cheap to enter.

An observation one could make from these findings is that the VTTA and CTT need to work more with local clubs to attract these many keen and fit cyclists into local time trials and give them a positive taste for the discipline.

*Andrew Simpkins*

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## OUT AND ABOUT WITH THE I.T. MANAGER

The automated record claim system went live in May. This system compares results with the records database as they are transferred from the CTT site and identifies new records. A few weeks later we found that the system failed when trying to process multiple events at the same time; this caused a flood of spurious notifications. A fix for the problem has been implemented and by the time you read this article the age records system should be working as expected. If you spot anything not working correctly please let me know at [itmanager@vttta.org.uk](mailto:itmanager@vttta.org.uk).

Getting to the UCI Gran Fondo World Championships was my major cycling goal for the season. They were held in Scotland, my adopted home, so I had to be there. I knew the competition to qualify at the Tour of Cambridgeshire would be tough in the M65-69 age group and so it proved. My insurance policy was the Isle of Man Gran Fondo, and despite being brought up in Lancashire I had never been there. This gave me two reasons to enter both the road race and the time trial. The latter was a 7 mile hill climb on road bikes up Snaefell Mountain, 3 miles at 7% and the rest 1%. There were five riders in my age group M65-69 on the start sheet, and I was off first. I knew if anyone passed me then my chances of qualifying were slim. At the top of the climb a rider in yellow smoothly overtook me and I thought that was it. When I got to the finish, I went to congratulate him and found he was an American cyclist, Ed Livingston, competing in the M75-79 age group! To my great surprise I found I had won my age category and qualified for the World Championships. The organiser told me Ed lives in Colorado and so he trains at altitude. I am now planning my next cycling holiday.

My race in Dundee went as I expected. Spindata told me the ranking of my UK competitors was higher than mine and so it proved in the race. Some riders from other countries only had road bikes so I knew I had a chance of not being the lanterne rouge. A westerly wind pushed the riders out to the turn; the race was decided on who could battle against it best on the return. It was good to see so many VTTA members on the winner's podium. See the report elsewhere in this Veteran issue. I had a chat with Brian Lewis, world champion in his age group, after the race and he encouraged me to keep racing. The 2028 UCI Gran Fondo World Championships are in Cape Town, where I have a second home. I have done the Cape Town Cycle Tour several times and expect the course to be similar. I am aiming to be on the start line, age 74, just as Brian advised!

*Jon Fairclough*

### **ADVERTISE IN 'THE VETERAN'**

**This magazine is delivered to 2500 VTTA members and is seen by many more cyclists and family. So if you or your business has a product or service of interest to our readership please contact the editor to enquire about our very reasonable rates.**

**Full or part pages are available in colour or mono and for 4 editions in the year.**

Contact [editor@vttta.org.uk](mailto:editor@vttta.org.uk)

## WELCOME TO NEW MEMBERS WHO JOINED JUNE/JULY 2023

### East Anglian Group

Dawn Donaldson (St Neots CC), Baz Street (VTTA (East Anglia))

### East Midlands Group

Marc Burden (TCOS), Richard Golding (Equipe Velo), Hayley Moore (Ilkeston Cycle Club), David Lawrie (1485 Tri Club), Michael Thornewill (Sherwood CC)

### Kent Group

Jeremy Page (Southborough & District Whs), Eryka Smith (VC Deal), Allan Thurston (GS Avanti)

### London & Home Counties Group

Desmond Gayler (Kenton RC), John Jones (Verulam Reallymoving.com)

### Merseyside Group

Hannah Fawcett (Liverpool Braveheart BC)

### Midlands Group

Debbie Capewell (Ohten Aveas), Roger Coupe and Richard Watson (both Apache Brave Racing), Ray Joiner (Tamworth CC)

### North Group

Teri Bayliss and Kenny McLellan (Reifen Racing), Doug Harris, Mike Jefferies and Kate Sanderson (all Cleveland Wheelers), Sarah Minto (North Tyneside Riders), Paul Ryan (Northumbria Police CC)

### North Lancashire & Lakes Group

Charlotte Boothman (360 cycling)

### North Midlands Group

Lee Allen (Audax UK)

### Scotland Group

Marc Anderson (GTR-Return to Life), Angela Paterson (Musselburgh RCC), Vincent Pickering (St Christophers CC), Emma Rogerson (Glenmarnock Whs), John Waller (EH Star)

### South Wales Group

John Aspell (Port Talbot Whs)

### Wessex Group

James Drury (No club), Keith Millar (Hart Veloce), Stuart Thompson (VC St Raphael)

### West Group

Simon Brace (Bath CC), Desmond Green (Velo Club Bristol)

Copy date for the next edition of 'The Veteran' is Tuesday 21<sup>st</sup> November

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

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# OBITUARIES



## BARRY FREEMAN

**Unity Cycling Club and VTTC East Anglian**

**21<sup>st</sup> July 1932 - 22<sup>nd</sup> June 2023**

Barry Freeman passed away on the 22<sup>nd</sup> June, when a long time heart problem finally took its toll.

His club life started back in the '50s with the Halesowen C & AC but he then moved on to the Concorde Racing Club. This introduced him to training rides in the company of the BSA pro-team - 100 miles non-stop and home for lunch. An impressive 12 hour ride of 252 miles was his just reward but that was followed by marriage and a 20-year lay off.



A move to Hertford and an urge to get back on the bike meant that neighbour Jack Lacey introduced him to the Unity CC in January 1976. It was soon apparent that he and wife Diana would be taking an active part in the club as he was roped in to help run the club and promote events. He recorded a 25 miles personal best of 58.37 before a heart problem brought his racing to an end.

He then devoted time to serving the sport. He became club racing secretary and promoted what became the classic Unity CC

Open 25 on the famous E72, an event which attracted a better field than the 'National'. In only his second running of this it provided the occasion for Alf Engers' competition record of 49.24. He continued to promote the event until 2017, but by then on the slower E9/25, only stopping due to a decline in club members. His 40-year unbroken stint must itself be a record. He also organised countless Association and Vets events.

He became a member of the RTTC London East Committee in 1984, Chairman in 1985 and District Secretary from 1987 till 1998. He was also on the RTTC National Committee from 1989 to 2000 and awarded an RTTC Gold Medal .

His other interest in life was as a photographer, where he made his mark in that he became an Associate of the Royal Photographic Society.

*By his Unity CC clubmate Bill Houghton, with additional words of recollection provided by Barry himself in a letter to Mary Horsnell 50 years after Alf's record breaking ride.*



**UNITY CYCLING CLUB - Founded 1887**

## JOE MCCANN

### Erskine Cycling Club and VTTA Scotland

#### 4<sup>th</sup> August 1930 - 31<sup>st</sup> May 2023

Joe passed away some nine weeks before his 93rd birthday, having outlived many of his shipyard mates, before the inhalation of asbestos dust finally took its toll.

On leaving school he first became familiar with cycling through delivering orders on the local butcher's bike, on which he learned a few bike handling skills when navigating the cobbled streets and tram lines that were prevalent at that period. He then took up an apprenticeship at one of the nearby shipyards on the River Clyde, and in 1951 he became a time served shipwright. Soon after, Joe was on a boat crossing the Irish Sea in search of work in Ireland. During his time there he joined the Irish Road Club and became a regular competitor at race events held at Phoenix Park, and one of his highlights whilst living there, was the occasions he competed against Ireland's renowned Shay Elliot.

A chapter in Joe's life that he did not relish was when National Service caught up with him and he served in the Malayan jungle; however he still enjoyed reading copies of Cycling magazine, which he received on a regular basis.

After his demob from the army in 1955, he returned to work at the local Clydebank shipyard and resumed his cycling activities. On finishing work on a Friday, he and his friends would head to the Lake District and elsewhere with stopovers at Youth Hostels before returning to work on Monday.

Joe was instrumental in establishing the renowned 'drum-up' and swimming spot at the Cloch Lighthouse at the River Clyde estuary; this became a mecca for many West of Scotland cyclists and is still frequented as such today.

Not one to 'skimp' on his bikes, Joe was the proud owner of several Flying Scot bicycles during the 50s – 70s before the Italian brands Ciocc, Tomassini and

Colnago came to the fore, with the Colnago being his favourite bike of choice. He was a very forthright and fair person, he was not slow to loan out bikes, wheels or equipment to those he considered were in need.

Joe married his late wife Tina in 1961, and in 1966, they emigrated for a short spell to Canada before returning to set up the family home in Clydebank. Tina accompanied Joe on numerous forays abroad in the company of many of the Regent CC and others on cycling holidays and Joe would off-times entertain them with his singing.

Many of these were training occasions as Joe was a prominent figure in racing circles. In the company of his racing companion, Donny McKinlay, he would compete in events from the North of Scotland to events in England. On reaching the age of 67 however he decided it was time to take a more leisurely approach to the sport but he continued riding until his late eighties when, unable to frequent his favourite café in Greenock due to Covid, he decided to call it a day.

As such, both Donny and Joe had been in different clubs but then both decided to join the Glasgow Couriers CC; prior to this, he had been a member of the

St Christopher's CC, Glasgow Wheelers and Glasgow Road Club, and the social convenor in each, organising their presentations. Joe however, was a member of the Erskine C.C., when joining the Scottish VTTA group before reaching his 42nd birthday in 1972 and became an ardent supporter of the group and actively aired his thoughts and opinions at the group's AGMs. He remained a lifelong supporter of the group and was subsequently granted Honorary Life Membership of the VTTA for his continued support of the group.

A friend well missed.

*Brendan McCabe*



# VTTA NATIONAL 30 MILES CHAMPIONSHIP

## Sunday 30<sup>th</sup> July 2023

Report by NEC Representative Jon Fairclough

The VTTA 30 Mile National Championship was successfully held on the WE30/01 course in Fife, Scotland, on Sunday 30th July, despite a very late change of course and venue. The weather was windy and the road was wet, but the rain largely stayed away during the race.

The top three men on age adjusted time were Douglas Watson (1:00:10), Phillip Kennel (1:01:47) and Mike Twelves (1:02:28). Here is Douglas's story of the event: *"The change of venue made for a much harder course due to its rolling nature and heavier surface in places, so I knew it would be a tough outing! Torrential rain on the way over to Fife soon became much lighter, but the strong westerly wind persisted. My strategy was to go hard to the turn and see what was left when the wind got behind me. As expected, the exposed roads were seriously tough on the outward leg and I was literally counting down the miles to the Milnathort turn. We were all rewarded with a very fast return to Melville Lodges roundabout and I knew by my average speed that a decent time could be possible so I just needed to keep steady till the end. Speaking to the other riders at the prize giving the general consensus was a tough but enjoyable day. This was only made possible by Mhairi Laffoley going above and beyond in rearranging the venue at the last minute, which was appreciated by us all".*



Doug Watson - men's champion



Phil Kennell - 3<sup>rd</sup> man



Mike Twelves - 2<sup>nd</sup> man



Margaret McMillan - 2<sup>nd</sup> woman



Debbie Moss - women's champion



Liz Ball - 3<sup>rd</sup> woman

The top three women on age adjusted time were Deborah Moss (1:02:06), Margaret McMillan (1:05:29) and Liz Ball (1:06:11). Deborah's says "*First of all, I must say a BIG thank you to the organiser, Mhairi, for ensuring that the event went ahead, with having to change course and sort out the HQ right at the last minute. Looking at the course profile, it looked like a pretty tough course and with the wind added into the mix, it was! Having looked at the weather forecast numerous times, I knew it would be headwind to the turn at Milnathort so it was a case of a big effort to the turn and then use the tailwind to the top turn and save a little bit for the headwind to the finish. Heavy rain was forecast, but thankfully that didn't happen, so it was just the wind to contend with. Although it was a really hard effort to the first turn, it seemed to endlessly go up, I really enjoyed the course - a proper time trial course. Thanks also to all the marshals, time keepers and helpers for putting on such a great event.*"

The winning club was Legato Racing Team composed of Joseph Costello, Simon Horsley and Mark Hamer, with a combined age adjusted time of 3:14:01.

The winning group was Scotland composed of Douglas Watson, James Cusick and Marc Anderson with a combined age adjusted time of 3:09:15.

The tandem champions are Allan Maclean and Isobel Fletcher with an AAT of 1:17:10.

Many thanks to the organiser Mhairi Laffoley and her team for putting on an event that was well attended by riders of all ages. The course had to be switched at short notice because of road works on the original course, ironically because of the UCI World Championship time trial events on the same road the following week. It was only due to Mhairi's determination and dedication that the event could be held at all.

See the photos, courtesy of Steve Murphy, by [clicking here](#).

AWARD WINNERS - VTТА 2023 NATIONAL 30 MILES CHAMPIONSHIP					
Awards (On AAT)	Name	Club	Group	AA Time	Medal
1st Man	Douglas Watson	GTR - Return To Life	Scotland	1:00:10	Gold
2nd Man	Philip Kennell	GS Metro	North	1:01:47	Silver
3rd Man	Mike Twelves	Team Ohten Aveas	East Midlands	1:02:28	Bronze
1st Woman	Deborah Moss	Springfield Financial RT	N Lancs & Lakes	1:02:06	Gold
2nd Woman	Margaret McMillan	Deeside Thistle CC	Scotland	1:05:29	Silver
3rd Woman	Liz Ball	Valley Striders CC	Scotland	1:06:11	Bronze
Club Team Champions	Joseph Costello	Legato Racing Team	Midlands	3:14:01	3 x Gold
	Simon Horsley		N Lancs & Lakes		
	Mark Hamer		Midlands		
Group Team Champions	Douglas Watson	GTR - Return To Life	Scotland	3:09:15	3 x Gold
	James Cusick	Dooleys RT			
	Marc Anderson	GTR - Return To Life			
Tandem Champions	Allan MacLean	VC Glasgow South	Scot	1:15:10	2 x Gold
	Isobel Fletcher				
First man and woman on Age Adjusted Time also each receive a champion's jerseys and cap.					
Douglas Watson is also awarded the Fred Thorpe Trophy (for one year) as fastest overall on AA Time.					

## SOLOS FINISHING ORDER - VTTA 2023 NATIONAL 30 MILES CHAMPIONSHIP

*(Women in red italics)*

AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
1	Douglas Watson	GTR - Return To Life	Scot	50	1:02:31	1	1:00:10
2	Philip Kennell	GS Metro	North	56	1:05:54	2	1:01:47
3	<i>Deborah Moss</i>	<i>Springfield Fin'c'l RT</i>	<i>NL&amp;L</i>	<i>53</i>	<i>1:13:09</i>	<i>15</i>	<i>1:02:06</i>
4	Mike Twelves	Team Ohten Aveas	E Mids	59	1:07:36	5	1:02:28
5	Joseph Costello	Legato RT	Mids	64	1:10:26	11	1:03:17
6	James Cusick	Dooleys RT	Scot	58	1:08:57	7	1:04:10
7	Simon Horsley	Legato RT	NL&L	59	1:09:59	10	1:04:51
8	Marc Anderson	GTR - Return To Life	Scot	45	1:06:02	3	1:04:55
9	Derek McMillan	SVTTA	Scot	63	1:12:00	14	1:05:17
10	<i>Margaret McMillan</i>	<i>Deeside Thistle CC</i>	<i>Scot</i>	<i>59</i>	<i>1:18:44</i>	<i>26</i>	<i>1:05:29</i>
11	Angus Wilson	Dundee Thistle	Scot	54	1:09:16	8	1:05:47
12	Mark Hamer	Legato RT	Mids	48	1:07:43	6	1:05:53
13	<i>Liz Ball</i>	<i>Valley Striders CC</i>	<i>Scot</i>	<i>70</i>	<i>1:25:06</i>	<i>37</i>	<i>1:06:11</i>
14	Tom Broadbent	MGC_RT	Yorks	42	1:07:10	4	1:06:44
15	Steven Loraine	Legato RT	Mids	67	1:15:23	21	1:06:49
16	<i>Patricia Baird</i>	<i>Ecosse Perf Coaching</i>	<i>Scot</i>	<i>58</i>	<i>1:19:46</i>	<i>29</i>	<i>1:06:55</i>
17	Stephen Wilkinson	Vanelli-Project GO	Scot	57	1:11:23	12	1:06:56
18	Randle Shenton	Border City Whs CC	Scot	65	1:14:37	17	1:07:01
19	Andrew Whiteside	Springfield Fin'c'l RT	NL&L	49	1:09:49	9	1:07:43
20	Robert Brown	EH Star Cycling	Scot	79	1:24:36	36	1:07:51
21	<i>Theresa Taylor</i>	<i>Springfield Fin'c'l RT</i>	<i>NL&amp;L</i>	<i>63</i>	<i>1:24:05</i>	<i>34</i>	<i>1:09:04</i>
22	<i>Deborah Sheridan</i>	<i>Warwickshire RC</i>	<i>Mids</i>	<i>66</i>	<i>1:25:42</i>	<i>39</i>	<i>1:09:10</i>
23	Sean Quinn	Law Wheelers	Scot	50	1:11:42	13	1:09:21
24	Andrew Yule	Deeside Thistle CC	Scot	59	1:14:59	20	1:09:51
25	Mike Giles	Ythan CC	Scot	58	1:14:57	19	1:10:10
26	Alan Davidson	Dundee Thistle	Scot	62	1:16:53	22	1:10:35
27	Steven Purdie	Glasgow Green CC	Scot	52	1:13:40	16	1:10:46
28	<i>Karen Taylor</i>	<i>Springfield Fin'c'l RT</i>	<i>Yorks</i>	<i>57</i>	<i>1:24:01</i>	<i>33</i>	<i>1:11:33</i>
29	David Pritchard	Kennoway RC	Scot	66	1:19:41	28	1:11:36
30	Thomas McNulty	SVTTA	Scot	51	1:14:45	18	1:12:07
31	<i>Fiona Davidson</i>	<i>Dundee Wheelers CC</i>	<i>Scot</i>	<i>55</i>	<i>1:23:59</i>	<i>32</i>	<i>1:12:15</i>
32	Graham Jones	Edinburgh RC	Scot	58	1:17:03	23	1:12:16
33	Kevin Lackie	RT 23	Scot	60	1:17:47	25	1:12:16
34	Bud Johnston	SVTTA	Scot	64	1:19:28	27	1:12:19
35	<i>Miriam Rennet</i>	<i>Kinross CC</i>	<i>Scot</i>	<i>61</i>	<i>1:28:14</i>	<i>43</i>	<i>1:14:09</i>
36	<i>Valerie Martin</i>	<i>Dooleys RT</i>	<i>Scot</i>	<i>56</i>	<i>1:26:44</i>	<i>41</i>	<i>1:14:39</i>
37	Robert Marshall	Andrew Allan Arch'iture	Scot	51	1:17:41	24	1:15:03
38	Jon Fairclough	Kelso Wheelers CC	Scot	69	1:25:08	38	1:15:30

AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
39	James Robb	Deeside Thistle CC	Scot	67	1:24:05	34	1:15:31
39	Alexander Munro	SVTTA	Scot	90	1:46:41	48	1:15:31
41	Alex McPhee	Dooleys RT	Scot	61	1:22:24	30	1:16:30
42	George Skinner	Royal Albert CC	Scot	77	1:31:39	44	1:16:37
43	Mike Cole	Huddersfield RC	Yorks	78	1:33:35	46	1:17:43
44	Alan McGuire	Plomesgate CC	E Ang	58	1:22:35	31	1:17:48
45	Paul Wynne	Kinross CC	Scot	63	1:26:10	40	1:19:27
46	Andrew Wilson	St Christopher's CC	Scot	73	1:32:34	45	1:20:30
47	Neil McLeod	SVTTA	Scot	49	1:26:56	42	1:24:50
48	Steve Donaldson	Fullarton Wheelers	Scot	61	1:34:27	47	1:28:33
49	David Kirton	Kennoway RC	Scot	58	1:52:50	49	1:48:03
50	George Adam	SVTTA	Scot	63	1:59:55	50	1:53:12
DNF	Andrew Gallacher (Vanelli-Project GO / Scot), Stuart MacCallum (Andrew Allan Arch'iture / Scot), Alan Chalmers (Valley Striders CC / Yorks)						
DNS	Stewart Mitchell (Deeside Thistle CC / Scot), Frank Anderson (SVTTA / Scot), William Munro (Glasgow Wheelers / Scot), David Henderson (EH Star Cycling / Scot)						
DNS-A	Lindsay Foster (Ayrodynamic Tri Club / Scot), Jim Petrie (Dundee Wheelers CC / Scot), <b>Lorna Breetzke (Vanelli-Project GO / Scot)</b> , James Smith (Glasgow Nightingale CC / Scot), Carlos Riise (Shetland Wheelers / Scot), Ian Dobbie (West Lothian Clarion / Scot), Alex McAllister (Ayr Roads CC / Scot)						



*Tandem champions Isobel Fletcher & Allan MacLean*

TANDEM FINISHING ORDER - VTTA 2023 NATIONAL 30 MILES CHAMPIONSHIP							
AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
1	Allan MacLean	VC Glasgow South	Scot	58	1:26:27	1	1:17:10
	Isobel Fletcher			62			
2	John Lumley	Ayrodynamic Tri Club	Scot	62	1:27:31	2	1:18:52
	Lorna Lumley			55			

# VTTA NATIONAL 50 MILES CHAMPIONSHIP

## Saturday 10<sup>th</sup> June 2023

*Report by NEC Representative Ian Greenstreet, assisted by Andrew Simpkins and Rachael Elliott*

The VTTA National 50 Mile Championship held on Saturday, 10th June proved to be an exceptionally challenging event for riders due to scorching temperatures reaching 30°C and a relentless headwind on the two northbound laps of the course. Despite minor issues caused by the last-minute installation of temporary traffic lights on a small section of the route, the main challenges were posed by the extreme heat and strong winds. Out of the 91 solo participants, 31 did not start, and an additional 18 riders did not finish on the day. This left a total of 40 finishers, with 30 of them being VTTA members. Many riders fell more than 10 minutes behind their usual 50 mile last three seasons (LTS) times.

