



# Veterans Time Trials Association



# 2024 HANDBOOK

## THE VTTA - A SHORT CHRONICLE



*E H Stevens September 1945*

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

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

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

An early edition of the magazine contained the following proclamation:

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

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

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

By September 1944, membership was 157.

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

Much has changed since then. Membership rose rapidly in the post-war boom, and has steadied at around 2500 today.



# VETERANS TIME TRIALS ASSOCIATION

## HANDBOOK 2024

Containing details of National and Group Officers

Rules and Regulations

Event Programme for 2024

Results of 2023 Championships

Current National Age Records

Past Champions

Guide to Standard Awards

Age Adjustments Tables

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# VETERANS TIME TRIALS ASSOCIATION

*Competitive Cycling for Life  
Since 1943*

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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**

Eddie Green, Jim Burgin

**Website : [vttta.org.uk](http://vttta.org.uk) and Facebook**

## PAST AND CURRENT NATIONAL OFFICIALS

### President

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

### Chairman

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

### Secretary

E H Strevens	1943	S E Hayward	1965 - 1995
G Hibbs	1944	M J Ellis BEM	1996
H Webb	1945	W G Pickering	1997 - 2007
C W Cooke	1946 - 1948	Ann Butterworth	2007 - 2013
J C Ballard	1949	Rachael Elliott	2014 - 2024
H L Lincoln	1950 - 1964		

### Treasurer

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

### Editor

R H Gayter	1945 - 1946	Miss I Leget	1985
J C Ballard	1947 - 1949	S E Hayward	1986
C A Sturt	1950 - 1951	H Dixon	1987 - 1991
J C Ballard	1952 - 1953	B Rosen	1992 - 1997
H L Lincoln	1956 - 1963	D Humphreys	1998 - 2003
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<b>Treasurer</b>	Barry Williams	34 Millbrook Road, Dinas Powys, Glamorgan, CF64 4DA	02920 514751 / 07833 786132 <a href="mailto:bazspeed@gmail.com">bazspeed@gmail.com</a>
<b>'Veteran' Reporter</b>	Christopher Gibbard	128 Garrod Avenue, Dunvant, Swansea, SA2 7XQ	07740 165286 <a href="mailto:cgibbard81@gmail.com">cgibbard81@gmail.com</a>

**SURREY/SUSSEX GROUP OFFICIALS**

<b>Chairman</b>	Robin Johnson	7 Gorselands, Billingshurst, West Sussex, RH14 9TT	01403 783368 <a href="mailto:mr_rjohnson@outlook.com">mr_rjohnson@outlook.com</a>
<b>Secretary</b>	Andy Critchlow	Rose Cottage, Cockshot Hill, Reigate, Surrey, RH2 8AN	07970 352994 <a href="mailto:andycritchlow@me.com">andycritchlow@me.com</a>
<b>Treasurer &amp; Membership Sec</b>	David Pollard	2 Harison Road, Seaford, East Sussex, BN25 3PN	01323 893455 <a href="mailto:davepollard294@gmail.com">davepollard294@gmail.com</a>
<b>Recorder</b>	Cris Coxon	13 Mimmack Close, Steyning, BN44 3SH	07950 747094 <a href="mailto:ss.vtta.recorder@hotmail.com">ss.vtta.recorder@hotmail.com</a>
<b>Time Trials Sec.</b>	Position vacant (Send correspondence to Andy Critchlow)		
<b>Social Secretary</b>	Eimear D'Arcy	Notley Lodge, Lytton Road, Woking, Surrey, GU22 7EH	07885 769963 <a href="mailto:eimear_darcy@yahoo.com">eimear_darcy@yahoo.com</a>
<b>Press Secretary</b>	Position vacant		

**WESSEX GROUP OFFICIALS**

<b>Chairman</b>	Position vacant		
<b>General Secretary</b>	Malcolm Cox	5 Whitebeam Road, Hedge End, Southampton SO30 0PY	07387 224910 <a href="mailto:malcolm.cox1@icloud.com">malcolm.cox1@icloud.com</a>
<b>Treasurer</b>	Mary Corbett	28 The Meadows, Lyndhurst, Hampshire SO43 7EL	07837 551768 <a href="mailto:treasurer@wessexvtta.org.uk">treasurer@wessexvtta.org.uk</a>
<b>Group Champs Co-ordinator</b>	Andy Rivett	2 Wilmot Close, Bishopstoke, Eastleigh, SO50 6DB	07980 995253 <a href="mailto:andrew.rivett69@googlemail.com">andrew.rivett69@googlemail.com</a>
<b>Recorder &amp; Webmaster</b>	Claire Newman	31 Main Road, Totton, Southampton SO40 7EP	<a href="mailto:recorder@wessexvtta.org.uk">recorder@wessexvtta.org.uk</a>
<b>Membership Secretary</b>	Norman Harvey	Yonne, Beaulieu Road, Marchwood, Southampton SO40 4UQ	02380 863048 <a href="mailto:membership@wessexvtta.org.uk">membership@wessexvtta.org.uk</a>
<b>Vet. Reporter</b>	Position vacant		
<b>Trophy Secretary</b>	Mike Boyce	12 The Leys, Fernhurst, Haslemere GU27 3JY	07817 793282 <a href="mailto:toni_scott@btconnect.com">toni_scott@btconnect.com</a>
<b>Social Sec.</b>	Matt Doe	17 Redshank Road, Horndean, Hants, PO8 9EG	07765 885041 <a href="mailto:matt.doe135@gmail.com">matt.doe135@gmail.com</a>

**WEST GROUP OFFICIALS**

<b>President</b>	Ted King MBE	48 Friary Grange Park, Winterbourne, Bristol, BS36 1NA	01454 778483 <a href="mailto:rosemary.tedk@me.com">rosemary.tedk@me.com</a>
<b>Chairman</b>	Mary-Jane Hutchinson	Mill Lodge, 1 Kingsmill, Stoke Bishop, Bristol, BS9 1BZ	01179 681105 : <a href="mailto:mary_jane.hutchinson@btinternet.com">mary_jane.hutchinson@btinternet.com</a>
<b>Vice Chair</b>	Paul Winchcombe	4 Farmhouse Court, Melksham, SN12 6FG	07792 372309 <a href="mailto:paul@winchcombe.net">paul@winchcombe.net</a>
<b>Secretary</b>	Gordon Scott	Rosemarie, West Stafford, Dorchester, DT2 8AB	01305 264076 <a href="mailto:westvetsec@gmail.com">westvetsec@gmail.com</a>
<b>Treasurer</b>	Ian Pritchard	21 Channel View Road, Portishead, Bristol, BS20 6LZ	01275 845779 <a href="mailto:i.pritchard@sky.com">i.pritchard@sky.com</a>
<b>Recorder</b>	Rob Hutchinson	Mill Lodge, 1 Kingsmill, Stoke Bishop, Bristol, BS9 1BZ	01179 681105 <a href="mailto:rob.hutchinson8@btinternet.com">rob.hutchinson8@btinternet.com</a>
<b>'Westvet' Editor</b>	Paul Freegard	Kembrough, Foxley Road, Malmesbury, Wilts, SN16 0JE	01666 823249 <a href="mailto:pfreegard@mac.com">pfreegard@mac.com</a>
<b>'Veteran' Contact</b>	Brian Griffiths	27 Hobhouse Close, Henleaze, Bristol, BS9 4LZ	01179 622589 <a href="mailto:bricyclehenleaze@mypostoffice.co.uk">bricyclehenleaze@mypostoffice.co.uk</a>

**YORKSHIRE GROUP OFFICIALS**

<b>Chairman &amp; Press Sec.</b>	Chris Goode	56 Raleigh Street, Scarborough, North Yorkshire, YO12 7LQ	01723 341050 / 07795 629724 <a href="mailto:cgoode@yorkshire.net">cgoode@yorkshire.net</a>
<b>Secretary &amp; Social Media</b>	Karen Taylor	5 Thompson Lane, Baildon, West Yorkshire, BD17 7LZ	07812 144508 <a href="mailto:mrs_karen_taylor@hotmail.com">mrs_karen_taylor@hotmail.com</a>
<b>Treasurer</b>	Sue McFarlane	3 Halifax Close, Full Sutton, York YO41 1NU	07788 255364 <a href="mailto:sue.mcfarlanee@sky.com">sue.mcfarlanee@sky.com</a>
<b>Racing Secretary</b>	Andrew Vaughan	8 Beech Avenue Beverley HU17 9QZ	07764 185847 <a href="mailto:andrewvaughan@ymail.com">andrewvaughan@ymail.com</a>
<b>Recorder</b>	Jim Trevor	34 Cavendish Park, Welton Road, Brough, HU15 1AU	07970 966458 <a href="mailto:yorks.group.recorder@outlook.com">yorks.group.recorder@outlook.com</a>
<b>Age Records Secretary</b>	Greystone Small	31 Hilderthorpe Road Bridlington YO15 3AZ	07881 685067 <a href="mailto:greystonesmall@gmail.com">greystonesmall@gmail.com</a>
<b>Awards Secretary</b>	Tony Stott	6 Damson Garth, Lund, Driffield, E Yorkshire, YO25 9TH	01377 790554 <a href="mailto:stotta09@gmail.com">stotta09@gmail.com</a>
<b>Social Secretary</b>	Mike Williams	10 Manor Garth, Skidby, Cottingham, Hull HU16 5UF	01482 849264 <a href="mailto:mikettbike@hotmail.com">mikettbike@hotmail.com</a>
<b>Website Admin.</b>	Mike Penrice	Tawnylands, South Duffield Road, Osgodby, Selby, YO8 5HP	01757 291196 / 07598 168709 <a href="mailto:mike@mrpenrice.plus.com">mike@mrpenrice.plus.com</a>

## VTTA NATIONAL CHAMPIONSHIPS FOR 2024

Event Date	Distance	Course	Organising Club	Organiser & Telephone	NEC Rep.
Saturday 11 <sup>th</sup> May	<b>30 Miles</b>	E2/30C	VTTA East Anglian	John Golder 07709 328113 <a href="mailto:jgolder66@outlook.com">jgolder66@outlook.com</a>	Andrew Simpkins
Saturday 18 <sup>th</sup> May	<b>10 Miles</b>	O10/1	VTTA North Midlands	Gordon Wordsworth 07942 318223 <a href="mailto:gc.w@btinternet.com">gc.w@btinternet.com</a>	Jon Fairclough
Sunday 9 <sup>th</sup> June	<b>12 Hours</b>	V12HR	Vive le Velo for Yorkshire DC	Steve Burrows 07810 563060 <a href="mailto:badgersmithycottage@gmail.com">badgersmithycottage@gmail.com</a>	Mike Penrice
Saturday 13 <sup>th</sup> July **	<b>50 Miles</b>	R50/1b	VTTA South Wales and Bike Pace	Bob Jones 07873 353207 <a href="mailto:robert.jones33@virgin.net">robert.jones33@virgin.net</a>	Mark Bradley
Sat/Sun 27 <sup>th</sup> /28 <sup>th</sup> July	<b>24 Hours</b>	D24HR	Mersey Roads Club (CTT Champs)	Jon Williams 07753 612619 <a href="mailto:merseyroads24@outlook.com">merseyroads24@outlook.com</a>	Tony Farrell
Sunday 18 <sup>th</sup> August	<b>15 Miles</b>	H15/3	VTTA London & Home Counties	Rachael Elliott 07931 722817 <a href="mailto:rachael.elliott@gmail.com">rachael.elliott@gmail.com</a>	Rachael Elliott
Sunday 1 <sup>st</sup> Sept- ember	<b>100 Miles</b>	M100/10	Tyneside Vagabonds CC	Nick Wild 01670 519122 <a href="mailto:drnickw@gmail.com">drnickw@gmail.com</a>	TBA
Sunday 8 <sup>th</sup> Sept- ember **	<b>25 Miles</b>	D25/23T	VTTA Merseyside	Alan Broadbent 07393 022121 <a href="mailto:ajbroad1973@aol.com">ajbroad1973@aol.com</a>	Tony Farrell

**ALL NATIONAL CHAMPIONSHIPS INCLUDE A TANDEM CHAMPIONSHIP.**

## VTTA REGIONAL CLOSED CIRCUIT CHAMPIONSHIPS FOR 2024

Event Date	Distance	Course	Organising Club	Organiser & Telephone	NEC Rep.
Wednesday 19 <sup>th</sup> June (evening)	<b>Northern Closed Circuit 10 Miles</b>	T10C Croft	VTTA North	Gavin Russell 01642 654419 <a href="mailto:gavin_russell@hotmail.co.uk">gavin_russell@hotmail.co.uk</a>	Mike Penrice
Wednesday 26 <sup>th</sup> June (evening)	<b>Southern Closed Circuit 10 Miles</b>	P917/10 Goodwood	...a3crg	David Collard-Berry 07770 885428 <a href="mailto:dcb@a3crg.co.uk">dcb@a3crg.co.uk</a>	Ian Greenstreet

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

\*\* Where events are marked thus (25 and 50 mile championships) the dates have been amended after the CTT handbook had gone to print.

