



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.



You can find out more and join
any VTTA Group online at:
www.vtta.org.uk

**JOIN
US...**