However, amidst the demanding conditions, we witnessed outstanding performances from our deserving winners. Deborah Moss (Springfield Financial RT/N Lancs & Lakes Group) claimed the women's title with an Age Adjusted Time (AAT) of 1:47:07 (actual time 2:06:01). Claire Emons (...a3crg/Wessex Group) deserves special recognition as she had to ride with a single gear after experiencing a Di2 failure just before the event. Despite this setback, she secured the silver medal with an AAT of 1:51:41 (actual time 2:11:10). Kath Smith (Sleaford Wheelers CC/East Midlands Group) demonstrated remarkable determination, achieving a bronze medal with a battling AAT of 2:00:58 (actual time 2:32:37).

In the men's event, Andrew Gallacher (Vanelli-Project GO/Scotland Group) delivered an exceptional performance, finishing with an impressive AAT of 1:45:10 (actual time 1:51:48) for his first championship win. To secure the top spot he surpassed in-form Joe Costello (Legato Racing Team/Midlands Group) (AAT of 1:48:03 and actual time 2:00:35) and Neil Cleminshaw (Addform



Ian Greenstreet      Rachael Elliott      Kath Smith      Claire Emons      Debbie Moss      Joe Costello      Andrew Gallacher      Neil Cleminshaw

Vive le Velo/Yorkshire Group) (AAT of 1:49:22 and actual time 1:54:56). Also, special credit must go to Jymmy Trevor (City RC Hull/Yorkshire Group) for riding his trike around the 50 mile course. With the strong wind, the lack of aerodynamics of a trike meant it was even tougher on the long headwind leg.

Ian Greenstreet and Rachael Elliott (Newbury Velo/London & Home Countries Group) were the only tandem starters and finishers, posting a modest for them AAT of 1:42:12 (actual time 1:53:38) considering the conditions they faced. The medallists — Ian, Rachael, Kath, Claire, Deborah, Joe, Andrew, and Neil — are pictured celebrating their achievements.

The Group Team winners were the Midlands team, represented by Joe Costello, Mark Hamer, and Simon Dighton. Unfortunately, no club team managed to finish with three riders.

The event took place during the first heatwave of the year, offering riders no time to acclimatize. These harsh conditions pushed the limits of bearable time trialling. We respect the decision of those who decided not to ride or were unable to finish (DNF), as well as those who persevered and completed the full 50 miles.

We extend our gratitude to Colin Parkinson for efficiently managing the challenging circumstances and organizing this demanding event. His team performed admirably in terms of marshalling, providing refreshments, and promptly producing the complete results and VTTA awards.

AWARD WINNERS - VTTA 2023 NATIONAL 50 MILES CHAMPIONSHIP					
Awards (On AAT)	Name	Club	Group	AA Time	Medal
1st Man	Andrew Gallacher	Vanelli-Project GO	Scotland	1:45:10	Gold
2nd Man	Joseph Costello	Legato Racing Team	Midlands	1:48:03	Silver
3rd Man	Neil Cleminshaw	Addform Vive Le Velo	Yorkshire	1:49:22	Bronze
1st Woman	Deborah Moss	Springfield Financial RT	N Lancs & Lakes	1:47:07	Gold
2nd Woman	Claire Emons	...a3crg	Wessex	1:51:41	Silver
3rd Woman	Kath Smith	Sleaford Wheelers CC	East Midlands	2:00:58	Bronze
Club Team Champions		No club team finished			
Group Team Champions	Joseph Costello	Legato Racing Team	Midlands	5:34:08	3 x Gold
	Mark Hamer	Legato Racing Team			
	Simon Dighton	Beacon Roads CC			
Tandem Champions	Ian Greenstreet	Newbury Velo (both)	L&HC (both)	1:42:12	2 x Gold
	Rachael Elliott				
First man and woman on Age Adjusted Time also each receive a champion's jerseys and cap.					
Andrew Gallacher is also awarded the Cecil Paget Cup (for one year) as 1st overall on AA Time.					

TANDEM FINISHING ORDER - VTTA 2023 NATIONAL 50 MILES CHAMPIONSHIP							
AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
1	Ian Greenstreet	Newbury Velo (both)	L&HC (both)	59	1:53:38	1	1:42:12
	Rachael Elliott			45			



SOLOS FINISHING ORDER - VTTA 2023 NATIONAL 50 MILES CHAMPIONSHIP							
<i>(Women in red italics)</i>							
AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
1	Andrew Gallacher	Vanelli-Project GO	Scot	55	1:51:48	1	1:45:10
2	<i>Deborah Moss</i>	<i>Springfield Finc'l RT</i>	<i>NL&amp;L</i>	<i>53</i>	<i>2:06:01</i>	<i>15</i>	<i>1:47:07</i>
3	Joseph Costello	Legato RT	Mids	64	2:00:35	7	1:48:03
4	Neil Cleminshaw	Addform Vive Le Velo	Yorks	53	1:54:56	2	1:49:22
5	Michael O'Keeffe	London Dynamo	L&HC	53	1:55:24	3	1:49:50
6	Mick Flaherty	Seacroft Whs	Yorks	61	2:01:52	8	1:51:32
7	<i>Claire Emons</i>	<i>...a3crg</i>	<i>Wssx</i>	<i>54</i>	<i>2:11:10</i>	<i>19</i>	<i>1:51:41</i>
8	Kevin Wood	Sherwood CC	E Mids	61	2:02:24	9	1:52:04
9	Mark Hamer	Legato RT	Mids	48	1:55:31	4	1:52:19
10	Simon Dighton	Beacon Roads CC	Mids	60	2:03:25	10	1:53:46
11	Jonathan Mills-Keeling	Bridgnorth CC	M'side	50	1:58:53	6	1:54:47
12	Michael Costello	Race Hub	E Mids	47	1:58:06	5	1:55:20
13	Mick Stevens	Melton Olympic CC	E Mids	73	2:16:55	20	1:55:40
14	Nick Cave	Team Lutterworth CC	E Mids	57	2:03:33	11	1:55:47
15	Ed Tarelli	Race Hub	E Mids	51	2:04:13	12	1:59:38
16	Colin Parkinson	South Western RC	E Mids	61	2:11:08	18	2:00:48
17	Martin Lines	Team Echelon	Mids	54	2:06:57	17	2:00:52
18	<i>Kathryn Smith</i>	<i>Sleaford Wheelers CC</i>	<i>E Mids</i>	<i>69</i>	<i>2:32:37</i>	<i>28</i>	<i>2:00:58</i>
19	<i>Fay Barrington</i>	<i>Banbury Star CC</i>	<i>Mids</i>	<i>53</i>	<i>2:20:45</i>	<i>23</i>	<i>2:01:51</i>
20	Andrew Simpkins	Team Echelon	Mids	69	2:18:52	22	2:01:56
21	Sean Quinn	Law Wheelers	Scot	50	2:06:06	16	2:02:00
22	William Hayes	Velo Club Long Eaton	E Mids	46	2:04:52	14	2:02:31
23	Martin Fisher	Melton Olympic CC	E Mids	43	2:04:15	13	2:03:06
24	Barrie Whittaker	Lyme Racing Club	M&NW	66	2:17:25	21	2:03:15
25	<i>Theresa Taylor</i>	<i>Springfield Finc'l RT</i>	<i>NL&amp;L</i>	<i>63</i>	<i>2:31:02</i>	<i>27</i>	<i>2:05:10</i>
26	Jymmy Trevor (Trike)	City RC (Hull)	Yorks	51	2:21:35	24	2:06:45
27	<i>Gretchen Zoeller</i>	<i>VTTA (Yorkshire)</i>	<i>Yorks</i>	<i>44</i>	<i>2:27:39</i>	<i>25</i>	<i>2:13:17</i>
28	Miles Haslam	Buxton CC	N Mids	64	2:30:09	26	2:17:37
29	<i>Pamela Moore</i>	<i>Coalville Whs</i>	<i>E Mids</i>	<i>55</i>	<i>2:46:41</i>	<i>29</i>	<i>2:26:36</i>
30	<i>Sarah Soden</i>	<i>Leicester Forest CC</i>	<i>E Mids</i>	<i>59</i>	<i>2:57:33</i>	<i>30</i>	<i>2:34:48</i>
DNF	Peter Harridge (Tyneside Vagabonds), Paul Brierley (Huddersfield RC), Matt Plews (Welland Valley CC), <i>Sarah Foulds (Velo Culture)</i> , <i>Sue McFarlane (Army Cycling)</i> , Phillip Tyas (Barnsley RC), Chris Dyason (Cambridge CC), <i>Joanna Cebzat (360cycling)</i> , <i>Jen Clegg (Team Bottrill)</i> , David Smith (Sleaford Wheelers CC), Neil White (Ambion RT), Tim Wood (Team Echelon), Ed Moss (Beacon Roads CC), Tim Garwell (Otley CC), Phil Wright (Hartlepool CC), Trevor Mayne (Birdwell Wheelers), Steve Cornish (St Ives CC)						
DNS (A)	John Scott (Sleaford Wheelers CC), Andrew Vaughan (City RC (Hull)), Steve Chipping (Velo Club Lincoln), <i>Nichola Rorke (Exeter Whs CC)</i> , <i>Susan Semple (Legato RT)</i> , Nick Giles (Pocomotion RC), Andrew Coulbeck (Addform Vive Le Velo), Tony Ball (Legato RT), Matthew Uttley (Nottingham Clarion CC), Steven Loraine (Legato RT), James Byatt (Sherwood CC), Ian Peacock (Leek CC), Darren Yarwood (Addform Vive Le Velo)						
DNS	Greg Rorke (Exeter Whs CC), Howard Waller (Python RT), Keith Palmer (Ilkeston Cycle Club), Alastair Semple (Legato RT), Michael Wilkinson (South Normanton CC), Simon Ward (Welland Valley CC), Randle Shenton (Border City Whs CC), Simon Horsley (Legato RT), Alastair Ribbands (Congleton CC), Stuart McCormick (VTTA (Yorkshire)), Blair Buss (Addform Vive Le Velo)						



*Scotland's Andrew Gallacher scorched to become men's champion*



*Debbie Moss added another women's championship win to her collection*



*Jimmy Trevor defied the principles of aerodynamics as he trundled his trike round*

**ACTION FROM THE 50 MILES CHAMPIONSHIP**



*Tandem champions Ian Greenstreet & Rachael Elliott*

# VETS SOUTHERN 10 MILE CLOSED CIRCUIT CHAMPIONSHIP

**GOODWOOD MOTOR CIRCUIT  
SATURDAY 10TH JUNE 2023**



*Report by NEC Representative Mark Bradley*

This was the second year of the Southern Championship, with the Northern event taking place a few days later at Croft Circuit on June 21st. Medals were awarded to the top three VTTA members for men and women in the TT and Road Bike categories.

The weather on the day was near perfect; clear skies, warm sunshine and dry with a light wind. Although you might look at times and conclude that this isn't a fast course, I would say that's largely down to the absence of any passing traffic to drag riders along in the draft. There's very little elevation change and of course, no junctions or potholes to worry about. In fact, if there was ever a surface to reward unfashionably high tyre pressures, this is it! Another factor is the 'Catch 22' effect – because it isn't perceived as quick, the very quickest riders don't attend ... meaning the times you often see here aren't the quickest although the course record is a quite rapid 18:48.

Once out on track it becomes a slightly surreal experience: Everyone is going in the same direction, it's almost eerily quiet, with no traffic apart from the two motorcycle marshals steadily circulating for safety and observation. There's plenty of room to overtake, and provided you take due care you can safely maintain your best aero position.

You start at Pit 15 in the pit lane, joining the circuit with care whilst imagining that the rumble you can hear coming up fast on your left is a 1960s racer, rather than a 21<sup>st</sup> century disc wheel. It's a clockwise lap, so apart from a couple of minor meanders to the left you're always turning right. As you take the first right hand bend at Madgwick the surface gently rises up towards where, 4 laps later, you will finish. Once over the slight crest before Fordwater it's false flat and slightly down through St Mary's to Lavant, where you take a long sweeping right onto the gentle incline up Lavant straight. Approaching Woodcote keep in tight before shortcutting the chicane past the pits.

Organising supremo David Collard-Berry of ...a3crg did the honours, creating a party atmosphere with a PA system and some bangin' toons. As each rider rolled up to the start he would impart some nuggets of pertinent (some would say impertinent!) information about them, through his Madonna-esque headset.

In the Men's TT Bike event entries were a little down on last year, but age adjusted times were similar, the win being taken by Chris Lord with a 19:05 on AAT. Neil Mackley and Andy Langdown took silver and bronze respectively. In the Women's TT Bike, last year's silver and bronze medallists Deborah Sheridan and Lucia Borradaile retained their titles, with Sarah Matthews taking the gold.

Road bike entries were slightly up on last year, perhaps reflecting the positive steps being taken by the CTT to encourage more participation. In the Men's road bike event, Cris Coxon was the winner, taking a couple of seconds off his own road bike course record, with an actual time of 21:17 and AAT of 20:51. Robert Sweatman took silver, moving up a place from 2022, and Vernon Schutte completed the podium in his first VTTA event.

Photographs of the event were taken by Sheena Booker and can be viewed and downloaded. Sheena works on a donation basis for photos - <https://ko-fi.com/bookerphotography>

AAT Posn.	Name	Club	Group	Age	Act. Time	Act. Posn.	AAT Result
<b>MEN'S TIME TRIAL BIKE CHAMPIONSHIP</b>							
1	Chris Lord	Brighton Excelsior CC	S/S	70	0:22:18	16	0:19:05
2	Neil Mackley	...a3crg	Wssx	59	0:20:45	3	0:19:07
3	Andy Langdown	...a3crg	Wssx	54	0:20:19	1	0:19:13
4	Howard Bayley	Blazing Saddles	S/S	48	0:20:22	2	0:19:47
5	Nick Dwyer	Drag2Zero	S/S	59	0:21:28	8	0:19:50
6	Brett Davis	Drag2Zero	S/S	50	0:20:54	4	0:20:09
7	Bryce Dyer	Bournemouth Cycleworks		48	0:21:00	5	0:20:25
8	Russell Kober	VC Venta		48	0:21:12	6	0:20:37
9	Adrian Talley	VC St Raphael	Wssx	50	0:21:23	7	0:20:38
10	Daniel Legg	North Hampshire RC	L&HC	53	0:21:44	12	0:20:43
11	Peter Main	34 Nomads CC	E Ang	57	0:22:10	14	0:20:46
12	Martin Brown	7Oaks Tri Club	Kent	62	0:22:50	22	0:20:50
13	Shaun Smart	Southdown Velo		59	0:22:31	18	0:20:53
14	Jake Prior	VC St Raphael	Wssx	60	0:22:44	19	0:20:59
15	Robert Gilmour	Hounslow & District Whs	L&HC	71	0:24:30	34	0:21:06
16	James Smee	Chichester City Riders		46	0:21:35	10	0:21:09
17	John McDonald	trainSharp		58	0:22:48	20	0:21:17
18	Mark Bradley	Bristol South CC	West	58	0:22:49	21	0:21:18
19	Mike Anderson	VC St Raphael		65	0:23:49	29	0:21:25
20	Ollie Mitchell	GS Mossa		41	0:21:29	9	0:21:25
21	Andy Smith	VC St Raphael		49	0:22:07	13	0:21:27
22	Neil Gerrard	Thanet RC	Kent	42	0:21:41	11	0:21:33
23	Darren Anderson	Fareham Wheelers CC		49	0:22:28	17	0:21:48
24	Paul Longman	...a3crg		53	0:22:53	24	0:21:52
25	Andy McGhee	Brownlee Fitness		45	0:22:15	15	0:21:54
26	William Sawyer	VC St Raphael	Wssx	58	0:23:27	26	0:21:56
27	Christian Yates	East Grinstead CC		60	0:23:52	31	0:22:07
28	Graham Harman	Sotonia CC	Wssx	52	0:23:09	25	0:22:14
29	Nick Andrews	Portsmouth North End CC		57	0:23:40	28	0:22:16
30	Richard Tully	Elite Cycling	E Ang	46	0:22:51	23	0:22:25
31	Michael Stevens	Fareham Wheelers CC	Wssx	62	0:24:25	33	0:22:25
32	Mike Marchant	Southdown Velo		66	0:27:15	45	0:22:33
33	Ian Sherin	3C Cycle Club	Wssx	61	0:24:39	35	0:22:47
34	Paul Atkinson	VC St Raphael		53	0:23:51	30	0:22:50
35	Richard Bradley	3C Cycle Club		48	0:23:29	27	0:22:54
36	Neal Marrin	Finsbury Park CC	E Ang	53	0:24:07	32	0:23:06
37	Steve Skinner	Southdown Velo	Wssx	68	0:26:01	40	0:23:09
38	David Mowatt	Hampshire RC		58	0:25:03	37	0:23:32
39	Mike Garner	...a3crg	Wssx	69	0:26:46	43	0:23:44
40	Stuart Martingale	Sotonia CC		55	0:24:56	36	0:23:44