## GROUP EVENTS FOR 2024

EAST ANGLIAN GROUP EVENTS						
Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 11 <sup>th</sup> May	<b>Leo 30 (inc VTTA National &amp; group 30 championships)</b>	30	E2/30c	14.00	#T	John Golder : 07709 328113 : <a href="mailto:jgolder66@outlook.com">jgolder66@outlook.com</a>
Wed 5 <sup>th</sup> June	Group 10 (70 riders)	10	F2A/10	19.30	#P40	Keith Dorling : 07714 937777 : <a href="mailto:krd51@icloud.com">krd51@icloud.com</a>
Wed 12 <sup>th</sup> June	Group 10 (70 riders)	10	F2A/10	19.30	#P40	Keith Dorling : 07714 937777 : <a href="mailto:krd51@icloud.com">krd51@icloud.com</a>
Sun 16 <sup>th</sup> June	ECCA	100	E2/100c	4.45		Len Gordon : 07807 839204 : <a href="mailto:lengordon55@gmail.com">lengordon55@gmail.com</a>
Wed 19 <sup>th</sup> June	Group 10 (70 riders)	10	E2/10	19.30	#P40	Harry Moore : 07885 736383 : <a href="mailto:harry_louise@btinternet.com">harry_louise@btinternet.com</a>
Sat 22 <sup>nd</sup> June	Cambridge CC (Viking 50) (inc Group 50)	50	F2/50	13.00	#P, #T	Chris Dyason : 07970 093019 : <a href="mailto:cdyason@hotmail.com">cdyason@hotmail.com</a>
Wed 26 <sup>th</sup> June	Group 10 (70 riders)	10	E2/10	19.30	#P40	Michael Martin : 07873 707826 : <a href="mailto:mwmartin_actuary@hotmail.co.uk">mwmartin_actuary@hotmail.co.uk</a>
Sun 30 <sup>th</sup> June	CC Breckland (inc Group 100)	100	B100/8	6.00	#T	Mark Fairhead : 01953 600497 : <a href="mailto:markfairhead@btinternet.com">markfairhead@btinternet.com</a>
Wed 3 <sup>rd</sup> July	Group 10 (70 riders)	10	E2/10	19.30	#P40	Michael Martin : 07873 707826 : <a href="mailto:mwmartin_actuary@hotmail.co.uk">mwmartin_actuary@hotmail.co.uk</a>
Sat 17 <sup>th</sup> Aug	Group 10	10	F2A/10	14.00	#P, #T	Dominic Whitehead : 07504 439362 : <a href="mailto:bervldom@yahoo.co.uk">bervldom@yahoo.co.uk</a>
Sun 18 <sup>th</sup> Aug	CC Breckland (inc CTT National Champs & Group 12hr)	12hr	B12/8	6.00	#T	Mark Fairhead : 01953 600497 : <a href="mailto:markfairhead@btinternet.com">markfairhead@btinternet.com</a>
Sat 21 <sup>st</sup> Sept	Group 25	25	E2/25	14.00	#P, #T	Michael Martin : 07873 707826 : <a href="mailto:mwmartin_actuary@hotmail.co.uk">mwmartin_actuary@hotmail.co.uk</a>
Sun 29 <sup>th</sup> Sept	ECCA (inc Group circuit champs)	25	E33/25	9.00		Len Gordon : 07807 839204 : <a href="mailto:lengordon55@gmail.com">lengordon55@gmail.com</a>

#P = Preference to VTTA members, #P40 - Preference to 40 VTTA members, #T - Includes tandem event.  
The 10 league is for VTTA East Anglian members only and consists of the above events with best 4 to count.

EAST MIDLANDS GROUP EVENTS						
Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 20 <sup>th</sup> April	VTTA E Mids	10	A10/3	15.00	#P	D Yarham : 01778 343077 : <a href="mailto:yarhamd@msn.com">yarhamd@msn.com</a>
Sat 25 <sup>th</sup> May	Melton Olympic (VTTA E Mids Jack Watts Memorial)	25	A25/34	15.00		KR Gent : 07802 541082 : <a href="mailto:rwgent@btinternet.com">rwgent@btinternet.com</a>
Sat 15 <sup>th</sup> June	VTTA E Mids	25	A25/34	15.00	#P, #T	KR Gent : 07802 541082 : <a href="mailto:rwgent@btinternet.com">rwgent@btinternet.com</a>
Sat 17 <sup>th</sup> Aug	VTTA E Mids (with Team Ohten Aveas)	25	A25/34	15.00	#P	Rob Muzio : 07747 798533 : <a href="mailto:robmuzio@gmail.com">robmuzio@gmail.com</a>

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

**KENT GROUP EVENTS**

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 23 <sup>rd</sup> March	VTTA Kent	10	Q10/24	15.00		David Mackey : 07913 658336 <a href="mailto:d.mackey1971@outlook.com">d.mackey1971@outlook.com</a>
Sun 21 <sup>st</sup> April	VTTA Kent	30	Q30/3	7.00	#G	Simon Henderson : 07813 085640 <a href="mailto:simonhenderson44@btinternet.com">simonhenderson44@btinternet.com</a>
Sun 9 <sup>th</sup> June	VTTA Kent	25	Q25/8	7.00		Robert Giles : 07905 086613 <a href="mailto:robertggiles@icloud.com">robertggiles@icloud.com</a>
Sun 16 <sup>th</sup> June	VTTA Kent	10	Q10/30	6.30	#G	Paul Burrows : 07973 666443 <a href="mailto:paulburrows604@gmail.com">paulburrows604@gmail.com</a>
Sun 7 <sup>th</sup> July	VTTA Kent	50	Q50/11	6.30	#G	Robert Giles : 07905 086613 <a href="mailto:robertggiles@icloud.com">robertggiles@icloud.com</a>
Sun 28 <sup>th</sup> July	VTTA Kent	10	Q10/1	6.30		Robert Giles : 07905 086613 <a href="mailto:robertggiles@icloud.com">robertggiles@icloud.com</a>
Sun 8 <sup>th</sup> Sept	VTTA Kent	25	Q25/3	7.30	#G	Robert Giles : 07905 086613 <a href="mailto:robertggiles@icloud.com">robertggiles@icloud.com</a>
Sun 6 <sup>th</sup> Oct	VTTA Kent	15	Q15/1	8.00		Robert Giles : 07905 086613 <a href="mailto:robertggiles@icloud.com">robertggiles@icloud.com</a>

#G = Group championship event. All events include tandem section

**VTTA KENT CLUB 10@10 SERIES**

Wed 3<sup>rd</sup> April, Wed 1<sup>st</sup> May, Wed 5<sup>th</sup> June, Wed 3<sup>rd</sup> July, All events are 10 miles, on course Q10/33  
Wed 7<sup>th</sup> Aug, Wed 4<sup>th</sup> Sept, Wed 2<sup>nd</sup> Oct, Wed 11<sup>th</sup> Dec and start at 10.00. £5 entry at the event.  
(road bikes only)

**LONDON & HOME COUNTIES GROUP EVENTS**

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sun 5 <sup>th</sup> May	VTTA L&HC (Don Byham)	10	F11/10	8.00	#P, #T	Joy Payne : 07979 083227 <a href="mailto:joypayne27@gmail.com">joypayne27@gmail.com</a>
Thur 13 <sup>th</sup> June	VTTA H&HC	10	H10/3r	14.00	#P, #T	Rachael Elliott : 07931 722817 <a href="mailto:rachael.elliott@gmail.com">rachael.elliott@gmail.com</a>
Sun 14 <sup>th</sup> July	VTTA L&HC	10	F11/10	8.00	#P, #T	Joy Payne : 07979 083227 <a href="mailto:joypayne27@gmail.com">joypayne27@gmail.com</a>
Wed 14 <sup>th</sup> Aug	VTTA L&HC	10	H10/3r	14.00	#P, #T	Claire Emons : 07733 272826 <a href="mailto:fambafamba@yahoo.co.uk">fambafamba@yahoo.co.uk</a>
Sun 18 <sup>th</sup> Aug	<b>VTTA National Championship</b>	15	H15/3	8	#P, #T	Rachael Elliott : 07931 722817 <a href="mailto:rachael.elliott@gmail.com">rachael.elliott@gmail.com</a>
Sun 6 <sup>th</sup> Oct	VTTA L&HC (Rocco 25)	25	H25/2	7.30	#P, #T	Wolfgang Emmerich : 07887 930345 <a href="mailto:we@acm.org">we@acm.org</a>

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

**TIME TRIALLING NEEDS VOLUNTEERS**

All organisers welcome assistance in the form of marshals, HQ staff, start/finish assistance etc.  
Please phone the organiser with an offer of help and make their job a little bit easier.



**MANCHESTER & NORTH WEST GROUP EVENTS**

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 4 <sup>th</sup> April	M&DTTA / VTTA M&NW	10	J4/20	14.00	#T	David Clayton : 07879 602821 : <a href="mailto:davidcl1964@gmail.com">davidcl1964@gmail.com</a>
Thur 13 <sup>th</sup> June	Buxton CC / VTTA M&NW	10	J10/1	19.00		Mat Ivings : 07967 621448 : <a href="mailto:mat@ivings.co.uk">mat@ivings.co.uk</a>
Sat 29 <sup>th</sup> June	VTTA M&NW	15	J4/32	14.00	#T	Robbie Harcourt : 0161 787 9085 <a href="mailto:robh@talktalk.net">robh@talktalk.net</a>
Sat 13 <sup>th</sup> July	Seamons CC / VTTA M&NW	25	J2/9	14.00		Charles Carraz : 07789 747116 : <a href="mailto:seamonsstsec@hotmail.co.uk">seamonsstsec@hotmail.co.uk</a>
Sun 28 <sup>th</sup> July	Congleton CC / VTTA M&NW	50	J4/9	7.30	#T	Ben Norbury : 07435 963994 <a href="mailto:ben@mywindsock.com">ben@mywindsock.com</a>

#T = Includes tandem event

**MERSEYSIDE GROUP EVENTS**

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 30 <sup>th</sup> March	Liverpool Braveheart	10	D10/1	14.00	#2	Richard Gadsden : 07800 818263 <a href="mailto:gaggy15@hotmail.co.uk">gaggy15@hotmail.co.uk</a>
Sun 14 <sup>th</sup> April	Mid Shropshire Whs	25	D25/20	8.00	#T, #2	Simon Evans : 01743 353671 <a href="mailto:ruralwales@gmail.com">ruralwales@gmail.com</a>
Sun 19 <sup>th</sup> May	West Cheshire TTCA	30	D30/11	8.00		Paul Modern : 07932 509409 <a href="mailto:p.modern@yahoo.co.uk">p.modern@yahoo.co.uk</a>
Sun 2 <sup>nd</sup> June	Chester RC	25	D25/23T	7.30		Paul Modern : 07932 509409 <a href="mailto:p.modern@yahoo.co.uk">p.modern@yahoo.co.uk</a>
Sun 9 <sup>th</sup> June	West Cheshire TTCA	50	D350/1	7.00		Peter Catherall : 07773 587793 : <a href="mailto:anfieldbc@gmail.com">anfieldbc@gmail.com</a>
Sat 29 <sup>th</sup> June	Port Sunlight Whs	10	D10/25	14.00	#T	Kevin Larmer : 07711 448609 : <a href="mailto:larmer.kevin@gmail.com">larmer.kevin@gmail.com</a>
Sun 8 <sup>th</sup> September	<b>VTTA National Championship</b>	25	D25/23T	7.00	#T	Alan Broadbent : 07393 022121 <a href="mailto:ajbroad1973@aol.com">ajbroad1973@aol.com</a>

#T = Includes tandem event, #2 = includes 2-up TT

**MIDLANDS GROUP EVENTS**

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 6 <sup>th</sup> April	VTTA Midlands (Welland Trophy)	15	K47/15	14.00		Mike Amery : 07494 587464 <a href="mailto:mikeamery58@gmail.com">mikeamery58@gmail.com</a>
Solo and 3-up. Joint competition between VTTA and BMCR						
Sun 7 <sup>th</sup> Sept	VTTA Midlands	10	K48/10	14.00	#P #T	Scott Westwood : 07983 587440 <a href="mailto:scott.westwood41@icloud.com">scott.westwood41@icloud.com</a>

#3 = Includes 3-up TTT, #P = Preference VTTA members. #T = Includes tandem event.

