



Veterans Time Trials Association

Competitive Cycling for Life

OVER 40? KEEP ON TIME TRIALLING!



If you are over 40 and
into time trialling,
then the VTTA is for you

**VTTA age adjusted racing
provides equal competition
and brings out your best**

- We have members spread across 16 regional groups, providing **UK wide activity**.
- All VTTA events and competitions use our **age adjustments system**, which compensates for age and gender so women and men from 40 to 90+ can compete equally.
- We promote about 100 time trial events a year, including eight **national championships**.
- We run **season long national competitions** over a range of distances.
- We offer indoor smart trainer competition with our **age adjusted Zwift time trial series**.
- We recognise the increasing popularity of **road bikes** in our events and competitions.
- Our **regional groups** also offer competitions, awards and social activities for their own members.
- Riders can also compete 'against themselves' in **individual challenges** called 'Standards', in which your performance is compared against previous seasons.
- We also manage national and group **age records** for men and women at the different time trial distances and on indoor and outdoor velodromes.
- Members receive our quarterly **magazine 'The Veteran'** and our annual **handbook**.

Membership fees vary by group but are typically about £20.

Most VTTA members also retain membership of their cycling club, but you can join and race for us as your main club if you wish.

**JOIN
US...**

You can find out more and join
any VTTA Group online at:

www.vtta.org.uk