AAT Posn.	Name	Club	Group	Age	Act. Time	Act. Posn.	AAT Result
41	Peter Phipps	...a3crg		63	0:26:12	41	0:24:04
42	Nigel Greenfield	...a3crg	Wssx	60	0:25:51	39	0:24:06
43	Robert Watson	Hampshire RC		63	0:26:27	42	0:24:19
44	Simon Hall	Crabwood CC	Wssx	53	0:25:31	38	0:24:30
45	David England	Crabwood CC	Wssx	80	0:30:17	48	0:24:44
46	Martin Balk	3C Cycle Club	Wssx	63	0:27:13	44	0:25:05
47	Ed Stivala	Team Milton Keynes	L&HC	55	0:28:10	46	0:26:58
48	David Donald	Fareham Wheelers CC	Wssx	48	0:28:45	47	0:28:10
DNF	Simon Berogna (VC St Raphael)						
DNS(A)	Alistair Sponcel (VTTA (Midlands)), George Turner (VTTA (London & HC)) Bob Richardson (Bournemouth Jubilee Whs), David Patten (Southdown Velo)						
DNS	Jeremy Hall (Farnboro' & Camberley CC), Stewart Harrison (3C Cycle Club)						
<b>WOMEN'S TIME TRIAL BIKE CHAMPIONSHIP</b>							
1	Sarah Matthews	...a3crg	Wssx	63	0:24:15	2	0:19:25
2	Deborah Sheridan	Warwickshire RC	Mids	66	0:25:50	3	0:20:31
3	Lucia Borradaile	CC Weymouth	Wssx	65	0:25:54	4	0:20:45
4	Lisa Davis	Drag2Zero	S/S	48	0:24:00	1	0:20:53
5	Kym Harvey	Fareham Wheelers CC		58	0:26:00	5	0:21:51
6	Kendra Hall	Farnboro' & Camberley CC	S/S	52	0:28:39	6	0:25:10
7	Pippa O'Brien	RT PODA		62	0:30:02	7	0:25:21
DNS(A)	Virginia McGee (...a3crg), Sally Turner (HUUB WattShop)						
<b>MEN'S ROAD BIKE CHAMPIONSHIP</b>							
1	Cris Coxon	Brighton Mitre CC	S/S	46	0:21:17	1	0:20:51
2	Robin Kirk	VC Godalming & Haslemere		45	0:22:15	2	0:21:54
3	Robert Sweatman	New Forest CC	Wssx	61	0:24:21	3	0:22:29
4	Chris Hughes	VC Venta		47	0:24:55	4	0:24:25
5	Vernon Schutte	Farnboro' & Camberley CC	Wssx	69	0:27:33	7	0:24:31
6	Hamish Walker	...a3crg		51	0:25:40	5	0:24:50
7	Phil McNamara	Full Gas Racing Team		55	0:26:25	6	0:25:13
8	Karl Corpes	Charlotteville CC	S/S	57	0:29:56	8	0:28:32
9	Eamonn Sheridan	Warwickshire RC	Mids	69	0:31:36	9	0:28:34
10	Nigel Bicknell	Farnham RC		77	0:39:02	10	0:34:18
DNS(A)	Alan Tilbury (Brighton Mitre CC)						
<b>WOMEN'S ROAD BIKE CHAMPIONSHIP</b>							
1	Ruth Whiddett	Woking CC		50	0:24:40	1	0:21:22
2	Alexa Forbes	London Dynamo	L&HC	62	0:27:24	3	0:22:43
3	Deborah Smith	Southdown Velo		48	0:26:10	2	0:23:03
4	Dawn Cousins	Sotonia CC		50	0:33:36	4	0:30:18
DNS(A)	Cath Hall (Crabwood CC)						



*Cris Coxon  
Men's road bike champion*

*Alexa Forbes  
Women's road bike champion*



*Chris Lord  
Men's TTT bike champion*



*Sarah Matthews  
Women's TT bike champion*



**SOUTHERN CLOSED CIRCUIT CHAMPIONSHIP WINNERS IN ACTION**

# VETS NORTHERN ALL COMERS 10 MILE CLOSED CIRCUIT CHAMPIONSHIP



CROFT MOTOR CIRCUIT - WEDNESDAY 21ST JUNE 2023

*NEC Representative Mike Penrice*

The Vets Northern All Comers Closed Circuit Championship, over 10 miles, has become a regular fixture on the calendar at the Croft Motor Racing Circuit, near Darlington. Under the expert supervision of Gavin Russell (Cleveland Coureurs) was his usual large team of helpers from VTTA North Group and clubs affiliated to CTT Teesside DC; again they ensured proceedings ran flawlessly. In this third running of the championship a daytime date in October was not available so with some trepidation beforehand it was held on the evening of Wednesday 21 June, following a 'Come and Try It' event.

The concerns that riders would be reluctant to travel for an evening event were unfounded with 89 vet entrants (65 in 2021, 72 in 2022). In addition to 89 entrants for 'our' vets event the preceding 'Come and Try It', organised by the same team had approximately 100 riders ranging from young children (no need to be aged 12 or over on a closed circuit) to much more mature riders from within and outside the traditional club/racing scene. Thanks to the Croft team, time trialling in the north east is very healthy.

In addition to all that activity British Cycling had chosen the same venue and day for their elite time trial championships. This event only used the motor circuit for start and finish and ventured out onto local road, closed for the occasion. The restricted daytime access did not seem to adversely affect the evening events, BC were cleared up and away in good time and it is quite likely that we gained a few riders due to their presence.



Mike Penrice    Marcel Schubert    Shaun Tyson    Russ Richardson    Deborah Capewell    Richard Oakes    Caroline Ratcliff    Kenny McLellan    John Flanagan    Teri Bayliss    Lucia Borradaile    Gavin Russell

As is usual on Croft, and clearly stated in the race instructions, riders start in the pit lane and finish by entering the same as they approach completion of the fifth lap. Riders are responsible for counting their own laps or being aware of distance covered, although inevitably a few did either 4 or 6 laps! The warm and windless conditions were in stark contrast to the two previous October championships so there were some fast rides in the traffic free conditions. All rides in this event are admissible for VTTA competitions and standard awards.

VTTA medals were awarded on age adjusted times to men and women on TT bikes and road bikes, with road bike entries noticeably up on previous years,

Fastest overall on actual and AAT was Richard Oakes (Team Ohten Aveas), resplendent in his 2022 UCI Gran Fondo World TT Champion's jersey in 20:10 for an AAT of 19:04. The top three TT bike men on AAT were completed by local stars Russ Richardson (Zurbaran Racing), the newly crowned VTTA 25 Mile Champion , and British Best All Rounder Marcel Schubert (Darlington CC).

In 2022 Lucia Borradaile (CC Weymouth) was a surprise long distance visitor for the women's TT bike event and was rewarded with the bronze medal. She was back again this year, visiting family in the area, and went better by being the convincing winner in her section with 21:27 AAT (26:36 actual). Once again the locals took the silver and bronze thanks to Caroline Ratcliffe (Ferryhill Whs) and Kate Sanderson (Cleveland Whs).

The men's road bike championship was won by top local rider Shaun Tyson, one minute faster than his 2022 second place, ahead of Kenny McLellan and John Flanagan. For the first time there was a good turnout of women road bike riders and they were led home by Deborah Capewell (Team Ohten Aveas), followed by Teri Bayliss (Reifen Raiders) and Sarah Minto (North Tyneside Riders).

These closed circuit championships bring the VTTA activities to the attention of a wider group of riders and it was pleasing to note that North Group gained six new members in the following few days.

Photographs by James Murray are on his Facebook page [here](#).

AAT Pos.	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
<b>MEN'S TIME TRIAL BIKE CHAMPIONSHIP</b>							
1	Richard Oakes	Team Ohten Aveas	E Mids	54	0:20:10	1	0:19:04
2	Russ Richardson	Zurbaran Racing	North	66	0:22:37	7	0:20:04
3	Marcel Schubert	Darlington CC	North	41	0:20:22	2	0:20:18
4	Simon Horsley	Legato RT	NL&L	58	0:21:55	4	0:20:24
5	Phil Hall	Velo Culture	North	49	0:21:07	3	0:20:27
6	Adrian Dent	Team Ohten Aveas		62	0:22:29	6	0:20:29
7	Matt Hill	Zurbaran Racing		62	0:22:37	7	0:20:37
8	Wayne Coates	Team Bottrill	North	64	0:23:03	14	0:20:47
9	Paul Newman	Richmond CC	North	56	0:22:27	5	0:21:09
10	David Nichol	Ferryhill Whs	North	71	0:24:36	23	0:21:12
11	David Leckenby	Addform Vive Le Velo	Yorks	59	0:22:59	11	0:21:21
12	Mark Campbell	Fietsen Tempo		57	0:23:02	13	0:21:38
13	Lee Ridden	Reifen Racing		55	0:22:52	9	0:21:40
14	Shaun Wakes	Ferryhill Whs	North	55	0:22:54	10	0:21:42
15	David Taylor	Huddersfield RC	Yorks	67	0:24:27	22	0:21:44

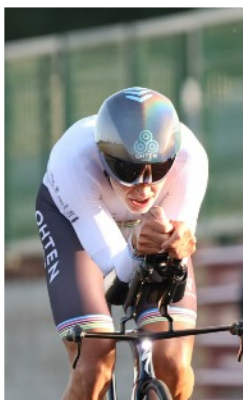


AAT Pos.	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
16	Richard Howe	Bishop Auckland CC		63	0:24:13	19	0:22:05
17	Malcolm Steer	Darlington CC	North	58	0:23:40	17	0:22:09
18	Simon Emsley	Velo Culture		51	0:23:01	12	0:22:11
19	Ian Hutchinson	Cleveland Whs CC	North	67	0:25:02	28	0:22:19
20	Paul Tyler	Ferryhill Whs	North	65	0:24:44	26	0:22:20
21	Ian Swinscoe	Moonglu CC	Yorks	54	0:23:27	16	0:22:21
22	Paul Ryan	Northumbria Police CC	North	58	0:24:03	18	0:22:32
23	Graeme Carter	Stockton Whs CC		49	0:23:17	15	0:22:37
24	Steven Clarkson	Harrogate Nova CC		65	0:25:03	29	0:22:39
25	Mark Burtonshaw	Harrogate Nova CC	Yorks	64	0:24:57	27	0:22:41
26	Dougan Collins	Zurbaran Racing	North	58	0:24:13	19	0:22:42
27	George Young	Clifton CC York	Yorks	72	0:26:36	36	0:23:00
28	David J Gibson	Border City Whs CC	NL&L	63	0:25:08	30	0:23:00
29	John Tiffany	Harrogate Nova CC	Yorks	80	0:28:46	40	0:23:13
30	Terry Parvin	Ferryhill Whs	North	63	0:25:22	31	0:23:14
31	Richard Durham	Settle Whs	Yorks	68	0:26:19	35	0:23:27
32	Mark Casey	Seacroft Whs	Yorks	55	0:24:40	25	0:23:28
33	David Hird	Hambleton RC		47	0:24:18	21	0:23:48
34	Dave Johnson	Wetherby Velo		50	0:24:36	23	0:23:51
35	Paul Wynne	Kinross CC	Scot	63	0:26:17	34	0:24:09
36	John Eric Potter	VTTA (Yorkshire)	Yorks	68	0:27:19	38	0:24:27
37	Bryan Harding	Durham Triathlon Club		64	0:26:43	37	0:24:27
38	Andy Delaney	Northumbria Police CC	North	54	0:25:35	32	0:24:29
39	Phil Wright	Hartlepool CC	North	68	0:28:35	39	0:25:43
40	Mike Jefferies	Cleveland Whs CC	North	41	0:25:48	33	0:25:44
41	Paul Dawson (trike)	VTTA (North)	North	62	0:32:05	41	0:28:00
42	John King	Janus RC	M&NW	85	0:36:12	43	0:28:55
43	Danny Kelly	Seacroft Whs	Yorks	49	0:32:39	42	0:31:59
DNS	Steve Burrows (Vive Le Velo), Edward Kingsley (Darlington CC), Mike Dalton (Stockton Whs), Grant Whiteside (Harrogate Nova CC), Neil Fearn (Harrogate Nova), Blair Buss (Addform Vive Le Velo), Stephen Adamson (Fietsen Tempo)						
DNS(A)	Alex Ingham (AIMS Cycling), Ed Tarelli (Race Hub)						
<b>WOMEN'S TIME TRIAL BIKE CHAMPIONSHIP</b>							
1	Lucia Borradaile	CC Weymouth	Wssx	65	0:26:36	4	0:21:27
2	Caroline Ratcliff	Ferryhill Whs	North	58	0:26:32	3	0:22:23
3	Kate Sanderson	Cleveland Whs CC	North	55	0:26:36	4	0:22:48
4	Karen Taylor	Springfield Fin'c'I RT	Yorks	56	0:27:11	7	0:23:16
5	Sue McFarlane	Army Cycling	Yorks	43	0:25:59	1	0:23:18
6	Jo Scott	Darlington CC	North	59	0:27:52	8	0:23:35
7	Caroline Wallace	Moonglu CC	Yorks	52	0:27:05	6	0:23:36
8	Sarah Foulds	Velo Culture	North	42	0:26:19	2	0:23:42
9	Erica Short	Darlington CC		74	0:33:12	9	0:26:14
DNS	Vanessa Barker (Hull Thursday RC), Sandra Burrows (Vive Le Velo)						

AAT Pos.	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
<b>MEN'S ROAD BIKE CHAMPIONSHIP</b>							
1	Shaun Tyson	Protech Velo	North	52	0:22:29	1	0:21:34
2	Kenny McLellan	Reifen Racing		51	0:23:28	2	0:22:38
3	John Flanagan	Moonglu CC		63	0:24:49	6	0:22:41
4	John Davidson	Reifen Racing		60	0:24:33	4	0:22:48
5	Dave King	Ferryhill Whs		76	0:27:18	13	0:22:49
6	Peter Greenan	Ferryhill Whs		56	0:25:13	8	0:23:55
7	James Dickson	AIMS Cycling		41	0:24:07	3	0:24:03
8	Andrew Lambe	Ilkley CC	Yorks	52	0:25:13	8	0:24:18
9	Jez Willows	Sherwood CC	E Mids	58	0:26:06	11	0:24:35
10	Ian Gaskins	Zurbaran Racing	North	48	0:25:11	7	0:24:36
11	Paul Daly	Manilla Cycling		42	0:24:46	5	0:24:38
12	Mark Bailie	Tyneside Vagabonds		44	0:25:39	10	0:25:22
13	Steven Madeley	Darlington CC	North	61	0:27:20	14	0:25:28
14	Kevin Humphreys	Sherwood CC	E Mids	63	0:27:37	15	0:25:29
15	David Jeffery	Manilla Cycling		40	0:27:11	12	0:27:11
16	Howard Heighton	Ferryhill Whs	North	50	0:28:34	16	0:27:49
17	Michael Phillips	Drighlington BC	Yorks	76	0:34:16	17	0:29:47
18	Joe Applegarth	Durham Triathlon Club		83	0:43:38	18	0:37:06
DNF	Neil Wishart (Darlington CC), John Leach (Rossendale RC)						
<b>WOMEN'S ROAD BIKE CHAMPIONSHIP</b>							
1	Deborah Capewell	Team Ohten Aveas		57	0:28:18	2	0:24:16
2	Teri Bayliss	Reifen Racing	North	45	0:27:23	1	0:24:32
3	Sarah Minto	N Tyneside Riders CC		41	0:28:23	3	0:25:51
4	Lauren Aylott	Stockton Whs CC		42	0:29:55	4	0:27:18
5	Cheryl Murray	Stockton Whs CC		41	0:29:59	5	0:27:27
6	Deborah Jefferies	Manilla Cycling		42	0:36:35	6	0:33:58



Kate Sanderson



Richard Oakes



Sarah Minto



Paul Dawson

# UCI WORLD CHAMPIONSHIP GRAN FONDO TIME TRIALS DUNDEE, SCOTLAND



## RAINBOW JERSEYS AND MEDALS OF ALL HUES EARNED BY GB RIDERS

*By Deborah Sheridan*

The opportunity of a home World Championships inspired many British riders to travel to the Tour of Cambridgeshire and further afield to grab the chance of representing Great Britain at the UCI Gran Fondo World Series Finals and to compete for a coveted Rainbow Jersey.

Glasgow might have been the headline city and the name on the banners and skin suits but it was to the small city of Dundee on the banks of the River Tay that 52 VTTA members headed to race on Monday 7th August. The outcome would bring a feeling of victory for some, success for many and inevitably disappointment and missed opportunities for others.

We had been in Scotland for a week already having entered and ridden the VTTA 30 . On the Wednesday before the race we parked our motorhome on the excellent Greenacres caravan site . The owner Fraser, a triathlete and local cyclist, was excited by the event and full of advice about local routes we could ride and questions about the race. This was in contrast to the city itself where there was little evidence that anything was happening. Unlike Trento last year the course had been placed outside the city on a dual carriageway between Dundee and Arbroath and the local paper, the Courier, I picked up in a coffee shop, described it as a missed opportunity to highlight the city. However the race of truth is not about the scenery, the city or the experience.

On Sunday morning I teamed up with Sally Cunliffe to ride the course. Then it was off to registration and the pre-race bike check. The UCI bike check is always a little stressful but this was chaotic. In the end Sally and I queued for 3 hours for a check that lasted a few seconds

because we had done our homework. Others had clearly not. On the plus side the organisers had seen fit to put the Elite men's road race on a big screen and there was also an opportunity to catch up with friends.

The organisers had described the course as being a very British test and so it turned out to be. Sally and I had parked our motorhomes in a car park near the HQ alongside some French, Spanish and Belgians and warmed up on our turbos but many had found a lay-by, a piece of grass, the McDonalds car park (in the case of one friend) or a quiet place to warm up and as we rode to the start you could catch a glimpse of concentrated riders, headphones on, deep in preparation. If it wasn't for GBR on our skin suits we could have been forgiven for thinking we were at a VTTA event. Eamonn wandered around talking to anybody and everybody, and discovered the back-up time keeper with two watches, a recorder and the spotter was from CTT Scotland and was at the VTTA 30 the previous week as a marshal.

Sally and I are in the same age group and we are amongst the first down the start ramp. The race of truth is a ruthless discipline and although I try to control everything it has a way of biting you . Three minutes into my race and my Di2 battery, fully charged the day before, died and I'm now riding single speed. It was manageable on the way out but the return leg was up hill and into a headwind and I could see the race ebbing away. I finished 7th, the only positive is that I beat last year's age group world champion. French superstar Jeannie Longo won her age group with Linda Dewhurst in silver, no doubt smarting still from Linda having beaten her in the road race. An outstanding ride by Lucia Borradaile missed the podium by a second and only a small margin separated the top ten in the age group. It's a cruel sport. Feeling slightly deflated I rode back with Sally.