**TIME TRIALLING NEEDS VOLUNTEERS**

All organisers welcome assistance in the form of marshals, HQ staff, start/finish assistance etc.  
Please phone the organiser with an offer of help and make their job a little bit easier.

NORTH GROUP EVENTS						
Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sun 10 <sup>th</sup> Mar	Darlington CC./ VTTA (North)	HC	THC42	10.00	#T	Edward Kingsley : 07989 472413 <a href="mailto:mail@edwardkingsley.com">mail@edwardkingsley.com</a>
Sun 7 <sup>th</sup> Apr	Darlington CC./ VTTA (North)	25	T254/1R	10.00	#R, #T	Malcolm Steer : 07908 524659 <a href="mailto:malcolm.steer@redcentaur.com">malcolm.steer@redcentaur.com</a>
Sun 21 <sup>st</sup> Apr	Vector Racing / VTTA (North)	25	M2510	8.00		Lewis Timmins : 07411 985617 <a href="mailto:Lctimmins@gmail.com">Lctimmins@gmail.com</a>
Sat 27 <sup>th</sup> Apr	North Tyneside Riders / VTTA (North)	10	M102B	8.00		Ian Gallon : 07828 900383 <a href="mailto:galnufc@msn.com">galnufc@msn.com</a>
Sun 19 <sup>th</sup> May	Darlington CC / VTTA (North)	10	T104	10.00	#R, #T	Marcel Schubert : 07412 102735 <a href="mailto:Marcel.Schubert@gmx.net">Marcel.Schubert@gmx.net</a>
Sun 16 <sup>th</sup> Jun	Sunderland Clarion / VTTA (North)	25	M254	7.30		Allan Paul Smith : 07976 668101 <a href="mailto:allanpsmith@live.co.uk">allanpsmith@live.co.uk</a>
Wed 19 <sup>th</sup> Jun	<b>VTTA Northern Closed Circuit Championship</b>	10	T10C	19.00	#R	Gavin Russell : 01642 654419 <a href="mailto:gavin_russell@hotmail.co.uk">gavin_russell@hotmail.co.uk</a>
Sun 23 <sup>rd</sup> Jun	VTTA (North) / Hartlepool CC	10	T102	9.00	#R, #T	Phil Wright : 07702 244922 <a href="mailto:jagryk@aol.com">jagryk@aol.com</a>
	North Tyneside Riders / VTTA (North)	50	M50	7.30		Ian Gallon : 07828 900383 <a href="mailto:galnufc@msn.com">galnufc@msn.com</a>
Sat 29 <sup>th</sup> Jun	GTR Return To Life P/B Streamline / VTTA (North)	10	M105	2.00		Terry Wilkinson <a href="mailto:tesmacpop@gmail.com">tesmacpop@gmail.com</a>
Sun 30 <sup>th</sup> Jun	GTR Return To Life P/B Streamline / VTTA (North)	25	M254	8.00		Terry Wilkinson <a href="mailto:tesmacpop@gmail.com">tesmacpop@gmail.com</a>
Sun 7 <sup>th</sup> July	Cleveland Coueurs / VTTA (North)	10	T102	9.00	#T	Gavin Russell : 01642 654419 <a href="mailto:gavin_russell@hotmail.co.uk">gavin_russell@hotmail.co.uk</a>
Sun 21 <sup>st</sup> July	Houghton CC / VTTA (North)	25	M254	7.30		Stephen Boxall : 07746 949362 <a href="mailto:sboxall80@gmail.com">sboxall80@gmail.com</a>
Sun 28 <sup>th</sup> July	VTTA (North) / Cleveland Coueurs	25	T252/3	9.00	#T	Gavin Russell : 01642 654419 <a href="mailto:gavin_russell@hotmail.co.uk">gavin_russell@hotmail.co.uk</a>
Sun 11 <sup>th</sup> Aug	Barnesbury CC / VTTA (North)	10	M102C	8.00		Sam Dodd <a href="mailto:brian.bayne@barnesbury-cc.co.uk">brian.bayne@barnesbury-cc.co.uk</a>
Sun 18 <sup>th</sup> Aug	VTTA (North)	25	T252/3	9.00	#T	Phil Wright : 07702 244922 <a href="mailto:jagryk@aol.com">jagryk@aol.com</a>
Sun 25 <sup>th</sup> Aug	Houghton CC / VTTA (North)	10	M1010B	7.00		Stephen Boxall : 07746 949362 <a href="mailto:sboxall80@gmail.com">sboxall80@gmail.com</a>
Sun 1 <sup>st</sup> Sept	Tyneside Vagabonds NDCA and <b>VTTA National Championship</b>	100	M100/10	7.00	#T	Nick Wild : 01670 519122 <a href="mailto:drnickw@gmail.com">drnickw@gmail.com</a>
	Barnesbury CC / VTTA (North)	25	M250	7.00		Sharon Dyson : 07837 607219 <a href="mailto:sharonmdyson@gmail.com">sharonmdyson@gmail.com</a>
Sun 15 <sup>th</sup> Sept	VTTA (North) / Darlington CC	10	T104	10.00	#T	Marcel Schubert : 07412 102735 <a href="mailto:Marcel.Schubert@gmx.net">Marcel.Schubert@gmx.net</a>
Sun 29 <sup>th</sup> Sept	Cleveland Wheelers CC (incl VTTA North H/c Champs)	1	THC33	10.00	#T	S Tilly : 07982 255809 <a href="mailto:secretary@clevelandwheelers.com">secretary@clevelandwheelers.com</a>
Sun 6 <sup>th</sup> Oct	Darlington CC./ VTTA (North)	25	T254/1R	10.00	#R, #T	Malcolm Steer : 07908 524659 <a href="mailto:malcolm.steer@redcentaur.com">malcolm.steer@redcentaur.com</a>

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

**NORTH LANCASHIRE & LAKES GROUP EVENTS**

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sun 21 <sup>st</sup> April	Southport CC (inc VTTA NL&L)	15	D33/15	9.00	#G	Alan Stark : 07904 385683 : <a href="mailto:alstark@blueyonder.co.uk">alstark@blueyonder.co.uk</a>
Sun 28 <sup>th</sup> April	VTTA NL&L	25	L25224	7.00		Richard Taylor : 07533 679101: <a href="mailto:rtaylor023@aol.com">rtaylor023@aol.com</a>
Sat 15 <sup>th</sup> June	VTTA NL&L	50	L5012	7.00		Richard Taylor : 07533 679101: <a href="mailto:rtaylor023@aol.com">rtaylor023@aol.com</a>
Tues 13 <sup>th</sup> August	VTTA NL&L	10	L1023	14.00		Richard Taylor : 07533 679101: <a href="mailto:rtaylor023@aol.com">rtaylor023@aol.com</a>

#G = Group championship

**NORTH MIDLANDS GROUP EVENTS**

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 18 <sup>th</sup> May	<b>VTTA N Mids (VTTA National Championship)</b>	10	O10/1	14.00		Gordon Wordsworth : 07942 318223 <a href="mailto:gc.w@btinternet.com">gc.w@btinternet.com</a>

Preference to VTTA members. Also includes tandem event

**SCOTLAND GROUP EVENTS**

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sun 21 <sup>st</sup> April	Royal Albert CC (SVTTA J & B.Train Trophy)	10	WW10/03	9.00		Alan Wilson 07789 378604 <a href="mailto:royalalbertcyclingclub@gmail.com">royalalbertcyclingclub@gmail.com</a>
Sun 26 <sup>th</sup> May	Fife Century RC Alastair Speed Memorial (SVTTA H Roberts Trophy)	50	WE50/01	8.00	#T	Mrs. M. Laffoley 01383 822349 <a href="mailto:mhairilaffoley@gmail.com">mhairilaffoley@gmail.com</a>
Sun 16 <sup>th</sup> June	Dundee Thistle (SVTTA Reilly & J Sharp Trophies)	100	WE100/01	6.00	#T	A Simpson 07387 073101 <a href="mailto:ajwilson1972@hotmail.com">ajwilson1972@hotmail.com</a>
Sun 21 <sup>st</sup> July	St Christopher's CC / SVTTA (J Cramb & B Smith Hcp Trophies)	25	WM25/01	8.00	#T	Vincent Pickering 01355 232832 <a href="mailto:vonviniga@gmail.com">vonviniga@gmail.com</a>
Sun 25 <sup>th</sup> Aug	SVTTA (Pinky Williams Trophy)	30	WM30/2	8.00	#T	George McLaughlan 01698 374201 <a href="mailto:gmcloughlan41@gmail.com">gmcloughlan41@gmail.com</a>
Sun 8 <sup>th</sup> Sept	Kennoway RC GP de Gents (SVTTA Boomerang Trophy)	10.5 (2up TTT)	WE13/01	9.00		Dave Bean 07811 463640 <a href="mailto:dave_bean@btinternet.com">dave_bean@btinternet.com</a>
Sun 22 <sup>nd</sup> Sept	SVTTA (SVTTA Speed Family Trophy)	15	WM15/01	9.00	#T	Mrs. M. Laffoley 01383 822349 <a href="mailto:mhairilaffoley@gmail.com">mhairilaffoley@gmail.com</a>

Sun 1st Oct	Tour de Trossachs Vanelli-Project Go (SVTTA Bill Lennon Trophy)	28.5	WW28/02	10.00		Jason Roberts 07717747645 <a href="mailto:jrdc@doctors.org.uk">jrdc@doctors.org.uk</a>
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All events enter via CTT, #T = Includes tandem event

### SOUTH WALES GROUP CHAMPIONSHIP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 11th May	Cardiff 100 Miles RCC	50	R50/1b	14.00	#T	Robert Jones : 07873 353207 <a href="mailto:robert.jones33@virgin.net">robert.jones33@virgin.net</a>
Sun 30th June	Welsh CA Championship	100	R100/9	6.00		Martyn Heritage-Owen : 07786 067819 <a href="mailto:realteamcycling@gmail.com">realteamcycling@gmail.com</a>
Sat 20th July	Ross-On-Wye & Dist CC	10	R10/17	14.00	#SW	Will Bevan : 07591 559275 <a href="mailto:will_bevan@hotmail.com">will_bevan@hotmail.com</a>
Sun 11th Aug	Virtual CC	25	R25/7	8.00		Simon Kinsey : 07491 900923 <a href="mailto:virtualcyclingclub@gmail.com">virtualcyclingclub@gmail.com</a>
Sun 1st Sept	Welsh CA Championship	12 hrs	R12/16	6.00	#T	Simon Kinsey : 07491 900923 <a href="mailto:virtualcyclingclub@gmail.com">virtualcyclingclub@gmail.com</a>

#T = Includes tandem event. #SW = South Wales VTTA members only

### SURREY/SUSSEX GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 13th April	VTTA Surrey/Sussex	10	G10/87	7.30	#T	David Pollard : 07973 420003 <a href="mailto:davepollard294@gmail.com">davepollard294@gmail.com</a>
Sun 23rd June	Sussex CA	50	G50/10	6.30	#T	Robin Johnson : 07733 132043 <a href="mailto:mr_rjohnson@outlook.com">mr_rjohnson@outlook.com</a>
Sun 14th July	Southern Counties CU	100	G100/61A	6.00		Lisa Colombo : 07534 672224 <a href="mailto:sccu100@lcolombo.me.uk">sccu100@lcolombo.me.uk</a>
Sat 10th Aug	Sussex CA	15	G15/92	7.00	#T	Robin Johnson : 07733 132043 <a href="mailto:mr_rjohnson@outlook.com">mr_rjohnson@outlook.com</a>
Sat 17th Aug	Bec CC	25	G25/93	7.00		Tony Truepenney-Phillipson : 07512 356505 : <a href="mailto:fac19ttp@gmail.com">fac19ttp@gmail.com</a>
Sun 15th Sept.	VTTA Surrey/Sussex	25	G25/89	7.30		Andy Critchlow : 07970 352994 <a href="mailto:andycritchlow@me.com">andycritchlow@me.com</a>

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

### TIME TRIALLING NEEDS VOLUNTEERS

All organisers welcome assistance in the form of marshals, HQ staff, start/finish assistance etc.  
Please phone the organiser with an offer of help and make their job a little bit easier.

**WESSEX GROUP CHAMPIONSHIP EVENTS**

Date	Event Name	Dist.	Course	Start	Note	Event Secretary
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**NOTIFIED VERY LATE BY THE GROUP - SEE PAGE 33**

**WEST GROUP EVENTS**

West Group 10 mile Championship, for the Harry Marsh Cup, will be on Saturday 27<sup>th</sup> April 2024. The course is UC861 with the HQ being Goss Croft Hall at Upper Seagry, SN15 5HD. The annual prize presentation will follow at the HQ.

West Group 25 mile Championship, the Jack Gray Memorial, 1st open on Standard and The Rook Shield awarded to the 1st female rider on standard. To be incorporated into Chippenham & District Whs 25 on Sunday 2<sup>nd</sup> June on course U18625.

Group 50 mile Championship The Arthur Wilcockson Trophy – as with previous seasons it was agreed that any 50 mile event held within CTT districts that represent the vast majority of VTTA West Group members, i.e. West DC (U courses) or South West DC (S courses) would count as qualifiers for the Championship. These are: Sat 6<sup>th</sup> July Bristol South CC (U109/50), Sun 7<sup>th</sup> July North Devon Velo (S12R/50), Sun 21<sup>st</sup> July Swindon RC & Swindon Whs (U86/50, Sun 25<sup>th</sup> Aug Giant Helston/Tri Logic (S100/50).

**YORKSHIRE GROUP EVENTS**

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
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Sat 2 <sup>nd</sup> Mar	VTTA Yorkshire	10	V212	13.30	#!!	Jymmy Trevor : 07970 966458 <a href="mailto:jymmy.trevor@gmail.com">jymmy.trevor@gmail.com</a>
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Sat 29 <sup>th</sup> June	VTTA Yorkshire (Event 1)	10	V210	18.00	#T	Andrew Vaughan : 07764 185847 <a href="mailto:andrewvaughan@ymail.com">andrewvaughan@ymail.com</a>
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Sun 30 <sup>th</sup> June	VTTA Yorkshire (Event 2)	25	V232	8.00		Jymmy Trevor : 07970 966458 <a href="mailto:jymmy.trevor@gmail.com">jymmy.trevor@gmail.com</a>
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#!! = Includes tandems, 2-up TTT, trikes, steel bikes & fixed wheel bikes; #T = Includes tandem event

**VTTA NATIONAL CHAMPIONSHIP IN YORKSHIRE**

Sun 9 <sup>th</sup> June	Vive le Velo	12 hr	V381	6	#T	Steve Burrows : 07810 563060 <a href="mailto:badgersmithycottage@gmail.com">badgersmithycottage@gmail.com</a>
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**YORKSHIRE GROUP TROPHY EVENTS**

Trophies will be awarded in the following events. All are on Age Adjusted Result and for Yorkshire Group members only except where noted.

Stan Chadwick Memorial Cup -	VTTA Yorkshire 10 - 29 <sup>th</sup> June
Oliver Shield -	VTTA Yorkshire 25 - 30 <sup>th</sup> June
Bernard Wood Memorial Shield (Best on AAT from any group) -	VTTA Yorkshire 25 - 30 <sup>th</sup> June
Yorkshire VTTA Shield -	Yorkshire CF 50 - 13 <sup>th</sup> July
Charlie Rice Cup -	Tyneside Vagabonds (VTTA Nat'l Champs) - 1 <sup>st</sup> Sept.
Fred Bottomley Memorial Cup (Actual fastest group member) -	Tyneside Vagabonds (VTTA Nat'l Champs) - 1 <sup>st</sup> Sept.
John Pickles Cup -	Vive le Velo (VTTA Nat'l Champs) - 9 <sup>th</sup> June
Ken Hartley Cup -	Mersey Roads (CTT/VTTA Nat'l Champs) - 27 <sup>th</sup> /28 <sup>th</sup> July

# VTTA CONSTITUTION, RULES AND REGULATIONS

(As updated 3<sup>rd</sup> February 2024)

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

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

## 2. RULES

### 2.1 The Association

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

### 2.2 Management of the Association

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

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

### 2.3 National Executive Committee Meetings

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

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

not appropriate for open discussion and these items will be taken in private session with only NEC members in attendance.)

### 2.4 Powers of the National Executive Committee

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

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

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

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

### 2.5 NEC Expenses

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

### 2.6 Duties of National Officers

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

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

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

## 2.7 Financial Year

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

## 2.8 Formation of Regional Groups

2.8.1 The VTТА shall be divided into Groups as may be necessary.

2.8.2 The minimum number of members to form a Group shall be ten. The NEC shall have the authority to sanction the formation of a Group with fewer than ten members if they consider the circumstances are justified.

2.8.3 A member shall have the right to choose the Group to which he/she wishes to be attached. A member wishing to change from one Group to another may only do so between 1<sup>st</sup> December and 28<sup>th</sup> February. They should notify the National Membership Secretary (NMS) of their request prior to renewal. Once the transfer is confirmed by the NMS with the relevant Group Secretaries, the NMS will advise the member that a membership invoice has been set up for their new group and they may now renew.

2.8.4 All Groups shall affiliate to their local District Council of CTT.

2.8.5 Each Group shall elect its own officials for the purpose of local administration and the observance of the National Rules and Regulations.

2.8.6 All Group officials shall act in accordance with the instructions of the NEC.

2.8.7 Where Groups are not self-supporting the NEC may, when it is deemed necessary, afford financial support.

2.8.8 Each Group shall be run as a club, hold an AGM and make such extra rules and arrangements for the running of the Group as may be considered necessary, provided they do not conflict with the National Rules and Regulations of the VTТА.

2.8.9 In the event of the dissolution of a Group, monies and assets held by that Group should be distributed to such cycling organisations or charities as the Group's membership think fit.

2.8.10 Each Group Committee shall have the authority to suspend and/or expel a member for conduct considered detrimental to the VTТА. Such suspension/expulsion to be confirmed or reversed by a subsequent general meeting of the Group Membership.

2.8.11 Copies of the Minutes of all meetings (signed by the Group Chairman and Secretary) shall be available for submission to the NEC.

2.8.12 Each Group shall consider the Agenda of the National AGM, as issued by the National Secretary, in order to mandate its delegates on proposals on the Agenda.

## 2.9 Subscriptions

2.9.1 The annual subscription shall consist of two parts, payable together.

(a) A National subscription which shall include the cost of *The Veteran* and will be determined by the NEC and advised to Groups by 31<sup>st</sup> August for the coming year. Subscriptions will be ratified at the National AGM.

(b) A Group subscription which will be advised to the NEC by Group Committees by 30<sup>th</sup> September for the coming year.

2.9.2 The combined subscription for any member is payable on application and on 1st January of each year thereafter. New members applying after 30<sup>th</sup> September in any year will be entitled to membership until 31<sup>st</sup> December of the following year. Similarly, members renewing after 30<sup>th</sup> September will be entitled to membership until 31<sup>st</sup> December of the following year.

2.9.3 An applicant for membership must complete the prescribed form and submit it with the appropriate subscription to the Secretary of his/her chosen Group or join using the VTТА

website. If the applicant is declined, the subscription will be returned.

- 2.9.4 Where one member of a household is a member, a second member resident at the same address may join at a reduced rate to be determined annually at the National and Group AGMs as appropriate. The second member will have the same rights and privileges as the primary member but will not receive personal copies of VTTA publications. They will be referred to as 'primary' and 'secondary' members in a 'joint membership'.
- 2.9.5 A member who has not paid his/her subscription by 28th February in any year shall forfeit all rights and privileges of membership.
- 2.9.6 At the end of each quarter the National Treasurer shall send to Group Treasurers a statement of all national subscriptions due from their group according to the National Online Membership System during the last quarter. Group Treasurers should then make the required payment within four weeks of receiving the statements. For the purposes of this rule, quarters shall consist of the three month periods ending 31<sup>st</sup> March, 30<sup>th</sup> June, 30<sup>th</sup> September and 31<sup>st</sup> December.

## 2.10 Categories of Life Membership

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

### 2.10.1 Life Membership

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

### 2.10.2 Honorary Life Membership

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

Where a joint member becomes an Honorary Life Member, Group committees will have the discretion to allow the other partner to remain

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

### 2.10.3 Distinguished Life Membership

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

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

## 2.11 National Annual General Meeting

- 2.11.1 All VTTA members are entitled to attend the National AGM where they may speak, but they are not entitled to vote unless they are delegates for their Groups.
- 2.11.2 Those entitled to vote at the National AGM shall be:
- Two delegates representing each Group plus a further delegate for every 100, or part of 100, members in excess of 200; and two delegates representing the NEC. Membership numbers will be taken as at the previous 30<sup>th</sup> September on the membership system.
- 2.11.3 Voting at an AGM shall be by a show of hands unless the meeting demands that a ballot is taken. The Chairman shall have only a casting vote.



2.11.4 When a Group is not represented, any proposal tabled by that Group on the Agenda can be taken up by any Group who would have supported the motion if they so wish.

2.11.5 The National AGM shall elect annually a President, who may hold office for not more than five years. Nominations for President must be submitted to the National Secretary not later than 21st November for inclusion in the Agenda and publication in *The Veteran*. The AGM shall also elect the NEC for the ensuing year.

2.11.6 Not less than 14 days' notice of the AGM shall be given in *The Veteran*, on the website and sent to Group Secretaries who shall furnish the names of their delegates to the National Secretary as soon as they have been appointed. A copy of the agenda of the meeting shall be published in the current issue of *The Veteran* and also sent to Group Secretaries and delegates. Fifteen delegates and/or ex-officio members shall form a quorum.

2.11.7 Motions for the National Annual General Meeting can be submitted only by:

(a) the NEC

(b) Groups – providing the motion has been agreed by a majority at the Group AGM or if the Group AGM falls after 21<sup>st</sup> November by the Group Committee if they so agree.

(c) the National Forum

Such motions must reach the National Secretary not later than 21st November of the respective year.

2.11.8 Any matter not on the National AGM Agenda may be brought forward without notice provided that it does not involve the alteration of any rule or regulation and subject to the consent of two-thirds of those present and voting.

2.11.9 A special meeting may be called by the NEC or, alternatively, by the National Secretary on receiving a request signed by 25 members. All members entitled to attend shall receive 14 days' notice of the special meeting with a copy of the agenda stating the special business to be transacted.

## 2.12 Alterations to Rules and Regulations

2.12.1 No alteration or addition to these Rules shall be made except with the consent of not less than

two-thirds of the members present and voting at the AGM or at any special meeting for this purpose. Alterations or additions to Regulations at such meetings will be decided by a simple majority.

## 3. REGULATIONS

### 3.1 Time Trials Regulations

3.1.1 All VTTA time trials shall be run in accordance with the rules and regulations of CTT or SC. VTTA time trials will be Type A events: either 'Open', 'Semi-open' or 'Association', as defined in the CTT regulations.

3.1.2 Any member wishing to enter a time trial shall submit to the Event Secretary a standard CTT entry form, properly completed, or enter via the Cycling Time Trials Entry System. Any member wishing to enter a time trial held in Scotland shall enter via the Cycling Time Trials or Scottish Cycling entry system as appropriate.

3.1.3 In all VTTA events, only VTTA members will be eligible for any of the awards made on Age Adjustment (or on Standard).

3.1.4 Only first-claim members of a club are eligible for team awards in events promoted by the VTTA.

3.1.5 Overall prizes in all VTTA events shall be decided on the basis of the official VTTA Age Adjusted Tables (or Standard Tables). Other prizes may be awarded at the discretion of the organiser.

3.1.6 12 hours and 24 hours distances should be calculated in miles to two decimal places.

### 3.2 Regulations for Standard Awards

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

3.2.2 Any VTTA member may attempt to gain VTTA standard medals in any Open, Semi-Open or Association event authorised by CTT or the SC. Events that are eligible for Standards shall also be eligible for Records, Best All Rounder

Competition (BAR), Three Distance Competition, Short Distance Competition and Trophies.

Scotland Group may allow its members to claim standard awards in Scottish Cycling club events and CTT 'B' type events. Such events must be run on type 'A' classified courses and with due timekeeping and recording requirements. Results from such events will not be recognised for VTTA Season Long Competitions or Records.

*Note to above: Scotland members would need to submit a documented result to the Group Recorder, eg an image of club facebook/website page or an image/copy of the paper result. The Group Recorder would verify the result as adequately documented and manually upload claimed results onto the national website for the purpose of standards claims only.*

3.2.3 Applications for standards may be made as follows:

Any number of attempts per season at all distances or times on one type of machine.

3.2.4 Members competing for Standards must have linked their CTT and VTTA accounts, so their improvements can be notified on the website. (Members without IT access may approach their Group Secretary or Recorder for assistance.) The Standards automation system will show baselines and improvements for all members with linked accounts.

3.2.5 Members' applications and payments for Standards must be made online or by post prior to any event for which they subsequently claim a standard.

3.2.6 Each Group shall be allowed to determine its own standard ride entry fees. Payment of one fee covers only one type of machine.