The disappointment ebbs into the background because all around us VTTA members and friends are winning . Sarah Mathews has won 60-64 and Andrea Nightingale a bronze, Angela Carpenter wins 55-59 , Naomi De Pennington has grabbed a bronze in 45-49. Jennifer George and Rebecca Seal take silver and bronze in 40-44 and of course Jessica Rhodes Jones wins 19-34. There are not enough women in time trialling but the upside is that we all know and support each other so the podium ceremony is a noisy affair as every British medallist gets a cheer.

Now it's the turn of the men. I'm not on the course any more but I can follow the results and they are spectacular. 19-34 bronze, Will Lowdon. 35-39 bronze, Jonny Allen. 40-44 gold Simon Wilson. 45-49 gold Andy Critchlow and bronze Matthew Smith. 50-54 bronze Richard Brook. 55-59 gold Richard Oakes. 60-64 gold Kevin Tye and bronze Mike Twelves. 80-84 silver Robert McGowan. 85-89 gold Brian Lewis.

Richard Oakes defended his win from Trento and Kevin Tye upgraded his silver to a gold and a Rainbow Jersey but the highlight had to be Brian Lewis. Eamonn spoke to him before he headed for the podium. He talked about losing his wife and about how cycling had helped him. He is so happy and his enthusiasm is infectious and spreads to all around him. He is a reminder that although this can be a cruel and ruthless sport it is also magnificent and full of inspirational people who we should all be proud, and so it seems judging by the local paper, [the Courier](#), as were the people of Dundee.

This is my third contribution to the Veteran about UCI Gran Fondo World Series and I would just like to thank Mike Penrice the editor and everyone for their kind comments. The final is in Denmark next year; that's a long way ahead but like many I will be looking to qualify somewhere. Next for me is the VTTA National 15 and also the VTTA National 10 where I will be chasing a different but valuable jersey.

The following list is to the best knowledge of the Editor the performances of all VTTA members in the UCI Grand Fondo World TT Championships. Apologies if your name has been missed, it is not easy identifying our members from the limited information available on the event website.

Category	Fastest time in category	Finishers in category	Position in category	Participant	Group	Time
M 40-44	27:05.4	34	9	Tom Scorer	West	28:44.0
M 45-49	27:39.6	36	1	Andy Critchlow	S/S	27:39.6
			3	Matthew Smith	E Ang	28:31.4
			9	Chris Holmes	E Ang	29:46.3
M 50-54	28:07.4	51	13	Mark Greenwood	N Mids	30:07.1
			19	Myles Davidson	L&HC	30:10.1
			20	Ian Hope	E Ang	30:11.1
			23	Mark Jones	E Ang	30:19.7
			24	Jason McGowan	West	30:22.3
			27	Jason Roberts	Scot	30:36.0
			30	Brett Davis	S/S	30:48.4
			38	Paul Smith	Kent	31:43.4
M 55-59	28:20.7	35	1	Richard Oakes	E Mids	28:20.7
			9	Philip Kennell	North	30:27.1
			11	Gareth Williams	L&HC	30:32.7
			12	Rob Muzio	E Mids	30:34.3
			17	Simon Law	Mids	31:24.0
			18	Jeff Roberts	L&HC	31:25.7
M 60-64	29:33.2	36	23	Stephen Wilkinson	Scot?	32:18.8
			1	Kevin Tye	Kent	29:33.2
			3	Mike Twelves	E Mids	29:48.9
			6	Neil Mackley	Wssx	30:45.6
			10	Adrian Dent	North	31:34.0
			12	Simon Dighton	Mids	31:38.8
			13	Sean Hunt	E Mids	31:48.3
			18	Kevin Wood	E Mids	32:19.8
			21	Derek McMillan	Scot	32:43.3
			32	Neil Higgins	NL&L	34:33.2
M 65-69	30:47.1	36	12	Nick Giles	M'side	33:28.7
			23	Randle Shenton	Scot	34:49.8
			32	Jon Fairclough	Scot	37:47.7
M 70-74	32:21.9	24	5	David Rundall	NL&L	33:20.0
			8	David Patten	Wssx	33:35.8
			12	Ian Elliot	Scot	35:32.9
			21	Michael Ashurst	West	40:42.0
M 75-79	34:22.4	9	4	Robert Brown	Scot	36:37.2
			7	Paul Townsley	S/S	38:23.3
M 85-89	46:41.4	1	1	Brian Lewis	West	46:41.4
W 40-44	31:52.0	16	2	Jennifer George	S/S	32:01.7
			5	Sally Turner	S/S	33:31.9
W 50-54	32:53.6	16	4	Deborah Moss	NL&L	34:05.2
			6	Helen Taylor-Carter	E Ang	35:25.9
			9	Debbie Bradley	Mids	36:43.2
W 55-59	33:20.6	16	1	Angela Carpenter	Wssx	33:20.6
			7	Patricia Baird	Scot	37:04.6
W 60-64	34:49.9	11	1	Sarah Matthews	Wssx	34:49.9
			5	Judy Brown	E Ang	38:49.2
W 65-69	34:01.9	12	2	Linda Dewhurst	L&HC	35:20.0
			4	Lucia Borradaile	Wssx	38:02.8
			7	Deborah Sheridan	Mids	39:03.1

# VTTA NATIONAL 100 MILES CHAMPIONSHIP

## Sunday 2<sup>nd</sup> July 2023

*Report by NEC Representative Tony Farrell*

Our 100 Mile National Championship was this year hosted within the Shropshire CCA event, on a challenging course over 4½ laps of rural Shropshire north east of Shrewsbury, course D100/8. Ably organised by David Drew of North Shropshire Wheelers and his support team, the event was a great success.

It was a hot and blustery day and the distance inevitably took its toll. The conditions on the day drew a variety of comments from the riders mainly to do with strong head wind each lap, less so with the tail wind help! Of the 47 starters there were 27 VTТА finishers and another 10 veteran potential VTТА members, 5 riders failed to reach the finish timekeeper. Most of the riders were pleased with their efforts on a difficult day but a look at the result board showed it did little to deter the faster competitors.

Champions on the day Joanna Cebrat and Peter Youngusband were worthy winners with AATs of 4:02:55 and 3:35:03 respectively.

Joanna had suffered a poor week health wise and only decided to ride in the early hours on race day. She performs best at the longer distances and in winning she added to her 100 mile championship gold of 2020 and bronzes of both 2021 and 2022.

Joanna finished ahead of popular local rider Helen Tudor from Oswestry, who took silver; she has long supported racing in this area but has rarely, if ever, been in the medals.

In third place amongst the women was VTТА (Yorkshire) member Gretchen Zoeller, who was pleasantly surprised that she earned third place. Gretchen is new to competitive cycling, having started during 2022, but is currently reaping the rewards of her new TT bike as she rode her third VTТА championship of the year; her enthusiasm makes me believe she will be back for more.



*Women's 2-1-3 \* Helen Tudor,  
Joanna Cebrat & Gretchen Zoeller*

*Men's 2-1-3 \* Richard Shaw,  
Peter Youngusband & David Williams*

Peter Younghusband made the long journey from Petersfield in Hampshire and recorded an excellent actual time of 3:54:00. This was Peter's first individual medal in a VTTA national championship, having only been a member for about two years. Primarily a triathlete he is looking forward to his next couple of tri competitions with greater confidence for the cycling section. Cheshire rider Richard Shaw (Seamons CC) accepted his silver placement with grace whilst in third place Merseyside rider Dave Williams vowed that he would be back for a winner's jersey. At a mere 44 years age he probably will be.

There was not a club team finished 3 riders but competition was hotter for the group team prizes. As is often the case it was won by the local group, on this occasion being Merseyside and comprising of Dave Williams, Jon Mills-Keeling and Victor Chetta with an aggregate AAT of 11:20:50. Second were Wessex with 11:30:43, third Manchester and NW with 11:43:57 and a lowly fourth were Yorkshire with 11:44:02.

Event photos, acknowledged with thanks to Rob Jones, can be viewed [here](#) on Flickr



Victor Chetta



Jonathan Mills-Keeling

**AWARD WINNERS - VTTA 2023 NATIONAL 100 MILES CHAMPIONSHIP**

Awards (On AAT)	Name	Club	Group	AA Time	Medal
1st Man	Peter Younghusband	Petersfield Triathlon Club	Wessex	3:35:04	Gold
2nd Man	Richard Shaw	Seamons CC	Manchester & NW	3:41:20	Silver
3rd Man	David Williams	Velotik Racing Team	Merseyside	3:44:21	Bronze
1st Woman	Joanna Cebrat	360cycling	Manchester & NW	4:02:56	Gold
2nd Woman	Helen Tudor	Oswestry Paragon CC	Merseyside	4:22:28	Silver
3rd Woman	Gretchen Zoeller	VTTA (Yorkshire)	Yorkshire	4:26:01	Bronze
Club Team Champions		No club team finished			
Group Team Champions	David Williams	Velotik Racing Team	Merseyside	11:20:50	3 x Gold
	Jonathan Mills-Keeling	Bridgnorth Cycling Club			
	Victor Chetta	Mid Shropshire Wheelers			
Tandem Champions		No tandem entrants			

First man and woman on Age Adjusted Time also each receive a champion's jerseys and cap.

Peter Younghusband is also awarded the Doug Brunwin Memorial Salver (for one year) as 1st overall on Age Adjusted Time (AAT).

FINISHING ORDER - VTТА 2023 NATIONAL 100 MILES CHAMPIONSHIP							
<i>(Women in red italics)</i>							
AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
1	Peter Younghusband	Petersfield Triathlon Club	Wssx	58	3:54:04	7	3:35:04
2	Richard Shaw	Seamons CC	M&NW	54	3:55:07	9	3:41:20
3	David James Williams	Velotik Racing Team	M'side	44	3:47:49	2	3:44:21
4	Andrew Whiteside	Springfield Financial RT	NL&L	49	3:52:39	5	3:44:24
5	Grant Whiteside	Harrogate Nova CC	Yorks	49	3:55:52	10	3:47:37
6	Jonathan Mills-Keeling	Bridgnorth Cycling Club	M'side	50	3:57:19	12	3:48:02
7	Victor Chetta	Mid Shropshire Wheelers	M'side	45	3:52:50	6	3:48:27
8	Alan Broadbent	Deeside Olympic	M'side	49	3:57:31	13	3:49:16
9	Barry Murphy	Deeside Olympic	M'side	43	3:54:57	8	3:52:22
10	Neil Fearn	Harrogate Nova CC	Yorks	43	3:56:56	11	3:54:21
11	William Sawyer	Velo Club St Raphael	Wssx	58	4:13:37	19	3:54:37
12	Ian Peacock	Leek CC	M&NW	71	4:43:35	29	3:59:53
13	Christian Geldard	North Hampshire RC	Wssx	48	4:08:16	16	4:01:02
14	Andrew Askwith	Vive Le Velo	Yorks	58	4:21:04	20	4:02:04
15	Alastair Ribbands	Congleton CC	M&NW	40	4:02:44	14	4:02:44
16	<i>Joanna Cebzat</i>	<i>360cycling</i>	<i>M&amp;NW</i>	<i>44</i>	<i>4:33:07</i>	<i>25</i>	<i>4:02:56</i>
17	James Wooldridge	Team Milton Keynes	L&HC	43	4:05:58	15	4:03:23
18	Miles Haslam	Buxton CC	N Mids	64	4:40:49	28	4:12:12
19	James Meldrum	Liverpool Ph'x CC (Aintree)	M'side	43	4:23:39	22	4:21:04
20	<i>Helen Tudor</i>	<i>Oswestry Paragon CC</i>	<i>M'side</i>	<i>54</i>	<i>5:04:15</i>	<i>33</i>	<i>4:22:28</i>
21	Ian Casson	Birkenhead Victoria CC	M'side	70	5:05:40	35	4:24:27
22	<i>Gretchen Zoeller</i>	<i>VTТА (Yorkshire)</i>	<i>Yorks</i>	<i>44</i>	<i>4:56:12</i>	<i>31</i>	<i>4:26:01</i>
23	<i>Brigid Night</i>	<i>Frodsham Wheelers</i>	<i>M'side</i>	<i>58</i>	<i>5:19:59</i>	<i>38</i>	<i>4:32:21</i>
24	Christopher Riley	Paramount CRT	M'side	55	4:54:53	30	4:39:52
25	Vernon Schutte	Farnboro' & Camberley CC	Wssx	69	5:25:31	39	4:46:39
26	Roger Squire	Wrexham RC	M'side	54	5:06:20	37	4:52:33
27	Geraint Catherall	Anfield BC	M'side	49	5:54:23	41	5:46:08
DNS	<i>Michelle Fairclough (Velotik Racing Team / M&amp;NW)</i>						
(A)	Ben Love (Deeside Olympic / M'side)						
DNF	Matthew Welsh (Deeside Olympic / M'side) Mick Stevens (Melton Olympic CC / E.Mids)						
DNS	Sean Quinn (Law Wheelers / Scot)						



# VTTA NATIONAL 24 HOURS CHAMPIONSHIP

## Saturday/Sunday 22<sup>nd</sup>/23<sup>rd</sup> July 2023

*Report by NEC Representative Jan Fairclough*

The VTTA 24 hour National Championship was held the weekend of 22/23 July in Cheshire and Shropshire. The event was part of the world famous Mersey Roads 24, alias the RTTC 24 hour National Championship. Conditions were tough - it rained heavily for half the event from 3pm to 4am and the riders had to follow a hillier route because part of the usual course was unavailable. All the riders are to be congratulated on completing this gruelling event. Special congratulations go to the Men's Champion Robbie Mitchell and the Women's Champion Chris Murray, and to runners up Christian Geldard, Doug Hart, and Joanna Cebzat.

The Yorkshire team of Doug Hart, Greg Elwell and Andrew Askwith won the Group competition with an AAD of 1460.82 miles. There was no club team of VTTA members.

Christina Murray is now a two time VTTA 24 Hour National Champion. Here is her story of the event.

*All endurance riders learn that where there is a weakness the weather has the knack of finding it and exploiting it; kit, clothing, fuelling, pacing, physical robustness, mental resolve... And I'd hazard a guess that all those who started this year's National 24hr Championships on 22 July, experienced this to some degree or other. Especially when a month's worth of rain fell in those 24 hours!*

*I was no exception and endured a host of minor crises during my very wet (and surprisingly windy at times) Nat 24hr ride. But often, it's not what happens to you, but how you deal with it that can be the making or the breaking of a ride. It turns out that my main 'issue' this year was actually the start of a very unpleasant dose of food poisoning (that lasted a further 10 days!) - so the flat Coke that seemed to get me back on track was actually probably the best 'sticking plaster' I could have chosen!*

### AWARD WINNERS - VTTA 2023 NATIONAL 24 HOURS CHAMPIONSHIP

Award	Name	Club	Group	AAD Res.	Medal
1st Man on AAD	Robbie Mitchell	Auchencrow Thistle CC	Scotland	524.79	Gold
2nd Man on AAD	Christian Geldard	North Hampshire RC	Wessex	500.95	Silver
3rd Man on AAD	Doug Hart	Ilkley CC	Yorkshire	491.13	Bronze
1st Woman on AAD	Christina Murray	Army Cycling	Wessex	521.35	Gold
2nd Woman on AAD	Joanna Cebzat	360cycling	Manchester & NW	470.31	Silver
3rd Woman on AAD	Only 2 women entrants				Bronze
Group Team Champions	Doug Hart	Ilkley CC	Yorkshire	1460.82	Gold
	Andrew Askwith	Vive Le Velo			Gold
	Greg Elwell	Halifax Imperial Whs			Gold
Club Team Champions	No club teams of three entered				Gold
Tandem Champions	No tandem pairs entered				Gold-2

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

Robbie Mitchell also receives the C W Cooke Cup (for one year) as 1st overall on Age Adjusted Distance

Andy Askwith



Joanna Cerbat



Robbie Mitchell



Doug Hart



Christina Murray

*In spite of the flooded roads, incessant headwinds and a very challenging combination of roads (due to roadworks counting out the flatter and faster sections of the usual course) the spirit of the Mersey Roads 24 was unaffected. Despite feeling awful for at least 10 hours, I couldn't help but smile at the encouragement and cheers that greeted me every time I passed groups of supporters. It is a bike race like no other. So much suffering and yet so much enjoyment all wrapped up in one tortuously addictive package. Everyone who takes part in that race, no matter their role, is slightly bonkers in one way or other, but it really is the best form of bonkers.*

*The HQ after the race told the story very well; not one rider was able to make it onto the podium without looking utterly crippled or needing assistance. The race asked, and we gave. Some seriously impressive rides were recorded, which on fairer days would have made their way into the record books.*

*I was delighted to win both the VTTA and CTT Female Championships for a third time with 465.27 miles and was equally as delighted to have finished 6th overall in a strong field of male riders.*

*Thanks must go to my incredible support crew; they were instrumental in me only stopping for 10 minutes. And also to Jon and Sam Williams of Mersey Roads for their impeccable organisation and the massive contribution they have made to long distance time trialling over the years. Chapeau.*

The numbers of VTTA members taking part in the Mersey Roads 24 over the last three years has ranged between 17 and 15. I hope Christina's write up encourages more members to enter this event, one of the major challenges in time trialling.

FINISHING ORDER - VTTA 2023 NATIONAL 24 HOURS CHAMPIONSHIP							
<i>(Women in red italics)</i>							
AAD Pos	Name	Club	Group	Age	Act. Dist	Act. Pos.	AAD Result
1	Robbie Mitchell	Auchencrow Thistle CC	Scot	42	519.37	1	524.79
<i>2</i>	<i>Chris Murray</i>	<i>Amy Cycling</i>	<i>Wssx</i>	<i>46</i>	<i>465.38</i>	<i>3</i>	<i>521.35</i>
3	Christian Geldard	North Hampshire RC	Wssx	48	478.69	2	500.95
4	Doug Hart	Ilkley CC	Yorks	50	462.91	4	491.13
5	Greg Elwell	VTTA (Yorkshire)	Yorks	49	459.99	5	485.2
6	Andrew Askwith	Vive Le Velo	Yorks	58	429.69	6	484.49
<i>7</i>	<i>Joanna Cebzat</i>	<i>360cycling</i>	<i>M&amp;NW</i>	<i>44</i>	<i>419.23</i>	<i>7</i>	<i>470.31</i>
8	Nigel Briggs	South Pennine RC	E Mids	62	386.83	9	456.99
9	Adam Rogers	Eastbourne Rovers CC	S/S	48	418.55	8	440.81
10	Angus Swanson	Stirling Bike Club	Scot	55	370.62	10	414.86
11	Philip Jones	Peterborough CC	E Ang	64	329.15	12	407.62
12	Roger Squire	Fibrax Wrexham RC	M'side	54	347.16	11	388.05
13	Rob Rix	Southport CC	NL&L	75	249.55	15	382.36
14	Jez Willows	Sherwood CC	E Mids	58	325.84	13	380.64
15	Geraint Catherall	Anfield BC	M'side	49	303.38	14	328.59
DNF	David Greenwood (Rye & District Wheelers CC), Mark Leadbetter (Flying Kippers), Brian Hygate (Fareham Wheelers CC), Pete Bishop (Exeter Whs CC), Sean Sanders (Drighlington BC)						
DNS	Stuart Edwards (Royal Navy & Royal Marines CA)						
DNS(A)	Paul Molyneux (Welland Valley CC), Bob Richards (Royal Navy & Royal Marines CA)						



## **EAST ANGLIAN**

**Andrew Grant**

The first of the Group evening 10's, exiled from the E2/10 to the F2A/10 by road works, was greeted by fairly typical mid-March weather of overcast skies and a strong, cold north-easterly. Had it been mid-March, there would be nothing to object to in this, but it was June 1<sup>st</sup> and this course, which is about a mile longer west-east, has been cleverly contrived to benefit from the supposedly prevailing south-westerly zephyr that never seems to have prevailed whenever I've ridden it.