3.2.7 Only one award for a ride at each distance will be made during any one year, but there is no limit to the number of attempts that may be made.

3.2.8 Claims for Standards must be submitted via the website at the end of the racing season or not later than 31st October. (Members without IT access may approach their Group Secretary or Recorder for assistance to process their claim.)

Successful claims will be rewarded with medals or plaques as determined by each Group.

3.2.9 Each VTTA Group may elect to have either Standard or Actual times engraved on Standard Medals/Plaques.

3.2.10 Once a rider has won a Standard Award, the rider must improve on their previous best Age Adjustment (or Standard plus/minus) in order to obtain another award in a later age group. However, if a rider has not claimed in the three calendar years since their last award they may request their group recorder to change their baseline from their last award to their current Age Adjustment/ Standard.

### 3.3 Regulations for Age Records

3.3.1 Road record rides will be recognised only when achieved in events authorised by CTT or the SC, timed on watches complying with the requirements of those bodies and run in conformity with their regulations.

3.3.2 Record Certificates are awarded for rides at 10, 15, 25, 30, 50 and 100 miles, 12 hours and 24 hours to riders of solo bicycle, solo tricycle, tandem bicycle or tandem tricycle (Open, Women and Mixed) in any Open, Semi-Open or Association event authorised by CTT.

3.3.3 The VTTA also recognises Indoor and Outdoor Track records on solo bicycle and tandem bicycle at the following distances: 5, 10 and 25 miles; 1 hour; 5, 10, 20, 50 and 100 km. Records in the VTTA Handbook are as at 31st October of the previous year. Indoor track records must be set on a track (fixed wheel) bike. Outdoor track records may be set on a track (fixed wheel) bike or on a road/time trial bike.

3.3.4 A claimant for any records must be a paid-up member of the VTTA at the time of the ride.

3.3.5 No record will be considered if a better time or distance has already been achieved by a record holder of a greater age.

3.3.6 Provisional road time trial record claims from 2023 are automatically identified from CTT results once they have been loaded to the CTT website and transferred to the VTTA system. Provisional claims are notified to both the provisional record holder and to the relevant Group Recorder for a group age record and to

the National Road Records Secretary for a national record. Once ratified by the Group and/or National Recorder, the holder is notified automatically and the record is marked as ratified.

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

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

### 3.4 Regulations for National Championships

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

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

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

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

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

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

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

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

3.4.9 The NEC may endorse other events to further the development of veterans' time trialling. These may use the term 'championship' but are not covered by the 'National Championship' regulations as stated above (paragraphs 3.4.1. to 3.4.8) and therefore have flexibility in what awards are provided by the organiser (e.g. closed circuit championships).

### 3.5 Regulations for the BAR Competition

***Qualifying events must be Type A events approved by CTT or approved SC events.***

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

3.5.2 The closing date for eligible events to count will be 31<sup>st</sup> October.

3.5.3 The BAR competition will be based on the rider's average 'Age Adjusted' speed across 25, 50, 100 miles and 12 hours.

The rider's average speed will be calculated by adding together the 'age adjusted' speed for their best performance at each of the four events and dividing by 4.

For 25, 50 and 100 miles the average speed is the distance divided by the 'age adjusted' time.

For the 12 hour the average speed is the 'age adjusted' distance divided by 12.

The four average speeds are added together and divided by 4, calculated to 3 decimal places rounded down. The rider with the highest 'age adjusted' average speed will be the winner of the BAR Competition.

Age adjusted times and distances will be calculated using the Age Adjustment Tables for classification and type of machine.

3.5.4 The status of the competition is reported on the website throughout the season. At the end of the season members should check their reported performances. In the event of any query or omitted result they should report the amended or additional performance, appropriately evidenced, to their Group Recorder. If the Group Recorder accepts an amended or additional result, they should update the website results, and also notify the IT Manager of the change. Any amendments must be notified by 31<sup>st</sup> October of the current year.

3.5.5 BAR Certificates shall be presented to all riders completing the four distances. Tandem riders who complete all distances with the same partner are eligible for certificates, but not for any other awards. Medals will be awarded to the first three open classification riders and to the first three female classification riders on age adjusted average speed. The first will receive a gold medal. The second will receive a silver medal. The third will receive a bronze medal.

3.5.6 Club teams shall consist of the three fastest members of the same club on age adjusted speed. Group teams shall consist of the six fastest members of the same group on age

adjusted speed. Medals will be awarded to each member of the winning teams.

### 3.6 Regulations for the Three Distance Competition

3.6.1 A Three Distance Competition will be promoted annually over 25, 50 and 100 miles.

3.6.2 The Three Distance competition will be based on the rider's average 'Age Adjusted' speed across the three events comprising 25, 50 and 100 miles. The rider's average speed will be calculated by adding together the 'age adjusted' speed for their best performance at each of the three events and dividing by 3.

For 25, 50 and 100 miles the average speed is the distance divided by the 'age adjusted' time

The three average speeds are added together and divided by 3, calculated to 3 decimal places rounded down. The rider with the highest 'age adjusted' average speed will be the winner of the Three Distance Competition.

3.6.3 All other conditions of qualification to this competition shall be those of the BAR Competition. Awards shall be the same as for the BAR Competition.

### 3.7 Regulations for the Short Distance Competition

3.7.1 The Short Distance competition will be based on the rider's average 'Age Adjusted' speed across the four events comprising two 10 mile and two 25 mile events. The rider's average speed will be calculated by adding together the 'age adjusted' miles per hour for their best and second best performances at 10 miles and at 25 miles and dividing by 4.

For 10 and 25 miles the average speed is the distance divided by the 'age adjusted' time.

The four average speeds are added together and divided by 4, calculated to 3 decimal places rounded down. The rider with the highest 'age adjusted' average speed will be the winner of the Short Distance Competition

3.7.2 All other conditions of qualification to this competition shall be those of the BAR Competition. Awards shall be the same as for the BAR Competition.

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

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

### 3.9 Meritorious Award

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

### 3.10 Bricknell Memorial Award

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

### 3.11 Return of Trophies

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

## NOTE TO THE AGE ADJUSTMENTS TABLES

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

The Tables are introduced for all VTTA competition from the 2024 season but are based directly on the same performance data as the previously adopted Standards Tables. Whilst the numbers may appear different they provide exactly the same positional result but in a more readily understood format.

The Tables may be revised at intervals to be determined by the NEC. The last major revision was introduced for the 2021 season; these tables used CTT results data from 2019 and 2020 as well as data from before 2019 and also included revision to the women and trike coefficients. For 2024 further revisions have taken place following receipt of the two recent season's CTT results data. The Men's Tables are based on a formula derived from this large database of men's veteran's results. The Women's Tables are determined from the database so as to produce a percentage adjustment to the men's standards. The men's trike adjustments are based on age records and comparative results for those riders who use both bike and trike, due the limited results information, so as to produce a percentage adjustment to the men's solo standards. Tandem adjustments are calculated as an adjustment to the two combined individual adjustments. These adjustment factors are currently as follows:

- a) The Age Adjustments for women are age variable between 0.89% and 0.91% of the equivalent speed for men.
- b) Trike Age Adjustments are set at 91.28% of solo equivalent speed.
- c) Tandem Age Adjustments are set at 104% of the average of the equivalent solo speeds of both riders.

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

The VTTA may change its Age Adjustments before the start of a new season. **The current (ie 2024) Age Adjustments as posted on the VTTA website are included in this handbook - these are the Age Adjustments which should be used in all VTTA events until further notice.**

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## AGE ADJUSTMENTS - A SHORT EXPLANATION

In keeping with the VTTA ethos of 'Competitive Cycling for Life', when you ride a VTTA time trial your actual finishing time is adjusted to compensate for age and classification (open or female), and whether riding a bike or trike. The Age Adjusted Time (or Distance for 12/24 hours) identifies the best overall vet's performances allowing for these differences. Age adjustments work in principle like the 'standard plusses' used by the VTTA until 2022, but they provide a more intelligible and comparable adjusted actual time.

The Age Adjustment system takes an age adjustment off the time you actually ride, giving you an Age Adjusted Time (AAT). This lets you compare your performance more easily with younger and older riders, and with yourself as you age. For example: female rider age 45 on a solo bike: Actual time: 59:50; Age Adjustment: 06:39; Result = AAT of 53:11 (55:50 minus 06:39).

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

The Age Adjustments are listed in tables in this handbook and on the VTTA website. The website also provides a calculator to provide Age Adjustments for non-standard distances.

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

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

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

- **Combined Age Adjustment EQUALS Rider 1 Age Adjustment PLUS Rider 2 Age Adjustment**
- For **fixed distance** events  
**Age Adjusted Time EQUALS Actual Time MINUS Combined Age Adjustment**
- For **fixed time events**  
**Age Distance EQUALS Actual Distance PLUS Combined Age Adjustment**

*The traditional standards times and distances are still available on the VTTA website, but can also be derived from the handbook tables by adding the age adjustment time for the age/gender/machine to the following baseline standard for a 40 year old open solo bike rider for the distances from 10 to 100 miles, or subtracting the age adjusted distance for the times of 12 and 24 hours:*

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

*The standard times and distances are minimum values, targets most riders in a VTTA event should achieve.*

# VTTA STANDARDS AWARDS

## WHAT THEY ARE AND HOW TO CLAIM

For many years the VTTA has had a system of annual Standard Awards which are popular with many of our members. A standard award can be claimed for improving on one's previous best age adjusted time or distance at 10, 15, 25, 30, 50, 100 miles and 12 and 24 hours.

All the relevant information for a member is available in their membership account on the website ([www.vtta.org.uk](http://www.vtta.org.uk)) under 'My profile' and 'My Standards'. This shows your target times and your current season improvements in terms of both age adjustment and for historical continuity 'plus'. We still use the term 'Standard Awards' because the Standard in the title refers to the standard distances and times - 10, 15, 25, 30, 50 and 100 miles and 12, 24 hours.

### How to Enter for and Achieve a Standard Award

First, you have to **make a payment for Standards** to your Group before the start of your season in order to take part in Standard Awards. Most members make this payment at the same time as their annual membership subscription to their Group. You can make this payment on the website – see under Membership Extras on your 'My profile' page.

Second, you must have **linked your CTT and VTTA accounts** – if you have not done this already then follow the simple instructions in the 'Guidance Note for Linking VTTA and CTT Accounts (2023)' which you can find on the website in the Document section at <https://www.vtta.org.uk/library>

To gain your Standard Award you have to achieve the 'Target Time/Distance' shown in the 'My Standards' section of your membership profile. These targets are set on the basis of the previous best performance for which you claimed an award, adjusted for your age. If you have not previously claimed an award at a particular distance then your target is the 'base' time for your age and gender.

For each target you achieve you will receive an engraved medal. If you achieve multiple targets (typically 3 but depending on your Group) you will receive a plaque showing all your achievements.

### How to Claim your Standards Awards

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

The My Standards page has two sections:

**My Baselines:** This shows your target for all distances to win an award in the current season.

**Improvements on Baseline:** This section will be populated with your results for the current season taken from the CTT website, which achieve or exceed your targets.

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

Once you have clicked on a claimed improvement, you will see that your baseline is updated with the new performance. Your Group recorder will be informed of your claim and arrange for you to be presented with your medal or a plaque.

As you age, your targets change with the adjustment for being a year older. This makes them challenging but achievable. If you have not claimed a standard in the last three calendar years then you can ask your group recorder to reset your target to the standard for your age. This 'reset' may be appropriate, for example, if you are returning to the sport after taking a break from racing.

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

## NATIONAL COMPETITIONS EXPLAINED

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

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

For more information on linking your accounts, see the website download "Guidance Note for Linking VTТА and CTT Accounts (2023)". To register for competitions you should log in to the VTТА website, go to 'My profile' then click the 'Competitions' tab. You will be then presented with a screen with three tick boxes for the current season's competitions and you should tick these according to distances which you expect to ride.