You'll be familiar with those logic-and-geometry defying drawings by M.C. Escher of never-ending staircases that appear to descend to their own top; conditions were the equivalent of that, with a 360-degree headwind substituted for the staircase.

In the circumstances, the 18:12 fastest on actual time by Rob Walker (riding for [WardPerformanceUK.com](http://WardPerformanceUK.com)) was an unearthly ride over a minute faster than any of the age-adjusted times, although, of course, in any fair and rational age-adjusted system, someone as young as Rob would have his time adjusted upwards by the addition of about three minutes.

All of that is by way of explaining that Chris Dyason's 19:43 on AAT was a damn fine ride, especially as he led a Cambridge CC 1-2-3 with Andy Grant and Bob Watson packing close behind.

Organiser Keith Dorling did a great job in unpromising circumstances (which included our being confined to the lobby of the HQ for signing on) and saved himself a job for the following week by leaving the warning signs out by the start in the St Neots Road.

In event no.2 Matt Smith set the fastest time with 19:05, on a warmer evening, (though the wind sat stubbornly in the same quarter) but he wasn't quite old enough to beat VeloRefined Rule 5's Kevin Tye on Age Adjusted Time.

Kevin is a regular visiting raider to our evening 10's as is Richard Oakes – at least when they're on fast courses - and he duly showed up the following week to take fastest on actual and AAT ahead of a clutch of

well-travelled visitors including Pendle Forester Jason Bateman, Festival RC's Colin McDermott and Sherwood CC's Kevin Wood.

The following week, proceedings adjourned to the much slower E91/10 with a predictable reduction in numbers. That said, Easterly RC's Terry Garlinge produced a fine 21:30 for a home win on actual time and AAT.

The weekend of 24th June, saw the Group nominated 50, embedded in the Cambridge CC-promoted Viking 50 on the 50-mile (and four lap) variation of the familiar F2 course based at Cambourne.

Having already coerced National Highways into more-or-less fulfilling their obligations with regard to potholes, ace organiser Chris Dyason sought fresh challenges by arranging a favourable south westerly wind for the first time this year. Unfortunately, the request for equally favourable temperatures somehow got missed off the memo and it made for a hot and humid afternoon that wasn't the pleasantest for riding 50 miles on a dual-carriageway, or for marshalling come to that. The leading times were nevertheless extremely quick.

In the Group championship, CC Breckland's Dave Green prevailed among the men with an age adjusted 1:38:13 (only marginally faster than his own PB from a few years ago). This gives him a share of the Syd Parkinson Cup with Sue Chittock, Ipswich BC, who successfully defended her title from last year.

Overall, fastest male vet on AAT was Anthony Jones, from South Wales Group who rides for the snappily-titled *VMCC powered by Y Beic* and had 122 seconds advantage on AAT over Dave. Leading woman was Deborah Sheridan of Warwickshire RC and Midlands Group.

Back on the 10 course, the final event of the series saw Kevin Tye return for his second win on AAT, with Andy Grant in second place the best placed home rider. Conditions were the most favourable to date.

The following weekend saw the Group 100 championship in the Breckland CC event on the unfashionably agricultural B100/8. Keith Dorling made

one of his rare forays at the longer distances to edge the Bob Haworth Memorial Cup on AAT from Dave Green, with no East Anglian woman finisher.

July 23<sup>rd</sup> saw the first Group 25 come to a blustery and busy F2A/25. Paul Burton, of Paceline RT pulled off the unusual and impressive feat of taking first place on both actual time with a fine 47:30, over a minute clear, and being first man on AAT, despite his relative youth giving him only a handful of seconds' allowance. Inevitably, two women, Linda Dewhurst from Team Milton Keynes and Jen Clegg, from Team Bottrill, were faster still on AAT.

For the Group awards, Chris Dyason of Cambridge CC was best East Anglian with an AAT of 48:03, less than a minute behind the overall winner, while Easterly RC's Julia Freeman was best East Anglian woman and shares the HF Nevill Cup with Chris.

It's not been much of a year for records, so far this season, but on 17<sup>th</sup> June, three Group members snuck over to Tring for the Hemel Hempstead 10 on the F11/10 and came back with Group records: Mark Jones (51) Drag2Zero: 19:11; Keith Dorling (64) Team Bottrill: 19:58 and Andy Grant (70) Cambridge CC: 21:23.

Meanwhile, in other news, HLM Ron Back, of West Suffolk Wheelers, has been taking an unscheduled mini-break in Addenbrooke's hospital, having come round a blind corner after a descent on a narrow lane to dispute the right of way with a low-loader carrying a digger. He missed the lorry cab, but shoulder-charged the track of the digger, which came off better than he did, leaving him with a punctured lung, a dislocated shoulder, a broken collar bone and several broken ribs. That notwithstanding, he is in good spirits, the punctured lung has healed well and he claims not to be in any pain except when they move him. These young tearaways never learn.

Sadly, June also brought news of the passing of HLM and stalwart event organiser Barry Freeman. An obituary written by his Unity CC clubmate, Bill Houghton appears elsewhere in this issue. Despite having been the organiser of the famous Unity CC 25 when Alf broke 50 minutes on the E72, Barry became disenchanted with dragstrips and he was particularly known in East Anglian Group for his promotions on the single-carriageway Bungay course. His widow, Diana, remembers an occasion "when he earned great admiration because the Council workmen were obstructing the road with temporary traffic lights. He talked them into moving them

by giving the impression that the race was an important event: after all, even road workmen have heard of the Tour of Britain."

## **EAST MIDLANDS**

### ***David Herd***

In the Melton Olympic event, which incorporated the East Midlands VTTA 25 mile TT, on the 13 May using the A25/34, Finlay Tarling (Willebrord Wil Vooruit) was fastest on 48:31. Our member Julian Ramsbottom (Team Bottrill) set a solid time for second place with 50:59 with other group members: Chris Ward (Spalding CC) 53:09, Kevin Wood (Sherwood CC) 53:34 and Martin Fisher (Melton Olympic and fastest rider from the promoting club) 53:57.

There was a good entry for the Sherwood CC open 10 held 20 May on the A10/3 with some very fast times. Senior Oliver Peckover (trainSharp) was fastest with 18:44, with junior Finlay Tarling 19:20 in second place and veteran Leon Wright (Race Hub) third with 19:42, Julian Ramsbottom I was the fastest East Midlands veteran in 20:42. Other East Midlands members results: Matthew Uttley (Nottingham Clarion) 20:58, Ian Guilor (Mapperley CC) 21:30, Chris Ward 21:57, Keith Palmer (Ilkeston CC) 22:02, Eddie Humphreys (Nottingham Clarion) 22:10, James Bryatt (Sherwood CC) 22:32, Ian Wroblewski (Team Lutterworth Cycle Centre) 22:32, Colin Parkinson (South Western RC) 22:44 and Giles White (Sherwood CC) 23:04. Fastest female was Diana Egerton-Warburton (Team Enable-MI Racing McCann) with East Midlands Kathryn Smith (Sleaford Whs) on 27:19. Congratulations to all of East Midlands veteran finishers with very creditable times.

The East Midlands VTTA Group promoted the Ivan Mahon Memorial 25 time trial on Saturday 3<sup>rd</sup> June, again using the A25/34 Fardon course. Julian Ramsbottom continued his good form and his 51:57 actual gave him an AAT of 49:47 to take the Ivan Mahon Memorial Trophy. North Midlands' Andy Thomas (Lindsey Roads) took second with AAT 49:56 actual 52:48 and third was a fine performance by Mick Stevens (Melton Olympic) with a AAT of 49:57 actual 59:52. The fastest riders on the day were seniors George Peden Team (PB Performance) with 46:57, Oliver Peckover 47:53 and David Mead (Team Lutterworth) 49:53. Fastest female riders were Susan Semple (Legato RT) 1:00:42 and Lindsay Clarke (Fenland Clarion) 1:01:34.

Other East Midlands results (AAT first, then actual) were: Kathryn Smith (Sleaford Whs) 51:06 / 1:06:11, David Smith (Sleaford Whs) 51:35 / 1:00:58, Nick Cave (Team Lutterworth) 52:19 / 55:58, Jez Willows (Sherwood CC) 52:53 / 56:49, Tim Baggs (Sherwood CC) 55:11 / 57:58, Ian Wroblewski (Team Lutterworth) 55:11 / 56:54, Craig Lamb (Alford Whs) 55:39 / 58:31, David Yarham (Peterborough CC) 56:01 / 1:04:24, Matt Plews (Welland Valley CC) 56:25 / 57:56, Michael Wilkinson (South Normanton CC) 57:12 / 1:02:43, Pamela Moore (Coalville Whs) 59:54 / 1:09:36, Sarah Soden (Leicester Forest CC) 1:03:28 / 1:14:25, Kevin Humphreys (Sherwood CC) 1:06:27 / 1:11:58.

Legato RT took the team award on AAT with 2:32:08 aggregate by their three Midlands members - Susan Semple, Joseph Costello and Mark Hamer. Team Lutterworth kept the team on actual closer to home with an aggregate 2:42:23 from David Mead, Nick Cave and Ian Wroblewski.

The National VTTA 50 mile Championship was hosted by East Midlands Group headed up by Colin Parkinson. As a full report will be written and published in this issue by the national team I will just give a brief note on the event which was held on the 10 June. The fastest three riders (all non-VTTA competitors) were: George Peden 1:45:07, Jack Levick (Rose Race Team) 1:46:32 and Matt Bottrill (Team Bottrill) 1:51:03. The full VTTA performances are listed elsewhere.

Congratulations to all riders who finished the event. The championship was in danger of being cancelled because of road works which sprung up in Farnon, but Colin adapted the situation so that riders could pass safely through on the inside. Secondly, there was severe heat accompanied by strong winds - debilitating conditions which led to a high number of DNS's and DNF's; a number of riders were affected and overwhelmed by the heat at the finish. Colin has asked me to thank Nick and Helen Cave for using their medical assistance to help those riders and also all those who helped on the day to keep the event running.

Despite a low entry in the Witham Wheelers CC open 10 event on the 17 June on the Sleaford course, nevertheless some incredible times were set. Espoir George Wood (Cycling Sheffield) was fastest with a fine time of 19:55, senior rider Reece Egner of the promoting club was second with 21:17 and Mapperley CC veteran Ian Guilor came in third with 21:20. Sean Hunt (Lincoln Whs) came in on 22:21, Giles White 23:18, Simon Inman (OVV) 24:07, Tim Baggs 24:11.

Senior female Evgeniya Rigini-Brand (Sleaford Whs) was fastest with 25:28 with Kathryn Smith from the same club on 27:32. Roy Oakes (Team Ohten Aveas) 28:17 and setting an age 92 (!) group age record Ron Hallam (South Pennine RC) with 33:10.

I was interested to see that Spalding CC have created a new open course in the Lincolnshire District, just south of Spalding. The course is the C10/30 and going by the results from the Spalding CC event held 25 June it is quite a fast course on a reasonably quiet road. Nick Cave was the fastest of the East Midlands Group, finishing with 22:06, followed by Ed Tarelli (Race-Hub) 23:29, Craig Lamb 23:49 and Simon Inman 26:33. Well done to Spalding CC for their ingenuity in bringing this course into use.

The Witham Wheelers 25 held on the 1st July turned out to be another low entry, the blustery conditions seemed to be from all directions but the wind on the long return leg from Donnington made it very difficult for all riders. Local rider Domonic Rigini-Brand (Sleaford Whs) did an excellent ride under difficult conditions, coming in first with 55:28, as did veterans Chris Ward and Andy Thomas who finished on the same time for joint second of 55:32. Jim Boyle pushed hard to achieve a 57:44 as did North Midlands Group members Paul Mapletoft (Kiveton Park) who came in over the hour with 1:00:57 with his team-mate Michael Lamb on 1:03:10, another visiting veteran Roger Sewell (Wisbech Wheelers) came in on 1:08:19. Fastest female was again Evgeniya Righina-Brand on 1:05:43. East Midlands Group veterans Martin Lister (Witham Whs) and John Scott (Sleaford Whs) came in on 1:15:20 and 1:27:09 on this very hard day.

Senior George Peden again took first place in the Sherwood CC open 10 held on the A10/3 on 22 July with a time of 18:02 which is close to the course record of 17:48 set by Josh Giddings in 2021. Oliver Peckover came in second on 18:29, veteran Andrew Miller (Addform Vivo Le Velo) was third on 20:02. The sad thing was that whilst the weather was far from perfect at the start of the race the wind and rain became much worse to such a degree that there were 57 DNS's and only 34 finishers. Sally Maitland (Ratae RC) was fastest female with 23:53, East Midland Group Member Gillian Cambell (Born to Bike) second on 25:38. Group members that braved the weather: Martin Fisher was best in ninth position with a fine 21:22, Matthew Uttley 21:47, Mick Stevens 23:18, Steven Clarke (Sherwood CC) 25:08, Andrew Keightley (Melton Olympic) 25:10 and Russell Carter (South Pennine RC) 25:51.

That's all for now. In theory there is couple more time trialling months in front of us, let's hope the weather settles down and becomes more seasonable.

**KENT**  
**Tim Carpenter**

I thought it might be interesting to share a bit of the cycling background about the committee and it seemed appropriate to start with Mark Vowells, our chairman.

Mark started his cycling career in 1968 when he was 15 and joined the San Fairy Ann CC. His first ever open event, a Hastings & St.Leonards CC Junior 10, was in 1969. As many will know Mark migrated to three wheels and he says he thinks he was destined to become a tricyclist as Wendy Cooper, the promoter of his first ever time trial, an inter-club event a few months earlier, was also a tricyclist.

Mark was considered a "fast" man by those of us racing back in the 70s/80s. In the SFA 50 in 1979 he did a 1:58:55 on the Romney Marsh course (start at Brenzett and climb up to Ashford via the old Ham Street Road, then out to Hythe, to finish at Brenzett) on a bike.

He was KCA BAR 6 times in the 70s and 80s. He has maintained that speed over the years and swapped to three wheels in 2002. In October 2021 he broke the tandem tricycle competition record for 15 miles with Ian Pike in a time of 33-32. Mark holds national VTTA records at all distances on a trike.

In 2019 he did a 2:6:35 for 50 miles on his trike to set a national age record..

Mark has not just raced but been involved in the administration side of cycling from the 1970s, holding a range of positions in the San Fairy Ann CC and the KCA. In the new millennium he added the Tricycle Association, VTTA, CC Bexley and the Fellowship of Kent and Sussex Cyclists to his CV.

Mark is also a member of the Pedal Club and in 2020 joined the 300,000 mile club.

The VTTA system now automatically notifies me of Group Records that have been broken. Not all the details have been correct but I have confirmed the following records:

Kevin Tye (VeloRefined Rule 5), age 61  
10 miles in 19:27, 25 miles in 51:05



*Kevin Tye on his victory ride of the Worlds Gran Fondo TT*

Colin Inett (Thanet RC), age 82  
10 miles in 27:54

Shay Giles (Thanet RC), age 78  
25 miles in 1:05:48

Congratulations to the record breakers.

The Group 50 Championship held on 9 July was won by Mark Hill (VeloRefined Rule 5) who was fastest on AAT with a 1:45:50 and +28:44 on standard.

I have been tracking the other competitions and I will need individuals to submit claims for the various competitions, but I have the following based on my calculations:

Dave Greenwood (Rye Wheelers) has completed a 12 hour, so he is leading the BAR and 12 Hour competition.

Allan Thurston (GS Avanti) currently has the fastest 100 on my calculation of Age Adjusted Time with 4:19:39

I have done a rough calculation for the 85 Championship (10, 25 and 50). The competition is for events on Q courses only so some of the times I have may not qualify. With the change to Age Adjusted Times I have calculated the 85 competition based on the lowest total age adjusted time (TAAT?) for the three distances.

Mark Hill	age 56	2:57:07
Simon Henderson	age 60	3:00:37
Huseyin Vardal	age 50	3:06:07
Richard Birtwhistle	age 68	3:07:58
Martin Brown	age 62	3:14:55
David Greenwood	age 58	3:17:40
Allan Thurston	age 48	3:25:41

Mark Vowells	age 70	3:33:08
Chris Bax	age 71	3:33:43
Colin Ashcroft	age 61	3:41:14
Chris Parker	age 67	4:16:53

Mark Vowells is leading the Group 10 @ 10 competition. After 4 events he has an aggregate plus of over 24 minutes.

Because the August event was cancelled due to the weather an additional event will be run on 20th September. The remaining dates are: 6th and 20th September, 4th October and 20th December. All are Wednesdays on Q10/33 and the final one is road bikes only.

## **LONDON & HOME COUNTIES**

### ***John Hoskins***

What should have been our second mid-week ten promotion was held in mid-August on the popular H10/3r course, on the A4 between Hungerford and Newbury, after our intended first mid-week promotion was cancelled due to road works. That was despite Rachael Elliott (the organiser) going to the trouble of moving to a back-up course, changing the HQ and doing everything she could to get the event to happen. Then road works appeared at very short notice on the back-up course, forcing the event to be postponed until 7<sup>th</sup> September.

But the August event (organiser Claire Emons) went very well – with no signs of any roadworks and actually benefitting from major re-surfacing on a large part of the course. As has become commonplace, Ian Greenstreet and Rachael Elliott were the tandem prizewinners, with another sub-20 minute ride of 19:39. For me I'm always pleased that the L & H C has members that not only give up their time to help the sport (Ian is on the National Committee and Rachael is a hugely active L & HC official and organiser) but can achieve such success competing.

The only club team to finish were the ...a3crg, led by Neil Mackley who was first on standard and fastest overall with his ride of 20:49 (+07:02). Second on standard was Jeff Roberts of the High Wycombe with 21:18 (+06:19) and third was Lucia Borradaile of the Weymouth CC with her plus of 05:58 from her riding time of 25:17. Lucia was the fastest lady as well as best woman on standard.

Overall there were five sub-22 minute rides from the field of 60 solo riders. This event does attract numerous fast riders as there have been short 18 minute tens achieved on this course. The L & HC were pleased that the event was successful, the catering (as always) being particularly well received and our thanks go out to all those who marshalled and helped on the day.

A month previously, we promoted our second event on the very fast F11 ten mile course at Aston Clinton on the A41. As usual we attracted a full field of 150 riders plus one reserve and two tandems. The weather wasn't at its best. It was a windy day, following a week of bad weather, that resulted in numerous apologies, although in the end many riders experienced a strong tail wind just when needed. Richard Oakes (Team Ohten Aveas) once again held everybody at bay with his 18:25 for fastest on scratch and best on AAT with 17:19. Similarly Sally Turner (HUUB WattShop) was fastest lady on scratch with 20:48 and won the women's AAT on 18:07. She led the HUUB WattShop to a team victory on AAT with a total of 55:57.