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

### **Best All Rounder (BAR) Competition**

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

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



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

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

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

### Three Distance Competition

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

### Short Distance Competition

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

## STOP PRESS - VERY LATE NOTIFIED EVENTS

### WESSEX GROUP CHAMPIONSHIP EVENTS

Date	Event Name	Dist.	Course	Start	Note	Event Secretary
Sun 28 <sup>th</sup> April	Charlotteville CC	25	H25/8	13.00	#T	Gavin Watson : 07958 442501 <a href="mailto:bikeswimcoachwatson@gmail.com">bikeswimcoachwatson@gmail.com</a>
Sun 19 <sup>th</sup> May	Reading CC	50	H50/1B	8.00	#T	Karen Stuart-Smith : 07756 082074 <a href="mailto:kstuartsmith@yahoo.co.uk">kstuartsmith@yahoo.co.uk</a>
Sun 4 <sup>th</sup> August	Chichester City Riders	10	P901/10	7.00	#T	Larry Wiltshire : 07889 170893 <a href="mailto:larry_wiltshire@hotmail.com">larry_wiltshire@hotmail.com</a>
?	TBA	15				

#T = includes tandem event

## NATIONAL TROPHIES & 2023 RECIPIENTS

Best All Rounder (25, 50, 100 and 12)	PETRONELLA TROPHY	1st overall on age adjusted	Andy Critchlow (Paceline RT) 30.112mph
	H LIONEL LINCOLN SHIELD*	1st man on actual speed	Andy Critchlow (Paceline RT) 28.977mph
	SOUTHCOTT BOWL *	1st woman on actual speed	Kim Barfoot-Brace (Team Bottrill) 24.997mph
	RALEIGH SHIELD	Best group team (6 riders) on age adj.	Merseyside (David Williams, Alan Broadbent, Barry Murphy, Arthur Winstanley, Ian Casson, Geraint Catherall) 24.413mph
	JOHNSON SHIELD	Best club team (3 riders) on age adj.	Springfield Financial RT (Andrew Whiteside, Paul Russell, Theresa Taylor) 25.839mph
3 Distance Competition (25, 50 and 100)	DICK CLARKE CUP	1st overall on age adjusted	Andy Critchlow (Paceline RT) 31.543mph
	DON HACKING TROPHY*	1st man on actual speed	Andy Critchlow (Paceline RT) 30.357mph
	BRAMBLEBY CUP*	1st woman on actual speed	Kim Barfoot-Brace (Team Bottrill) 26.021mph
	LONDON GROUP SHIELD	Best group team (6 riders) on age adj.	West (Karl Norris, Kim Barfoot-Brace, Mark Sanders, Tony Chapman, Roger Sheridan, Mark Bradley) 29.176mph
	DOREEN HUGILL MEMORIAL SHIELD	Best club team (3 riders) on age adj.	VC St Raphael (Andrew Rivett, Malcolm Cox, William Sawyer) 27.390mph
Short Distance Competition (2 x 10, 2 x 25)	L DE CAMELLIS BOWL	1st overall on age adjusted	Linda Dewhurst (Team Milton Keynes) 34.415mph
	STREVEN'S MEMORIAL TROPHY*	1st man on actual speed	Andy Critchlow (Paceline RT) 32.530mph
	PETT CUP*	1st woman on actual speed	Louise Robinson (Essex Roads CC) 27.472mph
	MIDLANDS SHIELD*	Best group team (6 riders) on age adj.	East Anglian (Keith Dorling, Matthew Smith, Chris Dyason, Denise Hurren, Robert Watson, Peter Main) 32.293mph
	BRAFMAN CUP*	Best club team (3 riders) on age adj.	Team Bottrill (Keith Dorling, Jen Clegg, Jason Bateman) 32.411mph
National Championships	KEN MATTHEWS CUP	1st on age adj. in 10 Mile	Linda Dewhurst (Team Milton Keynes) 19:27
	CHARLIE COLE CUP	1st on age adj. in 25 Mile	Russ Richardson (Zurbaran Racing) 48:09
	FRED THORPE TROPHY	1st on age adj. in 30 Mile	Doug Watson (GTR- Return To Life) 1:00:10
	CECIL PAGET CUP	1st on age adj. in 50 Mile	Andrew Gallacher (Vanelli-Project GO) 1:45:10
	DOUG BRUNWIN MEMORIAL SALVER	1st on age adj. in 100 Mile	Peter Younghusband (Petersfield Tri Club) 3:35:04
	JIM PAINTER CUP	1st on age adj. in 12 Hour	Richard Sharp (Addform Vive le Velo) 296.36 miles
	C W COOKE CUP	1st on age adj. in 24 Hour	Robbie Mitchell (Auchencrow Thistle CC) 524.79 miles
Merit Awards	C W COOKE TROPHY	Most meritorious racing performance of the season, nominated by Groups	Andy Critchlow (Paceline RT) for his domination in all three VTTA Season Long Competitions
	TED BRICKNELL MEMORIAL AWARD	An annual award, retained permanently by the recipient, for outstanding services to the Association.	Keith Wilkinson (VTTA Sussex/Surrey) for outstanding services to his group over 30 years
Trophies marked * were re-assigned commencing with 2021 competitions			

## SEASON LONG COMPETITIONS AWARD WINNERS 2023

### 2023 NATIONAL BEST ALL ROUNDER (25, 50, 100 AND 12)

1 <sup>st</sup> overall age adj.	Andy Critchlow	Paceline RT	S/S	30.112mph	Petronella Trophy
1 <sup>st</sup> man age adj.	Andy Critchlow	Paceline RT	S/S	30.112mph	Gold medal
2 <sup>nd</sup> man age adj.	Anthony Jones	VMCC powered by Y Beic	S Wls	29.508mph	Silver medal
3 <sup>rd</sup> man age adj.	Chris Gibbard	Bynea CC	S Wls	28.899mph	Bronze medal
1 <sup>st</sup> woman age adj.	Kim Barfoot-Brace	Team Bottrill	West	28.201mph	Gold medal
2 <sup>nd</sup> woman age adj.	Theresa Taylor	Springfield Finan'l RT	NL&L	25.074mph	Silver medal
1 <sup>st</sup> man on actual	Andy Critchlow	Paceline RT	S/S	28.977mph	H Lionel Lincoln Shield
1 <sup>st</sup> woman on actual	Kim Barfoot-Brace	Team Bottrill	West	24.997mph	Southcott Bowl
Best group team (6 riders) age adj.	David Williams, Alan Broadbent, Barry Murphy, Arthur Winstanley, Ian Casson, Geraint Catherall		Mersey-side	24.413mph	Raleigh Shield & gold medals (6)
Best club team (3 riders) age adj.	Springfield Financial RT	Andrew Whiteside, Paul Russell, Theresa Taylor	NL&L	25.839mph	Johnson Shield & gold medals (3)

### 2023 NATIONAL THREE DISTANCE COMPETITION (25, 50 AND 100)

1 <sup>st</sup> overall age adj.	Andy Critchlow	Paceline RT	S/S	31.543mph	Dick Clarke Cup
1 <sup>st</sup> man age adj.	Andy Critchlow	Paceline RT	S/S	31.543mph	Gold medal
2 <sup>nd</sup> man age adj.	Douglas Watson	GTR - Return to Life	Scot	31.001mph	Silver medal
3 <sup>rd</sup> man age adj.	Keith Dorling	Team Bottrill	E Ang	30.992mph	Bronze medal
1 <sup>st</sup> woman age adj.	Kim Barfoot-Brace	Team Bottrill	West	29.499mph'	Gold medal
2 <sup>nd</sup> woman age adj.	Claire Emons	...a3crg	Wssx	29.393mph	Silver medal
3 <sup>rd</sup> woman age adj.	Lucy Rogers	Congleton CC	M&NW	28.923mph	Bronze medal
1 <sup>st</sup> man on actual	Andy Critchlow	Paceline RT	S/S	30.357mph	Don Hacking Trophy
1 <sup>st</sup> woman on actual	Kim Barfoot-Brace	Team Bottrill	West	26.021mph	Brambleby Cup
Best group team (6 riders) age adj.	Karl Norris, Kim Barfoot-Brace, Mark Sanders, Tony Chapman, Roger Sheridan, Mark Bradley		West	29.176mph'	London Group Shield & gold medals (6)
Best club team (3 riders) age adj.	VC St Raphael	Andrew Rivett, Malcolm Cox, William Sawyer	Wssx	27.390mph'	Doreen Hugill Meml. Shield & gold medals (3)

**2023 NATIONAL SHORT DISTANCE COMPETITION (2 X 10, 2 X 25)**

1 <sup>st</sup> overall age adj.	Linda Dewhurst	Team Milton Keynes	L&HC	34.415mph	L De Camellis Bowl
1 <sup>st</sup> man age adj.	Andy Critchlow	Paceline RT	S/S	33.769mph	Gold medal
2 <sup>nd</sup> man age adj.	Richard Oakes	Team Ohten Aveas	E Mids	33.732mph	Silver medal
3 <sup>rd</sup> man age adj.	Kevin Tye	VeloRefined Rule 5	Kent	33.673mph'	Bronze medal
1 <sup>st</sup> woman age adj.	Linda Dewhurst	Team Milton Keynes	L&HC	34.415mph	Gold medal
2 <sup>nd</sup> woman age adj.	Claire Emons	...a3crg	Wssx	32.363mph	Silver medal
3 <sup>rd</sup> woman age adj.	Jen Clegg	Team Bottrill	E Mids	32.265mph	Bronze medal
1 <sup>st</sup> man on actual	Andy Critchlow	Paceline RT	S/S	32.530mph	Stevens Meml. Trophy
1 <sup>st</sup> woman on actual	Louise Robinson	Essex Roads CC	E Ang	27.472mph	Pett Cup
Best group team (6 riders) age adj.	Keith Dorling, Matthew Smith Chris Dyason, Denise Hurren Robert Watson, Peter Main		East Anglian	32.293mph	Midlands Shield & gold medals (6)
Best club team (3 riders) age adj.	Team Bottrill	Keith Dorling Jen Clegg Jason Bateman	E Ang E Mids NL&L	32.411mph	Brafman Cup and gold medals (3)

**CHAMPIONSHIP AWARDS 2023**

**(NB - Times and distances shown are all age adjusted)**

**10 MILES NATIONAL CHAMPIONSHIP**

**Sunday 17<sup>th</sup> September 2023 - Midlands Group - Course K48/10 (Weston, near Stafford)**

Men's Champion	Ian Guilor	Mapperley CC	East Midlands	20:03
2 <sup>nd</sup> Man	Jon Howard	Team Echelon	Midlands	20:17
3 <sup>rd</sup> Man	Steve Gibson	Peak Road Club	North Midlands	20:38
Women's Champion	Linda Dewhurst	Team Milton Keynes	London & Home C	19:27
2 <sup>nd</sup> Woman	Deb Hutson-Lumb	Wrekinsport CC	Merseyside	19:41
3 <sup>rd</sup> Woman	Susan Semple	Legato Racing Team	Midlands	20:41
Club Team Champions	Susan Semple	Legato Racing Team	Midlands	1:02:49
	Simon Horsley		N Lincs & Lakes	
	Steven Loraine		Midlands	
Group Team Champions	Jon Howard	Team Echelon	Midlands	1:01:44
	Susan Semple	Legato Racing Team		
	Tim Wood	Team Echelon		
Tandem Champions		No tandem starters		

**15 MILES NATIONAL CHAMPIONSHIP**

**Saturday 26<sup>th</sup> August 2023 - Cambridge CC - F2/15 (Cambourne, near Cambridge)**

Men's Champion	Kevin Tye	VeloRefined Rule 5	Kent	27:04
2nd Man	Andrew Meilak	VeloRefined Rule 5	Kent	27:09
3rd Man	Neil Mackley	...a3crg	Wessex	27:17
Women's Champion	Linda Dewhurst	Team Milton Keynes	London & Home C	26:00
2nd Woman	Claire Emons	...a3crg	Wessex	27:48
3rd Woman	Deborah Sheridan	Warwickshire RC	Wessex	28:24
Club and Group Team Champions	Kevin Tye, Andrew Meilak & Mark Hill	VeloRefined Rule 5	Kent	1:23:45
Tandem Champions	Ian Greenstreet & Rachael Elliott	Newbury Velo	London & Home C	25:07

**25 MILES NATIONAL CHAMPIONSHIP**

**Sunday 16<sup>th</sup> April 2023 - Yorkshire Group - Course V236/1 (Topcliffe, near Thirsk)**

Men's Champion	Russ Richardson	Zurbaran Racing	North	48:09
2nd Man	Richard Bideau	Pendle Forest CC	N Lancs & Lakes	48:19
3rd Man	Joseph Costello	Legato RT	Midlands	48:21
Women's Champion	Linda Dewhurst	Team Milton Keynes	London & Home C	48:17
2nd Woman	Deborah Moss	Springfield Financ'l RT	N Lancs & Lakes	49:10
3rd Woman	Angela Hannon-Flaherty	Seacroft Whs	Yorkshire	50:39
Club Team Champions	Deborah Moss, Derek Parkinson & Theresa Taylor	Springfield Financ'l RT	N Lancs & Lakes	2:31:06
Group Team Champions	Richard Bideau	Pendle Forest CC	N Lancs & Lakes	2:26:33
	Peter Greenwood	Clayton Velo		
	Deborah Moss	Springfield Financ'l RT		
Tandem Champions	Andrew Hutchison & Catherine Hutchison	Ride Harder	East Anglian	52:36