As is always the case, the London & Home Counties Group is grateful to the 16 marshals/officials who made the event possible. It was particularly noticeable that our regular band of marshals (some of whom help year after year in our promotions) were joined at this event by several new faces and all of their help is very much appreciated – not only by the Group committee but also by the riders, as quite a number of them commented on the "excellent marshalling" at the turns. Unfortunately there was one rider who fell foul of the course rule by turning late into the finishing slip road, but with no accidents or injuries the event was considered to be a great success. This may well be the last promotion by David Guy for the Group and the committee want to particularly thank him for the large number of events he has promoted over the past 8 or 9 years for the L & HC group. He will however be staying on the committee as Time Trials Secretary, overseeing and planning our annual time trial promotions.

In my next set of notes for The Veteran, I will be reporting on the Rocco 25 as well as the delayed mid-week ten, both being in September – too late for this report though.

This is a good opportunity to bring to all of our members' attention that the AGM – probably to be held in November at a hybrid meeting (both online AND "physical") – is approaching. Whilst I believe that most



of the current committee are willing to continue with their official duties we really need some new opinions and viewpoints from the members at our rather infrequent committee meetings. We meet about six or seven times a year, via Zoom, in the evenings – on dates agreed by the committee at the time. If you could give up a little bit of time occasionally to attend such committee meetings we would be grateful and it would undoubtedly help to broaden our thinking and ideas for the future of the London & Home Counties Group. If anyone is even slightly interested you can ring me on 07717 086689 or email me on [secretarylahc@btinternet.com](mailto:secretarylahc@btinternet.com) for further information.

## **MANCHESTER & NORTH WEST**

### ***Ken Workman***

Buxton CC and M&NW Group co-promoted their '10' on the Whaley Bridge by-pass on 15th June. New M&NW recruit, Congleton CC's Alastair Ribbands, took 3rd fastest; nine seconds down on the winner's 19:53. Alistair Rutherford (Manchester BC), recorded 20:58 for 7th place while the trio of Michael Greaney (Stockport Clarion), Mick Hutchins (Congleton CC) and Ade Hughes (Seamons CC) recorded 21:22, 21:36 and 21:39 respectively for 10th, 11th and 12th places. Mike Walker (Congleton CC), followed with 22:28 while Phil Robinson (Janus RC), set a time of 22:41. Our fastest lady was Congleton CC's Gail Lowe, with 23:47. Paul Birkin (Buxton CC) recorded 24:12, while Paul's club mate Elizabeth Batt, followed with 24:52.

Our HLM, Cyril Wynne, deserves a mention, as aged 93, he turned out once again to look after signing-on and body numbers at our Group '25' on 1st July. Janus RC and Warrington RC co-promoted this with 29 M&NW members on the start sheet. Organiser Tony Farrell advised everyone beforehand that due to yet more road works, this time at Allostock, the distance was reduced to around 15 miles.

The winning time was 32:26, but Alan Chorley (Seamons CC) recorded 33:20 for 4th place, he was perhaps motivated by losing out to his club mate Stephen Dooley in recent events. Stephen was 19 seconds down in 5th. Michael Greaney (Stockport Clarion), took 8th place, while 9th and 10th were taken by Congleton CC duo Mick Hutchins and Matt Stephenson. Martin Wiggan (Seamons CC) took 11th place. Mat Stephenson beat his wife (and club mate), Alison, (but I must stress purely in an athletic context), when she recorded 43:52.

The road bike section naturally yielded slower times; Ian Haddock (Warrington RC), took 2nd place with 37:02 while his club mate, Warren Giddins, recorded 38:20 for 4th place.

Sunday 2nd July saw 'our' National '100' Championship in Shropshire. The official report can be read elsewhere in these pages, but Joanna Cebrat (360cycling) and Richard Shaw (Seamons CC), deserve our congratulations. Joanna earned yet another VTTA Gold medal, while Richard took the Silver medal. Our very own Ian Peacock (Leek CC), went round in 4:43:35.

I spotted the name of Neil Skellern (now of Stockport Clarion), on the result sheet. He might yet be persuaded to return to our ranks, so I trust his club mate Derek Hodgkins is 'on the case.' Alastair Ribbands (Congleton CC), was fastest of the road bike riders with 4:02:44.

On Saturday 15th July Seamons CC and M&NW Group co-promoted their '25' on J2/9. The 'too young' Velotik man David Parkin, set the fastest time of 52:13, but our new recruit, Congleton CC's Alastair Ribbands, took 4th place with his 53:52. In 8th and 9th places came the Seamons CC duo of Richard Shaw and Alan Chorley who were tightly grouped with 55:21 and 55:26. On AA Time, Richard's 52:29 edged out Alan by the slightly larger margin of 34 seconds. Martin Wiggan (Seamons CC), and the Congleton CC duo of Mick Hutchins and Mat Stephenson returned times of 57:26, 58:01 and 58:14 respectively. Phil Robinson of Janus RC recorded 59:38; Stephen Dooley (Seamons CC) took 1:00:28 and Congleton CC's Mike Walker went round in 1:00:54. Tim Marshall (Seamons CC) recorded 1:02:11 while Stephen Turner (Westmead 88), set 1:03:54.

Paul Basson (ABC Centreville), Simon Phillips (Stockport Tri Club), Peter Jackson (Macclesfield Wheelers) and Robbie Harcourt (Salford CC) also competed, however, our group stalwart, Alan Shuttleworth (Weaver Valley CC), was DNF.

Congleton CC's also 'not yet old enough' Alice Taylor, was fastest woman with 1:00:12. Her club mates Lucy Rogers and Claire Harrison recorded 1:00:52 and 1:05:25 respectively, Lynsey Astles went round in 1:06:31 and Alison Stephenson set 1:16:51.

The day brought back painful memories of the 2021 event when our very popular member, Darren Maironis, tragically succumbed to his injuries after being hit by a van near Terra Nova school.

You will surely have heard the old quip; what is it called when two days of relentless rain is followed by a warm sunny day? Answer; Monday. This was almost exactly the case for the Mersey RC '24' over the weekend of July 22nd/23rd when more than half the event was beset by heavy rain and wind. Full details can be seen elsewhere in this issue, but the performance of Joanna Cebrat (360cycling), merits our congratulations. Despite a severe bout of ill health which seriously disrupted her training, Joanna was riding well until a 'mechanical' and a crash hampered her progress. But she took the Silver medal in both CTT and VTTA competitions. Amazingly, Joanna's actual 419.23 miles was only six miles short of her PB - under the circumstances, that's a great achievement!

Congleton CC and M&NW Group jointly promoted their '50' on Saturday 29th July, on J4/16 based on Cranage. The same 'under age' male and female winners of the Seamons '25' prevailed again; with 1:49:17 and 2:04:39. Alan Chorley (Seamons CC) used the longer distance to take 3rd place with 1:52:19, in so doing he pulled out even more time over his club mate Richard Shaw, whose 1:56:11 secured him 6th place. Following closely in 7th was another Seamons CC man, Ade Hughes, with 1:56:27. Kevin Blades (360cycling), came in 9th place with 1:58:06. Congleton CC's Mick



*Ian Peacock on his way to the over-70s medal in the recent RTTC 12 hour championship*

Hutchins just got inside the 'new evens' with 1:59:45.

The Congleton CC duo of Mat Stephenson and Mike Walker returned times of 2:00:33 and 2:01:37; Jonathan Lloyd (Westmead 88), went round in 2:05:44, while Ian Peacock (Leek CC) finished with 2:11:54. Stephen Turner (Westmead 88) set a time of 2:13:43, while Robbie Harcourt (Salford CC) recorded 2:16:17.

Of the women, the 'still not old enough' Congleton CC's Alice Taylor's 2:04:39 beat her nearest rival by over six minutes. Other Congleton CC's women were Claire Harrison (2:17:01) and Alison Stephenson (2:35:36).

Alan Shuttleworth (Weaver Valley CC), was set off on his trike by the timekeeper, but sadly, he didn't pass the chequered flag. Several notable M&NW members failed to start; happily all tendered their apologies.

Thanks are due in particular to the organisers of our combined events, plus all those who helped by marshalling, acting as HQ helpers or as kitchen staff.

Ian Peacock (Leek CC), rode the RTTC championship 12 hour event on 13th August and reports that although the main result has been delayed, he is celebrating being the RTTC national 12 hour champion in the over 70's category. Ian modestly admits to being the only septuagenarian on the start sheet - in fact he was the oldest rider in the event. Way go Ian, way go!

Our attractive 'VTTA' gilets have proved so popular with M&NW members we have placed an increased order; some people have already reserved theirs. They are available in a range of sizes and are priced at £35.80 each. Please contact Tony Farrell to obtain yours before these also sell out.

Our Recorder, David Wright, advises there has been a further increase in those members having paid for Standards since the last edition. The number for this season now stands at 37.

Our Group AGM will be held at Goostrey Village Hall on Sunday 19th November. Please make every effort to support your Group by attending.

An early note that our Prize Presentation Luncheon will again be held at the Middlewich Masonic Hall on 18th February 2024; Ian Peacock of Leek CC has taken over as organiser. Those who were absent from the last Luncheon certainly missed out on a bargain, as our new catering team provided plenty of tasty food, even though the ticket price had been drastically reduced. Ian looks forward to receiving your requests for tickets by phone on 01538 382747 or via email at [ian-peacock@outlook.com](mailto:ian-peacock@outlook.com)

M&NW members; when you read this the season will be almost over, but your colleagues would still like to hear of your TT high spots, I'm sure they'll even sympathise with any low spots. So please advise me on: [kenworkman66@gmail.com](mailto:kenworkman66@gmail.com)

## MERSEYSIDE

### *Brigid Night*

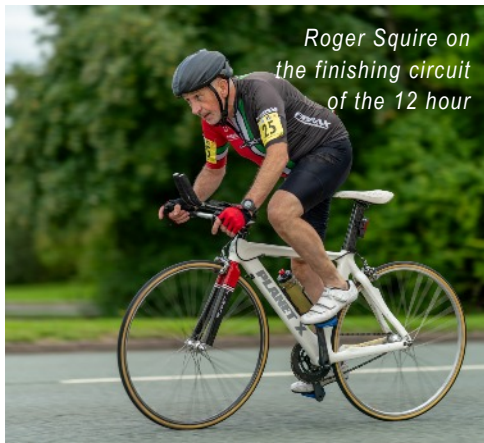
Merseyside was privileged to have three National Championship time trials within our district this season, the 100 mile, 12 hour and 24 hour. We are very grateful to the organisers of these events and our thanks also goes to all the marshals which, for these longer events, far outnumber the entrants.

In the National Championship 100 mile Helen Tudor, Oswestry Paragon CC, claimed the women's silver medal with an AAT of 4:22:18 and David Williams, Velotik RT, the men's bronze medal with an AAT of 3:44:21. Merseyside VTTA also won the team prize with David Williams (Velotik), Jonathan Mills-Keeling (Bridgnorth CC) and Victor Chetta (Mid Shropshire Whs). It was great day of racing for Merseyside and also good to see Victor back competing.

We had two riders in the National Championship 24 Hour and both managed to complete the event despite the atrocious conditions. Roger Squire (Fibrax Wrexham RC), who achieved 347.05 miles and Geriant Catherall (Anfield BC), who clocked up 303.38 miles. Roger is no stranger to the event having completed a total of 21 of these 24 hour events, so far! It is interesting to note that he felt that in this year's event the conditions of torrential rain, flooding and wind were the most challenging he has yet faced but that didn't put him off from entering the 12, only 3 weeks later.

The Merseyside group had a cracking day at the National Championship 12 hour TT. We had a very large number of riders competing in the event and were delighted that David Williams (Velotik RT), Alan Broadbent (Graham Weigh Racing) and Arthur Winstanley won the VTTA Team prize. Hannah Fawcett, Liverpool Braveheart, new to the group and to tandem riding won the VTTA Tandem prize with yours truly, Brigid Night of Frodsham Wheelers, as stoker. They also set a new National age record in the process.

Unfortunately the full and final result of the 12 is delayed..



### New Merseyside Group Records

There have been numerous records broken already this season. The new men's records include:

Age 44 records were broken by David Williams, Velotik: 50 miles in 1:41:29 and 100 miles in 3:47:49.

Age 45 record was broken by Victor Chetta, Mid-Shropshire Wheelers: 100 miles in 3:52:50.

Age 50 records were broken by Jonathan Mills-Keeling, Bridgnorth CC: 25 miles in 52:56, 50 miles in 1:50:04 and 100 miles in 3:57:19.

Age 51 records were broken by Tim Beardmore, Bridgnorth CC: 25 miles in 54:03 and then 53:19, 30 miles in 1:06:33 and 50 miles in 1:54:39.

Age 64 record was broken by Nick Giles, Pocomotion RC: 30 miles in 1:12:55 (on a road bike).

Age 66 record was broken by Arthur Winstanley, Liverpool Phoenix CC: 100 miles in 4:30:24.

Age 85 record was broken by Peter Norman, Wrexham RC: 10 miles in 37:31.

The new women's records include:

Age 58 records were broken by Deb Hutson-Lumb, Wrekin Sport CC: 10 miles in 23:25 and then 23:12, 15 miles in 38:18 and 50 miles in 2:11:29.

Age 62 record was broken by Janet Fairclough, Liverpool Phoenix CC: 50 miles in 2:14:20.

Due to the closeness of the 12 to the editor's deadline and subsequent delayed result any records set in the 12 hour have not been listed.

### Update on our group events

In the Chester RC 25-mile event on 4<sup>th</sup> June Tim Beardmore (Bridgnorth CC), won the Colin Rutter Cup (Best Age Adjusted) with an ATT of 51:53. Also in this event Alan Broadbent (Graham Weigh Racing) won the WJ Smith Rose Bowl (Fastest Time) with a time of 53:15.

On 11<sup>th</sup> June at the West

Cheshire 50 the Dick Corris Memorial Trophy (Best Age Adjusted) was won by Alan Broadbent with ATT 1:48:50. Victor Chetta won the Eddie Gradden Trophy (Fastest Time) with a time of 1:52:04.

The Port Sunlight Whs 10 on 1<sup>st</sup> July resulted in Nick Giles, Pocomotion RC, winning the Oscar Dover Cup (Best Age Adjusted), on a road bike, with an ATT of 21:53. Susan Wilde, Frodsham Whs, won her first ever trophy, the Hilda Dover Cup (Best Age Adjusted (lady) with an ATT of 26:56. The Derek Ireland Cup (Fastest Time) was won by Mark Liprot, Graham Weigh RC, with a time of 23:05.

There is one remaining Group event this year, which is on Sunday 27<sup>th</sup> August, the North Shropshire Wheelers 25. If you entered you had a chance to win the Joe Brooke Trophy (Best Age Adjusted) and the Gomersal Cup (Fastest Time).

#### Save the Dates!

Our AGM will be held on Friday 17th November, 7:30pm, at Waverton Village Hall.

A very well done to all these riders for their achievements. There is so much to celebrate and we look forward to formally congratulating you on Sunday 14th January 2024 Merseyside VTTA, PRIZE Presentation Lunch at the Cheshire View, Christleton.

## **MIDLANDS**

### ***Alastair Semple & Simon Dighton***

The summer racing season has seen a real elevation in pace this year both in terms of the numbers of riders participating and the speeds being generated! Our members have represented the Midlands VTTA in 400 open events and clocked up 7,163 racing miles by early August.

#### Midlands Points Series

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We now have some strong contenders for results based on 'K' course opens. Focusing on the top 10 placed riders (5<sup>th</sup> Aug) Joe Costello would appear to have a handsome lead, but Mark Wise still has one more counting event to reach the maximum 6 counting events, which should see him challenge for the overall; Simon Laws is another strong contender for a podium spot. I will post a full breakdown of the overall competition on the Midland Group news page on the VTTA website.

- 1 Joseph Costello (Legato RT) - 788 (8 rides)
- 2 Mark Wise (Team Enable) - 690 (5 rides)
- 3 Denise Burrows (AeroCoach) - 637 (7 rides)
- 4 Philip Wooldridge (VTTA (Midlands))  
- 586 (6 rides)
- 5 Simon Dighton (Beacon Roads CC)  
- 571 (6 rides)
- 6 Simon Law (Race Rapid) - 559 (4 rides)
- 7 Alastair Semple (Legato RT) - 514 (4 rides)
- 8 Deborah Sheridan (Warwickshire RC)  
- 499 (4 rides)
- 9 Susan Semple (Legato RT) - 428 (3 rides)
- 10 Emma Bexson (Stratford CC) - 419 (4 rides)

#### Midland VTTA Trophies

The Massie Plate, Jones Cup and Nomad Cup were held on the K47/15 course down in Welland on 22 July. Entries were low which was surprising for this is a really good course in the shadow of the Malverns on country roads – with little in the way of hills or traffic. Only the Jones Cup was up for grabs and the contest was a straight tussle between Joe Costello and Simon Dighton with the other age groups uncontested. Organised and superbly run by Worcester St. Johns the event set off in the pouring rain, as so many races have in July, although conditions did improve for the later riders. A parcourse shaped like a square meant that the first leg set off into a fairly strong headwind – definitely the best way on this course as the slopes that are present are on this part and mainly downhill. The wind moderated the speed when watching out for standing water whilst the tailwind section, which sometimes feels a bit of a drag, went by quickly. Both Joe Costello and Simon Dighton placed strongly coming in overall 3<sup>rd</sup> and 5<sup>th</sup> respectively on scratch with Joe taking the honours and the Jones Cup in an age adjusted time of 31:23 with Simon not too far behind in 32:37.

We still have a number of trophies to be contested this year, Billy Steer Cup and Bicknell Cup for best Age Adjusted Time (AAT) at 25 miles which will be contested on the R25/7 at the end of August and the Williams Rose Bowl and Bart Cup for best AAT at 10 miles for men and women which will be awarded on the K48/10 on the 17<sup>th</sup> September. This is a date you will all have your eye on as it's also the VTTA National 10 Mile Championship, so we can expect to see a strong field contesting for the championship jerseys and group awards.

### Midlands VTTA Membership

I have been really pleased to see a steady increase in membership this year that reflects the increase in riders participating in TT events. I would like to welcome all who have joined the Midlands VTTA this summer. Hopefully we will get to meet up at the National 10 on the 17<sup>th</sup> September if not before.

## **NORTH**

### ***Gavin Russell***

#### Achievements

It is great to see that our current crop of supervets is continuing to be successful both locally and on the national stage. Russell Richardson, of Zubarán Racing, has since his retirement from the big bad world of work, really turned up the gas and is dominating the age adjusted results by finishing nearly always in the top three in the events he rides. Marcel Schubert, (Darlington CC), the current Cycling Time Trials Best All Rounder, is in 2023 producing wins or placings across all distances from 10 miles up to 12 hours. It is worthy also to report that Phil Kennell of GS Metro, gained second place on age adjusted time, in the National VTTA 30 mile championship held in Scotland.

The group hosted the Northern "All Comers" 10 mile closed circuit VTTA Championship at the Croft Motor Racing Circuit on a Wednesday evening in June, with nearly 90 riders participating. Russ and Marcel were awarded medals for 2<sup>nd</sup> and 3<sup>rd</sup> respectively in the time trial bike category, while Shaun Tyson of Protech Velo, took the title in the road bike category. In the women's category, Caroline Ratcliff (Ferryhill Wheelers CC) and Kate Sanderson (Cleveland Wheelers CC) took the 2<sup>nd</sup> and 3<sup>rd</sup> in the time trial bike category. In the road bike category both Lauren Aylott and Cheryl Murray (both of Stockton Wheelers CC ) just missed out on a medal, by finishing 4<sup>th</sup> and 5<sup>th</sup>. Thanks go to all the Croft support team who ensured this event went off smoothly. Roll on 2024.

Subsequent to the holding of this "All Comers" event, where non-members were included in the opportunity to win the championship awards, the group has seen a rise in membership (6 plus) with some of the non-members who participated, taking up membership.

North Group VTTA results are all published on the CTT and VTTA website, with championships also reported on in the relevant Veteran magazines.

### Website - VTTA Records

A number of members will have been notified that they have established a VTTA age record. (I get copied in on all the notifications and so far have received 37 plus – given up counting). Phil Wright, our group recorder, who also receives the notifications, and maintains good old paper records, is currently verifying these. There are issues with the VTTA web based records that is supposed to be fixed, but at time of writing (mid August) is still not correct.

### Website - VTTA Age Related Results

A number of events, although correct on the CTT website appeared on the VTTA age related results, published on the VTTA website with 3 riders missing in each event. This occurred across a number of Groups (those known to be affected are: North, Yorkshire and Manchester). After some "dialogue", this now appears to have been corrected. Apologies for those who were not accorded with their times. This initiative by the VTTA NEC, whilst supported by the membership, with each group being asked to make a contribution to its development, appears to have had "teething" problems. Let's hope that when we are told it is fixed, it is.

### Honorary Life Membership

Earlier in the year, the group was able to confer Honorary Life Membership on one of its members. This is a key milestone, as it marks the 80<sup>th</sup> birthday of a member who has also provided support to the group or VTTA over a period of time. It is with immense pride that we are again in a position where another member has reached this key milestone in September. Kay Bate, Cleveland Wheelers CC (previously with Wensleydale Wheelers for many years) has after consideration by the group's officials, been awarded HLM status. Congratulations and sorry Kay, for mentioning your age.

### North Group Hill Climb Championship

In 2023 the Group's Hill Climb Championship is being held as part of the Cleveland Wheelers CC hill climb on Ingleby Bank, just south of Stokesly in North Yorkshire. Held on 24<sup>th</sup> September 2023 it is hoped that some of our members from up north will make the journey to compete for this championship.

### Annual Awards Luncheon

After much consideration and visits to alternative venues, the luncheon has been agreed and booked

again at the Hardwick Hall Hotel, Sedgefield for Sunday 7<sup>th</sup> January 2024. Full details will be circulated to members later in the year.

### Plea for Help

Please may I remind all members that without the few souls who each year are prepared to organize and assist at events, we would not have a programme of events and competitions to compete in. If you can ride, please do so, if not, please consider offering to help and volunteer your services, as they will be much appreciated, as without such help, events cannot go ahead.

### Further Information

If you require further information regarding any information contained in this report or anything CTT or VTTA, please do not hesitate to contact the writer either by email: [gavin\\_russell@hotmail.co.uk](mailto:gavin_russell@hotmail.co.uk) or by telephone on 01642 654419.

## **NORTH LANCASHIRE & LAKES**

### ***Richard Taylor***

#### Open 50

A warm sunny morning greeted the riders alongside the scenic Bassenthwaite Lake course for the Vets annual 50 in early June, but there was little time for admiring the forbidding Skiddaw amongst the field churning their machines in anger along the A66. The battle for top honours was fought out between two 'raiders' from north of the border, with Douglas Watson just edging out his compatriot Liam Beaty by half a minute. Douglas also won the event on AAT with Janet Fairclough winning the equivalent women's award.

Full result:

#### Actual

- |  |         |
|--|---------|
| 1. Douglas Watson (GTR Return To Life) | 1:42:13 |
| 2. Liam Beaty (Scottish Borders RT)    | 1:42:44 |

#### Woman

- |                                    |         |
|------------------------------------|---------|
| 1. Emma Houterman (North Lancs RC) | 2:12:35 |
| 2. Karen Bailey (East Lancs RC)    | 2:14:18 |

#### AAT

- |  |         |
|--|---------|
| 1. Douglas Watson (GTR Return To Life) | 1:38:34 |
| 2. Peter Greenwood (Clayton Velo)      | 1:41:10 |

#### Woman

- |   |         |
|---|---------|
| 1. Janet Fairclough (Liverpool Phoenix) | 1:49:18 |
| 2. Sue Cheetham (North Lancs RC)        | 1:50:56 |

Team	Springfield Financial ( Derek Parkinson, Andy Whiteside & Paul Russell)	5:24:43
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North Lancs and Lakes riders were:

Richard Helm 1:47:01; Derek Parkinson 1:49:47; Andy Whiteside 1:50:38; Allistair Moffat 1:53:16; Matt Stell 1:56:04; Paul Russell 1:58:22; Paul Blackburn 1:59:05; Roy Nield 1:59:42; Peter Greenwood 2:00:09; David Rundall 2:3:29; David Gibson 2:13:19; Karen Bailey 2:14:18; Mike Westmorland 2:14:23; Sue Cheetham 2:14:25; Cliff Degraff 2:18:37; Rachael Maxwell 2:21:57; Bill Maxwell 2:23:10.

Peter Greenwood won the Group's Paddy Maloney Trophy for best on AAT by just over a minute from David Rundall with Richard Helm third.

Andy Whiteside, Mike Westmorland and Sue Cheetham created new age records.

In time honoured fashion, a massive thanks go to those willing helpers who gave up precious hallowed hours of early Sunday slumber to brew up or stand on a draughty corner in the name of cycle sport. Gethin Butler and Peter Hajgh manned Keswick island with Brian Moore and William Armstrong at Cockermonth, Graham and Shirley Sheard manned the kitchen and Tracy Moore was on the watch, many thanks. It was also rumoured the pusher off abandoned a weekend in Istanbul watching a footballing treble being completed, to safeguard the successful running of the event. It does however, remain a rumour...

#### Dobson Trophy

With the cancellation of our open 25 in April due to temporary traffic lights, an executive decision was

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made to make the Preston Wheelers event the Championship in line with the NLTTA equivalent. On a hastily modified course due to, surprisingly, more roadworks, to his credit organiser Gethin Butler managed to salvage a full distance event. Peter Greenwood was best on AAT with Andy Whiteside runner up at 2 minutes and team mate Derek Parkinson at a further half minute. Their actual times were 1:1:14, 56:07 and 56:25 respectively. Other rides were: Paul Shallicker 58:18, Matt Stell 58:32, Paul Blackburn 1:1:01, Paul Russell 1:1:44, Peter Haigh 1:10:47, John Leach 1:19:39 and trikey Brian Moore 1:28:28.

### NLTTA 100

The weather forecast certainly influenced the turnout for the flagship event of the North Lancs season, and on the morning it was touch and go whether the event would actually go ahead. In the end, enough riders were keen to get going and the downpour had relented to mere rain! The field was however, decimated to say the least, with 29 non-starters and nine DNF's, credit therefore goes to the 27 finishers who battled the elements in the name of sport. The overall winner was Tom Hutchinson from Team Bottrill with an impressive 3:33:34, second with 3:39:22 was local Richard Nesfield and third Alex Royle with 3:42:12.

Only five Group members completed the distance with recently joined Alistair Moffat from the VC Cumbria being fastest on the day in 4:2:22 and taking the Baxter Rose Bowl for best handicap with a net time of 3:29:22. Paul Russell won the Crowther Shield with his 4:20:56. Other times were David Gibson 4:41:03 and Clifford Degraff 4:55:38, but pride of place goes to Matt Stell, whose 4:3:11 was trimmed to 3:58:48 on AAT, thus delivering the coveted Karimor Saddle Trophy. His suit is at the dry cleaners as I write, in time for collection of the award at the Vets dinner!

### National Championships

After the successful raid to 'that place the other side of the Pennines' in April for the 25 champs, our riders have continued their success, and in particular, Debbie Moss continues to mop up wherever she goes. The 50 in June over in the East Midlands proved to be a hot and windy event but Debbie's time of 2:6:01 when converted to AAT proved too good for the female opposition and she was declared Champion. Springfield teammate Theresa Taylor backed up with a 2:31:02, admirable when half the field either didn't start or finish.

In July, a trip north of the border was organised to tackle the British 30 miles championship in Fife. Debbie was once again victorious, her 1:13:09 converted to 1:2:06 on AAT. She suddenly finds her wardrobe is struggling to accommodate a plethora of Champion's jerseys! Theresa was back up once again with 1:24:05, Andy Whiteside clocked an impressive 1:9:49 whilst 10 seconds behind was Si Horsley who was part of the victorious Legato RT team award.

### General

Whilst there seems to be a trend of falling numbers in the time trialling world, our group's activity remains strong. The recent West Pennine 10 had 27 times recorded by NL&L members out of a field of a hundred riders, whilst the East Lancs 25 boasted 26 on the start sheet in a field of 72; alas, the event was cancelled due to adverse weather. Up to now, 42 of our competitors have completed one or more of the Group Championship qualifiers, which are all on local courses.

By my reckoning, 22 local age records have been broken during the current 2023 season. This could well increase before the end of September, more details will emerge then, though, time permitting, the new online facility will be updated as soon as possible. Let it be known, to members new and old, that only rides on L courses will be ratified as records.

It is with a deep sadness that I mention the passing of two of our long standing members, Bill Lloyd and George Jackson.

Bill was a member of the Southport CC and devoted much of his time to organising and involvement within both his club and the VTTA; an obituary should appear in the December Veteran.

George was a genuinely nice bloke who spent many years powering his trike around the north-west in the colours of the Barrow Central Wheelers. He not only was a mainstay of his club, but also of the North West group of the TA and he also supported wife Brenda for the many years she was secretary of time trialling in the CTT North DC. George still holds age records over 4 distances on his trusty barrow.

Our thoughts are with Brenda, he will be sorely missed.

I know new members are generally mentioned elsewhere in this publication, but I would like to personally welcome one of our newest members, who joined on her 40th birthday, Charlotte Boothman. Charlotte is probably one of the best female riders to grace our local events in North Lancashire and

Cumbria, winning many events, Alas serious health issues have curtailed recent years activity, she is however racing again and we look forward to seeing her compete in her first Vets event in our 10 on 15th August. We wish her well.

As we go to press, the two remaining events of importance are the 10, which will have been run, and the NLTTA 50 on Sunday 17th September, which I will organise and is the final qualifying event of our Group Championship.

All the best for now.

## **NORTH MIDLANDS**

### **Chris Lea**

To begin, some cycling truisms from times past, c/o the self-penned North Midlands' 'Un Viejito':

- Can mend a tub and race on it the next day.
- Knows what 14/16 and 15/17 mean.
- Has a stash of long nipples.
- Remembers breaking a wing nut at an inconvenient time.
- Has collected a resprayed frame, after work on Friday night, and built it up to race on Sunday morning.
- Knows that gear ratios are in inches.
- Can replace a spring in a block.
- Carries a bonk bag.
- Uses a Barts ½" map all the time.
- Avoids anything with Raleigh threads.
- Carried a turnip on their bars. (*Ed: Other vegetables are acceptable*)
- Has spare cones for their hubs.
- Has spare balls for their hubs.
- Uses tyre savers.
- Gets up all hills on 48/24.
- Always butchers their new saddle.
- Always looked up to the Most Venerable and late Syd Wilson.

Our increasingly chaotic weather meant that June's super racing conditions all too quickly succumbed to rain, more rain, and yet more rain through July into August. The wind, however, has been ever present it seems. Nevertheless, there have been some fine performances. To mention just a few:

Nick Latimer (Team Lifting Gear Products) won the Vets Scratch competition in the Merlin Cycles Classic Series, and was also third on Target Time. Hat's off!

In early June, on yet another day with a headwind back from the turn, the VTTA Notts and East Mids 25 on the A25/34 south west of Newark saw most times blunted, but Andy Thomas (Lindsey Roads CC) rode a strong 52:48, John Martin (Elmsall RC) was only just over the hour, in 1:00:16, whilst David Hayward (Matlock CC) shaved a second off his PB, finishing with 1:08:14.

In the Cragg Vale hill climb, which starts in Mytholmroyd and climbs south to the Pennine Way, 4.8 miles and close to 1000 feet of height gain, Trevor Mayne (Birdwell Whs) had one of his best results ever in a hill climb, placing 5<sup>th</sup> with 18:07.4, to the winning time of 15:29.9 set by Marcus Cram.

It does seem early for hill climbs, but in the Sheffrec CC event up Bradfield Hill, Nick Latimer had a cracking ride to finish as first vet and 4<sup>th</sup> overall, and in a vet's course record of 2:20.7. Yvonne Twelvetree (Sheffield Tri Club) rediscovered her hill climbing legs to finish in a fine 2<sup>nd</sup> place from four women, with 5:06.6, aged 72. Hat's off again!

Tom Thornely (FTP Race Team) had a great ride in the M&DTTA Championship 50 on the grippy roads of Cheshire, with 1:48:44 for 4<sup>th</sup> place. The following weekend he was on the fast F2/50 course in the Cambridge CC event. In baking heat he rode a superb PB of 1:41:17, whilst Simon Warren (Norwood Paragon CC) did 1:58:22 on his road bike and Sarah Harrison (Trek Sheffield) rode a PB of 2:04:37.

Stepping up the distance, Tom Thornely did a super-fast 3:36:43 for 3<sup>rd</sup> place in the Welsh CA 100 Championships, then on the following weekend – and surely carrying some fatigue into the event - finished in 9<sup>th</sup> place with 3:42:45 in the RTTC National Championship 100.

Mike Allen (Team Enable) reported that by mid-July he had 'found his racing legs', racing to 23:23 in the East Anglian VTTA 10 on the F2A/10, and a new Group Record, shaving 2 seconds off the legendary George Steers' time from 1999.

Honourable mentions go to those who have just got on with their racing in spite of the weather: Alan Cooke (Peak RC) and Andy Thomas (Lindsey Roads CC) in the Sherwood CC 10 on a wet Saturday afternoon, finishing in 22:12 and 20:55, respectively; Martin Bullen (Peterborough CC) battling strong south-westerly



winds in the VTTA East Anglian 25 to record 1:00:43 in his first open event of the season; Mat Ivings (Buxton CC) riding 21:03 in the Pendle Forest CC 10 on 'Levens' - an event blasted by a strong south westerly; Ben Hamilton (Rutland CC) and Michael Weaver (Rotherham Whs CC) turning out for the Tickhill Velo 10 on the O10/1 with a horribly wet ride being forecast, but being rewarded by a remarkable window in the weather meaning that it stayed dry just for the duration of the event (!) and returning times of 27:38 and 28:16, respectively.

Now, we need some sun and light winds for the remainder of the season. There is still time to qualify for our new group competition for 2023: best on standard/age adjusted time over combined distances of 10 and 25 miles. Get those rides in!

We still 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. Other members of the committee help out, so you won't be on your own, but it's a job that needs doing. Please contact Chris Lea (01298 256432 / 07731 653019) to find out more. Your help is needed.

Once again, we close with a recollection from our Chair, Peter McNally (Rutland CC); of Brian Orgill and his minute man.

*Another 25. Brian now in his late fifties. Not many chances left to do the under the hour ride which he had dreamed about ever since joining the Mexborough Wheelers as a young boy all those years before. Seeing his minute man at the start, and knowing him to be a faster rider, he was sure that the next time he would see him would be after the finish. However, after a while he was able to see a rider in front. Getting closer it was indeed his minute man and he was gaining on him. Faster and faster, closer and closer. His sole focus was the rider in front. With the finish now in sight, and sprinting, the catch was made almost on the line. Riding back to the village hall he began to wonder what his time would be. He knew he had ridden well. Looking at the result board, he was now able to say thank you to his minute man. Finally, he was an under the hour rider. His time that day: 59:59.*

## **SCOTLAND**

### **James Skinner**

#### News

This year is the Glasgow Wheelers' 100th anniversary, and it was celebrated with an event held in Hillhead Library in Glasgow. On display were various trophies from the Glasgow Wheelers, a selection of race promotion booklets and Scottish Cycling handbooks going back to the foundation of the Scottish Cycling Union. The event also featured a question and answer session from Billy Bilisland, which was hosted by Kenny Pride who is also promoting his new book "The Glasgow Wheelers - A Scottish Cycling History", available firstly in electronic form and printed soon afterwards.

Jocky Johnstone has recently spent several nights in Blackpool Hospital after having a fall whilst riding near his caravan. Jocky will have to rest up for some time with several broken ribs, all this a couple of years after his previous life changing crash. All at the Scottish group send their best wishes and we hope to see Jocky out riding soon..

#### Racing

The VTTA National 30 Mile Championship TT, incorporating our Pinky Williams Trophy, was a success thanks to Mhairi and the Fife team for finding and measuring a course after the short notice roadworks at Cambusbarron. Best wishes go out to the two riders who crashed during the event, and we hope to see you racing soon. Douglas Watson riding for GTR Return to Life p/b Streamline takes both the National 30 mile TT title, and the SVTTA Pinky Williams Memorial Trophy, with George Adam, riding for the SVTTA, coming home first in the road bike category.

If readers have any information, news, or gossip, please get in touch with me at [jamesmskinner@hotmail.com](mailto:jamesmskinner@hotmail.com)

## **SOUTH WALES**

### **Chris Gibbard**

As I write this report I can hear the rain lashing against the window and after enduring a windswept three days camping with my family in North Wales last week, I am reminded of why I usually head to the south of France for August. However, staying in the UK has allowed me to ride some local events that I usually miss and to get some long rides under my belt as thoughts turn

inexorably towards the dreaded 12 hour. It is said that the biggest battle in taking on that challenge is in the mind and my own personal mental battle begins many weeks before as the once comfortably distant prospect of spending 12 hours on the TT bike draws ever closer.

Since my last report the results of the group 15 mile championship have been finalised. I took gold with an AAT of 29:14, Ian Gibson (Abercynon RCC) was second with an AAT of 32:25 and Marco Marletta (VTTA South Wales Group) third with 34:28.

July began with the Welsh Cycling Association 100 mile championship, doubling up as the South Wales VTTA group championship. The perfect conditions of June's West Wales Cyclist League 100 run on the same course were unfortunately absent and despite pleasant temperatures, riders had to contend with a pretty tough headwind on the return leg from Monmouth to Abergavenny. Showing the form that propelled him to the VTTA BAR last season, Anthony Jones (VMCC powered by Y Beic) stormed to the win with an age adjusted time (AAT) of 3:27:00, I took second for Bynea CC with 3:33:53 (AAT) and Mike Hall (Port Talbot Whs CC) came in third with an AAT of 4:06:22.