**30 MILES NATIONAL CHAMPIONSHIP**

**Sunday 30<sup>th</sup> July 2023 - Scotland Group - Course WE30/01 (Fife)**

Men's Champion	Douglas Watson	GTR - Return To Life	Scotland	1:00:10
2nd Man	Philip Kennell	GS Metro	North	1:01:47
3rd Man	Mike Twelves	Team Ohten Aveas	East Midlands	1:02:28
Women's Champion	Deborah Moss	Springfield Financ'l RT	N Lancs & Lakes	1:02:06
2nd Woman	Margaret McMillan	Deeside Thistle CC	Scotland	1:05:29
3rd Woman	Liz Ball	Valley Striders CC	Scotland	1:06:11
Club Team Champions	Joseph Costello	Legato Racing Team	Midlands	3:14:01
	Simon Horsley		N Lancs & Lakes	
	Mark Hamer		Midlands	
Group Team Champions	Douglas Watson	GTR - Return To Life	Scotland	3:09:15
	James Cusick	Dooleys RT		
	Marc Anderson	GTR - Return To Life		
Tandem Champions	Allan MacLean & Isobel Fletcher	VC Glasgow South	Scotland	1:15:10

**50 MILES NATIONAL CHAMPIONSHIP**

**Saturday 10<sup>th</sup> June 2023 - East Midlands Group - Course A50/2 (Farndon, near Newark)**

Men's Champion	Andrew Gallacher	Vanelli-Project GO	Scotland	1:45:10
2nd Man	Joseph Costello	Legato Racing Team	Midlands	1:48:03
3rd Man	Neil Cleminshaw	Addform Vive Le Velo	Yorkshire	1:49:22
Women's Champion	Deborah Moss	Springfield Financ'l RT	N Lancs & Lakes	1:47:07
2nd Woman	Claire Emons	...a3crg	Wessex	1:51:41
3rd Woman	Kath Smith	Sleaford Wheelers CC	East Midlands	2:00:58
Club Team Champions	No club team finished			
Group Team Champions	Joseph Costello	Legato Racing Team	Midlands	5:34:08
	Mark Hamer	Legato Racing Team		
	Simon Dighton	Beacon Roads CC		
Tandem Champions	Ian Greenstreet & Rachael Elliott	Newbury Velo	London & Home C	1:42:12

**100 MILES NATIONAL CHAMPIONSHIP**

**Sunday 2<sup>nd</sup> July 2023 - Shropshire CCA - Course D100/8 (Shawbirch Circuit)**

Men's Champion	Peter Younghusband	Petersfield Tri Club	Wessex	3:35:04
2nd Man	Richard Shaw	Seamons CC	Manchester & NW	3:41:20
3rd Man	David Williams	Velotik Racing Team	Merseyside	3:44:21
Women's Champion	Joanna Cebrat	360cycling	Manchester & NW	4:02:56
2nd Woman	Helen Tudor	Oswestry Paragon CC	Merseyside	4:22:28
3rd Woman	Gretchen Zoeller	VTTA (Yorkshire)	Yorkshire	4:26:01
Club Team Champions	No club team finished			
Group Team Champions	David Williams	Velotik Racing Team	Merseyside	11:20:50
	Jonathan Mills-Keeling	Bridgnorth CC		
	Victor Chetta	Mid Shropshire Whs		
Tandem Champions	No tandem entrants			

**12 HOUR NATIONAL CHAMPIONSHIP**

**13<sup>th</sup> August 2023 - West Cheshire TTCA and Liverpool TTCA - D12/1**

Men's Champion	Richard Sharp	Addform Vive Le Velo	Yorkshire	296.36
2nd Man	Tom Thornely	FTP Racing Team	N Midlands	295.67
3rd Man	Andrew Whiteside	Springfield Financ'l RT	N Lancs & Lakes	293.21
Women's Champion	Kim Barfoot-Brace	Team Bottrill	West	291.70
2nd Woman	Theresa Taylor	Springfield Financ'l RT	N Lancs & Lakes	264.15
3rd Woman	No third woman finisher			
Club Team Champions	Andrew Whiteside	Springfield Financ'l RT	N Lancs & Lakes	825.68
	Paul Russell			
	Theresa Taylor			
Group Team Champions	Dave Williams	Velotik Racing Team	Merseyside	846.18
	Alan Broadbent	Graham Weigh RT		
	Arthur Winstanley	VTTA Merseyside		
Tandem Champions	Brigid Night Hannah Fawcett	Frodsham Wheelers Liverpool Braveheart BC	Merseyside	286.40

**24 HOUR NATIONAL CHAMPIONSHIP****Sat/Sun 22<sup>nd</sup>/23<sup>rd</sup> July 2023 - Mersey Roads Club - Course D24hr (West Cheshire & Shropshire)**

Men's Champion	Robbie Mitchell	Auchencrow Thistle CC	Scotland	524.79
2 <sup>nd</sup> Man	Christian Geldard	North Hampshire RC	Wessex	500.95
3 <sup>rd</sup> Man	Doug Hart	Ilkley CC	Yorkshire	491.13
Women's Champion	Christina Murray	Army Cycling	Wessex	521.35
2 <sup>nd</sup> Woman	Joanna Cebart	360cycling	Manchester & NW	470.31
3 <sup>rd</sup> Woman	Only 2 women entrants			
Group Team Champions	Doug Hart	Ilkley CC	Yorkshire	1460.82
	Andrew Askwith	Vive Le Velo		
	Greg Elwell	Halifax Imperial Whs		
Club Team Champions	No club teams of three entered			
Tandem Champions	No tandem pairs entered			

**SOUTHERN CLOSED CIRCUIT CHAMPIONSHIP****Saturday 10<sup>th</sup> June 2023 - ...a3crg / VTTA Surrey/Sussex - P917/10 (Goodwood)**

1 <sup>st</sup> Man - TT Bike	Chris Lord	Brighton Ecclesior CC / Surrey/Sussex	19:05
2 <sup>nd</sup> Man - TT Bike	Neil Mackley	...a3crg / Wessex	19:07
3 <sup>rd</sup> Man - TT Bike	Andy Langdown	...a3crg / Wessex	19:13
1 <sup>st</sup> Woman - TT Bike	Sarah Matthews	...a3crg / Wessex	19:25
2 <sup>nd</sup> Woman - TT Bike	Deborah Sheridan	Warwickshire RC / Midlands	20:31
3 <sup>rd</sup> Woman - TT Bike	Lucia Borradaile	CC Weymouth / Wessex	20:45
1 <sup>st</sup> Man - Road Bike	Chris Coxon	Brighton Mitre CC / Surrey/Sussex	20:51
2 <sup>nd</sup> Man - Road Bike	Robin Kirk	VC Godalming & Haslemere	21:54
3 <sup>rd</sup> Man - Road Bike	Robert Sweatman	New Forest CC / Wessex	22:29
1 <sup>st</sup> Woman - Rd Bike	Ruth Whiddett	Woking CC	21:22
2 <sup>nd</sup> Woman - Rd Bike	Alexa Forbes	London Dynamo / London & Home C	22:43
3 <sup>rd</sup> Woman - Rd Bike	Deborah Smith	Southdown Velo	23:03

**NORTHERN CLOSED CIRCUIT CHAMPIONSHIP****Wednesday 21<sup>st</sup> June 2023 - VTTA North - T10C (Croft)**

1 <sup>st</sup> Man - TT Bike	Richard Oakes	Team Ohten Aveas / East Midlands	19:04
2 <sup>nd</sup> Man - TT Bike	Russ Richardson	Zurbara Racing / North	20:04
3 <sup>rd</sup> Man - TT Bike	Marcel Schubert	Darlington CC / North	20:18
1 <sup>st</sup> Woman - TT Bike	Lucia Borradaile	CC Weymouth / Wessex	21:27
2 <sup>nd</sup> Woman - TT Bike	Caroline Ratcliff	Ferryhill Whs / North	22:23
3 <sup>rd</sup> Woman - TT Bike	Kate Sanderson	Cleveland Whs CC / North	22:48
1 <sup>st</sup> Man - Road Bike	Shaun Tyson	Protech Velo / North	21:34
2 <sup>nd</sup> Man - Road Bike	Kenny McLellan	Reifen Racing	22:38
3 <sup>rd</sup> Man - Road Bike	John Flanagan	Moonglu CC	22:41
1 <sup>st</sup> Woman - Rd Bike	Deborah Capewell	Team Ohten Aveas	24:16
2 <sup>nd</sup> Woman - Rd Bike	Teri Bayliss	Reifen Racing / North	24:32
3 <sup>rd</sup> Woman - Rd Bike	Sarah Minto	North Tyneside Riders CC	25:51

# PAST NATIONAL CHAMPIONS

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

## BEST ALL ROUNDER

1943 Ernest H Stevens  
 1944 No winner  
 1945 Jock Austin  
 1946 E W Miles  
 1947 Jock Austin  
 1948 Charlie Cole  
 1949 Charlie Cole  
 1950 C G Baxter  
 1951 Charlie Cole  
 1952 Charlie Cole  
 1953 Charlie Cole  
 1954 Charlie Cole  
 1955 Charlie Cole  
 1956 T H Henderson  
 1957 Harry Aspden  
 1958 Arch Harding  
 1959 Arch Harding  
 1960 Arch Harding  
 1961 Arch Harding  
 1962 Arch Harding  
 1963 Arch Harding  
 1964 Arch Harding  
 1965 R B Smith  
 1966 R Waters  
 1967 Arch Harding  
 1968 R G H Deering  
 1969 Arch Harding  
 1970 K J Brooker  
 1971 Harry G Shawyer  
 1972 Harry H Hill  
 1973 Harry H Hill  
 1974 Charles Holland  
 1975 Charles Holland  
 1976 Harry G Shawyer  
 1977 Harry H Hill  
 1978 Harry H Hill  
 1979 John Woodburn  
 1980 John Woodburn  
 1981 D Kellaway  
 1982 Arthur C Boutell  
 1983 Harry H Hill  
 1984 D Kellaway  
 1985 John Woodburn  
 1986 Gerry Poole  
 1987 John Woodburn  
 1988 Paul Bennett  
 1989 John Woodburn  
 1990 Harry Featherstone  
 1991 Harry Featherstone

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

## BEST ALL ROUNDER - MEN

2019 David Shepherd  
 2020 David Shepherd  
 2021 David Shepherd  
 2022 Anthony Jones  
 2023 Andy Critchlow

## BEST ALL ROUNDER - WOMEN

1971 Mary Horsnell  
 1972 Wyn Maddock  
 1973 Irene Southart  
 1974 L Campbell  
 1975 Ethel Brambleby  
 1976 Ethel Brambleby  
 1977 Ethel Brambleby  
 1978 Ethel Brambleby  
 1979 Mary Dawson  
 1980 Mary Dawson  
 1981 Mary Dawson  
 1982 Mary Dawson  
 1983 I Campbell  
 1984 Mary Dawson  
 1985 Mary Dawson

1986 Mary Dawson  
 1987 Mary Dawson  
 1988 Mary Dawson  
 1989 Mary Dawson  
 1990 Mary Dawson  
 1991 Mary Dawson  
 1992 Mary Dawson  
 1993 Mary Dawson  
 1994 Mary Dawson  
 1995 Janet Wilson  
 1996 Janet Wilson  
 1997 L Creeese  
 1998 Christine Gasgoigne  
 1999 Janet Wilson  
 2000 Gil Henshaw  
 2001 Christine Roberts  
 2002 Janet Wilson  
 2001 Christine Roberts  
 2002 Janet Wilson  
 2003 C Smerdon  
 2004 K M Smith  
 2005 A Bath  
 2006 C Colquhoun  
 2007 K Smith  
 2008 Christine McLean  
 2009 Christine McLean  
 2010 Christine McLean  
 2011 Christine McLean  
 2012 Christine McLean  
 2013 Ann Shuttleworth  
 2014 Sharon Clifford  
 2015 Lynne Biddulph  
 2016 Katja Rietdorf  
 2017 Katja Rietdorf  
 2018 Jackie Field  
 2019 Christina Murray  
 2020 Lisa Davis  
 2021 Patricia Baird  
 2022 Christina Murray  
 2023 Kim Barfoot-Brace

## BEST ALL ROUNDER (ACTUAL MPH)

1956 Arch Harding  
 1957 Arch Harding  
 1958 Arch Harding  
 1959 Arch Harding  
 1960 Arch Harding  
 1961 Arch Harding  
 1962 Arch Harding  
 1963 R Murgatroyd