With the postponement of the group 10 championship due to the cancellation of the Ross-on-Wye 10 because of high winds, attention turned to the 50 hosted by Cardiff 100 miles RCC two weeks later. The winds were not much better during this event with gusty conditions and particularly rough crosswinds on the Mitchel Troy to Raglan stretch of the A40 led me to question my sanity and consider climbing off at the end of lap one. I, and most of the competitors, soldiered on (although there were a suspicious number of DNFs) and unsurprisingly Anthony Jones again came out on top with an AAT of 1:40:07. I had to settle for second again with an AAT of 1:42:15 and completing the podium was Hugh Davies (Port Talbot Whs CC) with 1:51:38 (AAT). Mike Hall missed out on this occasion, coming in fourth with an AAT of 1:54:42.

Things were hotting up at this point in the season and after two hidings at the hands of Anthony I was relishing the shorter events and hopefully some better conditions. First up was the rearranged 10 mile championship which piggy backed on to the Welsh Cycling Association championship on the R10/17. Conditions were, again, not the best. A strong headwind on the return leg meant that times were a little slower than usual. This time I came out on top with an AAT of 19:03 just 5 seconds ahead of Anthony Jones 19:08 (AAT) and Hugh Davies in third with 20:01

(AAT) just 10 seconds ahead of John Aspell (Port Talbot Whs CC). For the women Claire Greenwood took the win with an AAT of 20:43 from Susan Shook in 20:51 (both Bush Healthcare CRT). In third place was CTT chair Andrea Parish with 24:23 on a road bike.

The last of the group championships took place over 25 miles at the Virtual Cycling Club 25 on the R25/7 course between Usk and Monmouth. Again windier than ideal conditions greeted the riders although mercifully the heavy rain of the previous few days abated for the event. In the women's group championship the win went to Bethan Ouseley (Pembrokeshire Velo) in 1:01:08 from Emma Davies (Port Talbot Whs CC) with 1:04:48. A mention must also go to Clair Emons (...ac3rg) who finished 2nd on scratch and recorded an age adjusted time of 47:56. In the men's event the order from the previous weekend's 10 championship was repeated with myself (48:17 AAT) taking the win by 4s from Anthony Jones (48:21 AAT) and Hugh Davies again with an AAT of 49:35.

At the time of writing the following group records have been broken this season:

10 Miles

Men -	41 Chris Gibbard	19:07
	50 Anthony Jones	19:53
	78 Hugh Davies	25:00
Women -	65 Susan Shook	26:00

15 Miles

Men -	41 Chris Gibbard	29:20
	63 Ian Gibson	35:39

25 Miles

Men -	41 Chris Gibbard	48:08
	49 Anthony Jones	49:50
	50 Anthony Jones	50:17
	78 Hugh Davies	1:02:37
Women -	65 Susan Shook	1:08:01
	71 Diane Hynam	1:28:09

50 Miles

Men -	49 Anthony Jones	1:39:50
	78 Hugh Davies	2:19:41

100 Miles

Men -	41 Chris Gibbard	3:25:58
	50 Anthony Jones	3:36:17

Great rides from all involved and it has been gratifying to see the fields increase in size as the season has gone on, with the WCA 10 championship run by Pontypool CC receiving 125 entries. It now only leaves

the small matter of the WCA 12 hour on September 3rd which doubles up as the group championship. I swore in the immediate aftermath of last year's race that I would not do another but here I am. I suppose that if it was easy it would not be worth doing and with things so close in the CTT BBAR competition and with such classy riders likely to be lining up this year I might just have to make this year's my last one.....until next year.

## **SURREY/SUSSEX** **Keith Wilkinson**

There is some excellent news with which to begin my report:

### The UCI Gran Fondo

Three of our Surrey/Sussex committee have been competing in the World Championships in Scotland. In the Tour of Cambridgeshire qualifying time trial event on 2<sup>nd</sup> June our Group Treasurer Dave Pollard won the 65-69 age group and our Group Secretary Andy Critchlow won the 45-49 age group. They therefore qualified to be in Scotland for the Gran Fondo time trial on 7<sup>th</sup> August in Dundee among 534 international competitors. The course was 22.8 kms. out and back along the A92 dual carriageway, which was closed to traffic for the event. Dave was 8<sup>th</sup> out of 36 riders in the 65-69 group in a time of 32m 53s, which was a minute off the 3<sup>rd</sup> place on the podium. Andy produced an exceptional ride in a time of 27m 39s, becoming World Champion in the 45-49 age group out of 35 riders. He beat Jone Ellingsen of Norway by 21 seconds and Jone is the current Norwegian National Champion as well as having won the Gran Fondo road race three days earlier. A measure of how good Andy's ride was is that his time was only beaten by 5 other riders in the whole event, who were all aged under 45.

The third member of our committee riding in Scotland was our Social Secretary Eimear D'Arcy, who chose to travel to Cyprus for her qualifying event and came second in both the time trial and road race there in the 50-54 age category, riding for Ireland. Although qualified for both events Eimear took the decision to only ride the road race in Scotland, which was on 4<sup>th</sup> August and based in Perth. The UCI decided that older riders should have a shorter event than the Gran Fondo course so Eimear was riding the 85kms long 'Medio Fondo'. Unfortunately, Eimear says that the latter was fairly flat and as she thrives on riding up hills she was

not able to do as well as she hoped, crossing the finish line in 25<sup>th</sup> position.

### Results of our Group events (showing actual/age adjusted times)

#### *The Sussex CA '50' on 25<sup>th</sup> June*

1. Andy Critchlow (Paceline RT)  
1:42:21/1:38:42
2. Cris Coxon (Brighton Mitre CC)  
1:47:06/1:44:45
3. Howard Bayley (Blazing Saddles)  
1:50:01/1:46:48
4. Adrian Blacker (VTTA Surrey/Sussex)  
1:59:05/1:50:05
5. Karl Robertson (Worthing Excelsior CC)  
1:54:32/1:51:19
6. Roland Kitson (Horsham Cycling)  
2:04:36/1:52:04
7. Don Parker (Brighton Mitre CC)  
2:23:34/2:01:05
8. Peter Horsfield (Redmon CC)  
2:38:11/2:16:55
9. Robin Johnson (Brighton Mitre CC)  
2:43:11/2:19:25

Andy Critchlow wins the Aldershot Cup and a VTTA medal. The three Brighton Mitre riders win the team award and VTTA medals.

#### *The Sussex CA '30' on 23<sup>rd</sup> July*

This had to be run as a 15 mile event due to a burst water main resulting in temporary traffic lights on the course. Andy Critchlow recorded the fastest time of 30:22 but the Mick Burgess 30 mile trophy will not be awarded this year.

#### *The East Sussex CA '100' on 30<sup>th</sup> July*

1. Adam Rogers (Eastbourne Rovers CC)  
4:08:10/4:00:55
2. Gavin Richards (Lewes Wanderers CC)  
4:16:23/4:04:55
3. Roland Kitson (Horsham Cycling)  
4:35:42/4:07:05
4. Peter Baker (Lewes Wanderers CC)  
4:51:32/4:21:03
5. Kate Mankelov (Lewes Wanderers CC)  
4:44:28/4:34:16
6. Anita Turner (Eastbourne Rovers CC)  
5:17:10/4:36:43

Adam Rogers is awarded a VTTA medal and the three Lewes Wanderers riders win the team award and medals.

*The Sussex CA '15' on 12<sup>th</sup> August*

1. Chris Lord (Brighton Excelsior CC)  
34:12/25:58
2. Simon McNamara (Sigma Sport)  
30:24/26:34
3. Nik Allen (Team TMC) 32:10/27:46
4. Paul Thatcher (Brighton Mitre CC)  
34:33/28:47
5. Roland Kitson (Horsham Cycling)  
36:14/29:36
6. Karl Robertson (Worthing Excelsior CC)  
34:01/30:11
7. Kevin Plummer (Team TMC)  
35:50/30:27
8. Brian Molloy (Brighton Mitre CC)  
35:34/30:42
9. Robin Johnson (Brighton Mitre CC)  
46:02/36:06
10. Stuart Payne (Central Sussex CC)  
42:28/36:30

Chris Lord is awarded a VTTA medal and the 3 Brighton Mitre riders win the team award and medals.

Other results

Andy Critchlow has been having an incredible season and almost every ride of his is worthy of note, but in addition to those recorded above I will mention just two. In the CTT/RTTC National Championship '100' on 24<sup>th</sup> June in Norfolk Andy came 6<sup>th</sup> and won his age group with a time of 3:37:11. Due to roadworks an emergency course had to be used going 5 times round a circuit and it was not as fast as the intended course. On 13<sup>th</sup> August Andy rode the Virtual CC '25' on the R25/57 course in South Wales and recorded a lifetime personal best time of 47:56 which placed him second in the event just 15 seconds slower than the winner. At age 49 this gives an age adjusted time of 46:13 which will be a new Group age record.

Our Surrey/Sussex Committee and AGM

We have always held our Group AGM as a physical meeting in a village hall, but for last year's meeting we failed to get a quorum of members attending in Handcross and it had to be postponed. We are therefore going to hold this year's meeting via Zoom to see whether it encourages more interest and it will be on Tuesday 14<sup>th</sup> November starting at 7:30 pm. You

can email me for the meeting login at [keithwilkinson@talktalk.net](mailto:keithwilkinson@talktalk.net) and I would also like to hear from you if you are able to join our committee and help with the running of our Group.

The Group's prize giving lunch

I mentioned in the last issue our concern that the numbers attending our annual prize giving lunch have reduced in recent years and that our Social Secretary Eimear D'Arcy would be sending out a survey form to get your views on the format for future events. Thank you to those who replied and as a result we will be continuing as before with a 3 course meal on a Sunday lunchtime before the start of the local racing season. We have booked The Normandy Centre in Horsham again for Sunday 4<sup>th</sup> February 2024 so please make a note of the date. All are welcome and we would particularly like all of our Group award winners to come, whether you are due to receive one medal for a standard that you achieved or you are our BAR Champion.

Advance notice

We haven't held a VTTA National Championship event in Surrey/Sussex for a few years now and it is becoming increasingly difficult to find suitable courses in our area with the increase in traffic and new housing estates requiring traffic lights on previously used roads. However, Robin Johnson has agreed to promote the 2025 National 50 mile Championship on our behalf as part of the centenary year celebrations for the Sussex Cycling Association, which was founded in 1925. It will be on the G50/10 course in West Sussex with the HQ at Dial Post Village Hall.

**WESSEX**

**David Collard-Berry**

*Group Chairman David Collard-Berry is currently the interim correspondent for Wessex. However at the time of producing this edition of The Veteran he was in hospital, according to facebook with a broken ankle. Still organising from his hospital bed it seems, but something has had to give and it looks like it's the Wessex Group report. We can expect him to catch up in December. - Editor*

## **WEST**

### ***Brian Griffiths***

My rather dismal appraisal of the West Group in the last report clearly produced the desired response because quite a few members were in touch to bring me right up to date with what they and other members have been doing, indicating that we really are still an enthusiastic group with plenty of achievements to be proud of. So please continue to keep me informed.

May I thank say thank you to our treasurer Ian Pritchard for helping me out on this occasion when I was going through a particularly bad patch with personal problems.

A few weeks ago I went to the Mersey Roads "24" to help out, just as I have done for the past thirty years! The Williams family have done a marvellous job in promoting this event for almost as far back as I can remember. Sad to say they have finally decided to retire, making this year's their final event, though I am sure they will still be around for many years to come. Fortunately this unique event will still take place next year under new management and hopefully for many years to come. The 2023 event was run under the most awful wet conditions imaginable both for riders and helpers and I have the utmost sympathy for anyone that was involved.

As I write this, I am delighted to learn that one of our members, Brian Lewis of Bicester Millennium CC, has won a Gran Fondo Chrono Gold medal at the World Championship in Scotland this week and has been pronounced the oldest gold medal winner at 85 years of age. As a consequence Brian was interviewed on Radio 2's Jeremy Vine Show and came over very well - a great advert for our sport, Hearty congratulations Brian, what an amazing achievement.

The idea of including every conceivable cycling event from BMX to para tricycle races all rolled into one Super World Championships was utterly brilliant and will no doubt continue in this format for the future. The interest that this generated in Scotland and also with being televised at length to 168 countries by the BBC says it all.

Mention was made in my last contribution that our vice chairman Paul Winchcombe was recovering from a fall when his handlebar stem broke, I am pleased to learn that he has recovered well and I believe he has already been racing again.

Robert Hutchinson has produced a detailed and comprehensive list of what our group racing members have been up to which must be an asset to all of us

who want or need to know how everyone is performing. Though I must admit that I haven't quite got used to this new system of adjusted time just yet.

Has anyone else noticed the number of strange distances being ridden this year. Severn RC 12.2 miles, Chippenham and Dist 12 miles, City Centre Couriers 13 Miles etc Can anyone offer an explanation?

To me it is sad to see the ever decreasing number of 100 miles and 12 hours events and the small number of entries they receive. It appears to me that before too long it won't be worth running a CTT Best All Rounder Competition.

I recognise how very difficult it is to find courses for these events but it really does seem a shame that riders are no longer keen to ride these events even if we promote them.

Last minute news informs me that one of our members, Kim Barfoot-Brace, (Team Bottrill) has just won the National 12 hour championship with an amazing distance of 263 miles, and this was apparently done in pretty challenging conditions. I hope they were not as bad as the Mersey "24". Congratulations Kim we are really proud of you.

## **YORKSHIRE**

### ***Chris Goode***

Going back to June, Vive le Velo organised their 12 hour time trial on behalf of Yorkshire District Council, following the demise several years ago of the long running Yorkshire 12, which had left a big hole in the calendar. The V381 was used, based on good roads near Melbourne, to the east of York. It is a flat circuit and the organiser, Steve Burrows and his large band of helpers saw 32 riders finish the race (out of 33 entries). The best veteran was North Group's Marcel Schubert (Darlington CC) with an impressive 279.8 miles (AAD 281.06), less than a mile behind the youthful Lee Williams. Of the Yorkshire Group members Andy Askwith (Vive Le Velo) was third overall and second veteran with 254.93 miles (AAD 280.70), a good warm up for the imminent 24 hour, and Ilkley CC's Doug Hart was third best veteran with 253.48 miles (266.68 AAD). Other group members were: Martin Gargett (Halifax Imps) 229.22 miles (AAD 242.42), Chris Green (Drighlington BC) 216.15 miles (AAD 251.22), , Greg Elwell (VTTA Yorkshire) 210.73 miles (AAD 222.52), Mark Symons (Hull Thursday RC) 200.38 miles (AAD 233.49) and Chris Dugher (Goole Vermuyden CC) 199.57 miles (AAD 209.97).

Dave Nichol of Ferryhill Whs and North Group did an excellent ride which went very much under the radar when at age 71 he rode 239.25 miles, which yielded an AAD of 292.20; this was 11 miles further than his nearest rival - BBAR Marcel Schubert. A sprinkling of VTTA members from further afield also rode but, bearing in mind that the CTT Women's BBAR now includes the 12, why were there no women?

This was a welcome revival of a much missed event. The new organisers had taken steps to make it more accessible to all riders and several were making it their first ever time trial, simply to see how far they could ride in half a day. The neutral service and feed station made riding unsupported quite practical and was most welcome on one of the hottest weekends of the year; the organisation was such that everyone who started was credited with a final distance. There are very few 12 hour time trials in the country so give it a go next 23rd June, when it is expected to be the VTTA Championship.

The 24 hour championship time trial took place on the 22/23<sup>rd</sup> July in challenging conditions, so congratulations to all who started and especially to those hardy souls who finished. Best local competitors were Doug Hart (Ilkley CC) in 4<sup>th</sup> VTTA place with 462.91 miles (AAD 491.02), Greg Elwell (VTTA Yorkshire) in 5<sup>th</sup> VTTA place with 459.99 (AAD 485.09) and Andy Askwith (Vive Le Velo) next with 429.69 miles (AAD 484.38). This trio took the VTTA group team award with 1460.49 miles and Doug filled the bronze medal position as third placed man - both these sets of awards were taken by the same individuals in the 2022 championship!

The Stan Chadwick Trophy for the best Yorkshire group member in our 10 miles time trial on 16<sup>th</sup> July (on V210 Dishforth) was won by Graham Heaton of City RC (Hull) with 20:27 AAT. The other following awards were made: 50 – 59 man to Paul Newman (Richmond CC) 20:09 AAT, 60 – 69 man Mick Flaherty (Seacroft Wheelers) 21:09 AAT, 70 + man Ben Hamilton (Rutland CC) 24:06 AAT, 40 - 49 woman Marjorie Davison (Ravensthorpe CC) 27:11 AAT and 50-59 woman Angela Hannon-Flaherty (Seacroft Wheelers) 21:46 AAT. The two fastest times for male and female riders were David Glew (Knottingley Velo) in 21:20 and Vanessa Barker (Hull Thursday RC) in 23:55. The medium gear event was won by Chris Dugher (Goole Vermuyden CC) in 26:47.

Many thanks to all those who helped make the event run so smoothly, notably to our Racing Secretary, Blair Buss. He has put in a lot of hard work and effectively

promoted numerous time trials over many years, but after 13 event promotions he is stepping down at the AGM and will be a hard act to follow.

At the end of July the VTTA National 30 Mile Championship took place in the Kingdom of Fife in Scotland. Karen Taylor (Springfield Financial RT) recorded a good time of 1:24:01; Mike Cole (Huddersfield RC) completed the course in 1:33:35 and best wishes for a swift recovery to Alan Chalmers (Valley Striders CC) who did not finish. Liz Ball (Valley Striders CC), until recently a Yorkshire member but now relocated and transferred to Scotland, deserves an honorary mention in this report for her third place woman on age adjusted time with 1:06:11 (1:25:06).

The combined CTT and VTTA 12 championship was closely fought with less than a mile between the two fastest male riders, but due to a complaint the top male positions cannot be confirmed. It's a shame when these situations arise, as they periodically do with both CTT and VTTA championships, but it shows how much the riders value these awards and take them seriously despite us all being amateurs. Hopefully it can be quickly resolved and to the satisfaction of all parties.

Neil Cleminshaw (Addform Vive Le Velo) took an excellent third place man finish in the VTTA National 50 in June, then continued with a personal best in the Darlington 50 in August, recording 1:51:02. Steve Burrows impressed with 2:05:16, with the event being won by Valley Strider CC's Matt Chipping in 1:48:54.

On a sadder note, Brian Musson says farewell to Arthur Thackray (1931 to 2023) his old mate, best man and tandem stoker. Arthur joined Leeds Kirkgate C.C. in the late 1940s, riding club runs and touring on simple, often second-hand fixed wheel bikes. He graduated to grass track racing and club time trials. Marriage, family and earning a living took over; later in life, Arthur returned to the sport, spending time on the coast and joined Scarborough Paragon, enjoying the club life and time trialling. In his eighties he raced for Team Swift and always supported Yorkshire VTTA events. Racing on tandem with Brian he set four national age records in 2007/8, one of which still stands, and he also set a national 15 mile record in 2014 when aged 83. He will be missed.

Please get in touch by email to [cgoode@yorkshire.net](mailto:cgoode@yorkshire.net) if you have some results and stories to include in the next report (deadline mid-November). Members will receive an email with details of the date of the AGM, which will be on Saturday 11th November with a 9am start and at Collingham Village Hall.



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 **UCI**  
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**GLASGOW  
SCOTLAND**

*Whilst a number of our members competed in the Gran Fondo TT, North Rouser and East Anglian member Chris Symonds pulled on his Ghanaian national team colours and rode with honour in the Elite World Championships*