1964 Arch Harding  
 1965 J C Park  
 1966 R Waters  
 1967 Eric Grocock  
 1968 Nim Carline  
 1969 Nim Carline  
 1970 W H Griffiths  
 1971 Nim Carline  
 1972 Nim Carline  
 1973 Nim Carline  
 1974 Robin W Buchan  
 1975 Mike McNamara  
 1976 Mike McNamara  
 1977 John Byers  
 1978 John Byers  
 1979 John Woodburn  
 1980 John Woodburn  
 1981 E C Holloway  
 1982 J Dixon  
 1983 Peter Spowage  
 1984 Roger Iddles  
 1985 John Woodburn  
 1986 Shay Giles  
 1987 Shay Giles  
 1988 Paul Bennett  
 1989 Eddie Adkins  
 1990 Shay Giles  
 1991 John Woodburn  
 1992 Derek Hatton  
 1993 Terry Icke  
 1994 George Nowland  
 1995 George Nowland  
 1996 John Blacker  
 1997 Glen Longland  
 1998 Geoffrey Platts  
 1999 P Smith  
 2000 Ian Cammish  
 2001 N Portess  
 2002 Ian Cammish  
 2003 G Robinson  
 2004 Ian Cammish  
 2005 N Skellern  
 2006 N Skellern  
 2007 Ken Platts  
 2008 Ian Cammish  
 2009 Nick Bowdler  
 2010 Julian Jenkinson  
 2011 Nick Bowdler  
 2012 Nick Bowdler  
 2013 J Dewhirst  
 2014 Adam Topham  
 2015 Adam Topham  
 2016 Richard Bideau

2017 Richard Bideau  
 2018 Matt Ivings  
 2019 Andy Jackson  
 2020 Mark Smith

**BAR ACTUAL MPH - MEN**

2021 Darren Yarwood  
 2022 Anthony Jones  
 2023 Andy Critchlow

**BAR ACTUAL MPH - WOMEN**

2021 Joanna Cebrat  
 2022 Christina Murray  
 2023 Kim Barfoott-Brace

**BAR GROUP TEAMS**

1959 London & Home Counties  
 1960 London & Home Counties  
 1961 London & Home Counties  
 1962 London & Home Counties  
 1963 London & Home Counties  
 1964 London & Home Counties  
 1965 London & Home Counties  
 1966 London & Home Counties  
 1967 London & Home Counties  
 1968 London & Home Counties  
 1969 London & Home Counties  
 1970 London & Home Counties  
 1971 London & Home Counties  
 1972 London & Home Counties  
 1973 Manchester & North West  
 1974 Manchester & North West  
 1975 Manchester & North West  
 1976 London & Home Counties  
 1977 London & Home Counties  
 1978 Manchester & North West  
 1979 London & Home Counties  
 1980 London & Home Counties  
 1981 Yorkshire  
 1982 Manchester & North West  
 1983 Manchester & North West  
 1984 West  
 1985 London & Home Counties  
 1986 Yorkshire  
 1987 London & Home Counties  
 1988 London & Home Counties  
 1989 Surrey & Sussex  
 1990 Surrey & Sussex  
 1991 Surrey & Sussex  
 1992 East Anglia  
 1993 Surrey & Sussex  
 1994 Yorkshire  
 1995 North Lancashire  
 1996 London & Home Counties

1997 North Lancashire  
 1998 Yorkshire  
 1999 Yorkshire  
 2000 East Anglia  
 2001 Yorkshire  
 2002 Yorkshire  
 2003 Yorkshire  
 2004 Yorkshire  
 2005 Yorkshire  
 2006 Manchester & North West  
 2007 North Lancashire  
 2008 East Anglia  
 2009 Manchester & North West  
 2010 East Anglian  
 2011 East Anglian  
 2012 East Anglian  
 2013 Yorkshire  
 2014 No team finished  
 2015 East Anglian  
 2016 East Anglian  
 2017 No team finished  
 2018 No team finished  
 2019 Yorkshire  
 2020 No team finished  
 2021 No team finished  
 2022 No team finished  
 2023 Merseyside

**BAR CLUB TEAMS**

1959 Lancashire RC  
 1960 Leicester Forest CC  
 1961 Addiscombe CC  
 1962 Middlesex RC  
 1963 Middlesex RC  
 1964 Middlesex RC  
 1965 Glasgow Regent  
 1966 West Scotland Clarion  
 1967 Middlesex RC  
 1968 Leicester Forest CC  
 1969 Middlesex RC  
 1970 Luton Wheelers  
 1971 Verulam CC  
 1972 Luton Wheelers  
 1973 Oldham Century RC  
 1974 Norwood Paragon CC  
 1975 Addiscombe CC  
 1976 Rockingham CC  
 1977 Addiscombe CC  
 1978 Derby Mercury RC  
 1979 East Midlands CC  
 1980 East Midlands CC  
 1981 Birkenhead North End CC  
 1982 Altrincham Ravens CC

1983 Farnboro' & Camberley CC  
 1984 Farnboro' & Camberley CC  
 1985 Tees-Side RC  
 1986 Otley CC  
 1987 Farnboro' & Camberley CC  
 1988 Farnboro' & Camberley CC  
 1989 Norwood Paragon CC  
 1990 Norwood Paragon CC  
 1991 Norwood Paragon CC  
 1992 Farnboro' & Camberley CC  
 1993 Tees-side RC  
 1994 Long Eaton Paragon CC  
 1995 Rockingham CC  
 1996 Rockingham CC  
 1997 Otley CC  
 1998 San Fairy Ann CC  
 1999 San Fairy Ann CC  
 2000 East Anglian CC  
 2001 East Anglian CC  
 2002 Yorkshire RC  
 2003 Yorkshire RC  
 2004 Yorkshire RC  
 2005 Otley CC  
 2006 Congleton CC  
 2007 Congleton CC  
 2008 Chelmer CC  
 2009 Team Swift  
 2010 Yorkshire RC  
 2011 Chelmer CC  
 2012 Chelmer CC  
 2013 Chelmer CC  
 2014 No team finished  
 2015 No team finished  
 2016 Hounslow & Disttrict Wh  
 2017 Born to Bike  
 2018 Born to Bike  
 2019 Vive le Velo  
 2020 No team finished  
 2021 No team finished  
 2022 No team finished  
 2023 Springfield Financial RT

**BAR CLUB TEAM - WOMEN**

1998 Airedale Olympic CC  
 1999 Airedale Olympic CC  
 2000- 2005 No team finished  
 2006 Kingston Phoenix RC  
 2007 Kingston Phoenix RC  
 2008 Kingston Phoenix  
 2009 - 2011 No team finished  
 Discontinued

**3 DISTANCE COMPETITION**

1995 Jim Bailey

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

**3 DISTANCE COMP. - MEN**

2019 David Hargreaves  
 2020 David Hargreaves  
 2021 David Shepherd  
 2022 Anthony Jones  
 2023 Andy Critchlow

**3 DISTANCE COMP. - WOMEN**

1995 Mary Dawson  
 1996 Carole Gandy  
 1997 Carole Gandy  
 1998 Carole Gandy  
 1999 Carole Gandy  
 2000 Carole Gandy  
 2001 Carole Gandy  
 2002 Carole Gandy  
 2003 Mary Dawson  
 2004 Carole Gandy  
 2005 Carole Gandy  
 2006 Arja Scarsbrook  
 2007 Arja Scarsbrook  
 2008 Arja Scarsbrook  
 2009 Carole Gandy  
 2010 Carole Gandy  
 2011 Christine McLean  
 2012 Competition Discontinued  
 2019 Angela Carpenter  
 2020 Jackie Field  
 2021 Jackie Field  
 2022 Angela Carpenter

2023 Kim Barfoot-Brace

**3 DISTANCE (ACTUAL MPH)**

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

**3 DIST. ACTUAL MPH - MEN**

2021 Darren Yarwood  
 2022 Anthony Jones  
 2023 Andy Critchlow

**3 DIST. ACTUAL MPH - WOMEN**

2021 Jackie Field  
 2022 Angela Carpenter  
 2023 Kim Barfoot-Brace

**THREE DISTANCE - GROUP**

1995 North Lancashire  
 1996 North Lancashire  
 1997 North Lancashire  
 1998 Nottingham & East Mids  
 1999 Nottingham & East Mids  
 2000 Nottingham & East Mids  
 2001 Nottingham & East Mids  
 2002 Nottingham & East Mids  
 2003 Yorkshire RC  
 2004 Nottingham & East Mids  
 2005 Nottingham & East Mids  
 2006 North Lancashire  
 2007 North Lancashire  
 2008 North Lancashire

2009 North Lancashire  
 2010 North Lancs & Lakes  
 2011 East Anglian  
 2012 East Anglian  
 2013 East Anglian  
 2014 East Anglian  
 2015 East Anglian  
 2016 North Lancs & Lakes  
 2017 East Anglian  
 2018 East Anglian  
 2019 Wessex  
 2020 Nottingham & East Mids  
 2021 East Anglian  
 2022 Wessex  
 2023 West

**THREE DISTANCE - CLUB**

1995 Altrincham Ravens CC  
 1996 Altrincham Ravens CC  
 1997 Altrincham Ravens CC  
 1998 Altrincham Ravens CC  
 1999 Altrincham Ravens CC  
 2000 Rutland CC  
 2001 Tees-side RC  
 2002 Tees-side RC  
 2003 Tees-side RC  
 2004 Yorkshire RC  
 2005 Yorkshire RC  
 2006 Lancashire RC  
 2007 Yorkshire RC  
 2008 Yorkshire RC  
 2009 North Shropshire Wheelers  
 2010 Yorkshire RC  
 2011 Yorkshire RC  
 2012 Chelmer CC  
 2013 Chelmer CC  
 2014 Chelmer CC  
 2015 Chelmer CC  
 2016 Chelmer CC  
 2017 Born to Bike  
 2018 Born to Bike  
 2019 ...a3crg  
 2020 No team finished  
 2021 Chapeau! Vive le Velo  
 2022 ...a3crg  
 2023 VC St Raphael

**THREE DISTANCE - CLUB TEAMS  
 - WOMEN**

1995 Wolsley RC  
 1996 San Fairy Ann CC  
 1997 San Fairy Ann CC  
 1998 San Fairy Ann CC  
 1999 San Fairy Ann CC

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

**SHORT DISTANCE COMP.**

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

**SHORT DIST. COMP. - MEN**

2019 Ron Hallam  
 2020 Keith Ainsworth  
 2021 Andrew Grant  
 2022 Kevin Tye  
 2023 Andy Critchlow

**SHORT DIST. COMP. - WOMEN**

2019 Angela Carpenter  
 2020 Angela Carpenter  
 2021 Angela Carpenter  
 2022 Angela Carpenter  
 2023 Linda Dewhurst

**SHORT DIST. ACT. MPH - MEN**

2021 Matthew Smith  
 2022 Conrad Moss  
 2023 Andy Critchlow

**SH. DIST. ACT. MPH - WOMEN**

2021 Angela Carpenter  
 2022 Angela Carpenter  
 2023 Louise Robinson

**SHORT DISTANCE COMP. - CLUB  
 TEAM**

2013 South Pennine RC  
 2014 South Pennine RC  
 2015 South Pennine RC  
 2016 Cambridge CC  
 2017 North Lancs RC  
 2018 Cambridge CC  
 2019 ...a3crg  
 2020 ...a3crg

2021 ...a3crg  
 2022 ...a3crg  
 2023 team Bottrill

**SHORT DISTANCE COMP. -  
 GROUP TEAM**

2013 Notts & East Midlands  
 2014 Notts & East Midlands  
 2015 Notts & East Midlands  
 2016 North Lancs & Lakes  
 2017 Notts & East Midlands  
 2018 East Anglian  
 2019 East Anglian  
 2020 East Anglian  
 2021 East Anglian  
 2022 East Anglian  
 2023 East Anglian

**10 MILES CHAMPIONS**

1977 Arthur C Boutell  
 1978 Arthur C Boutell  
 1979 A L Wilkins  
 1980 Harry H Hill  
 1981 Arthur C Boutell  
 1982 Arthur C Boutell  
 1983 ADwyer  
 1984 Arthur C Boutell  
 1985 J E Sibun  
 1986 Harry H Hill  
 1987 Harry H Hill  
 1988 J E Sibun  
 1989 D McKellow  
 1990 Dave Longbottom  
 1991 D McKellow  
 1992 J R McKellow  
 1993 George Steers  
 1994 Eric Marsh (T)  
 1995 L King  
 1996 Eric Marsh  
 1997 K Biddulph  
 1998 G Les Dawson (T)  
 1999 Brian Haskell  
 2000 G Les Dawson (T)  
 2001 G Les Dawson (T)  
 2002 G Les Dawson (T)  
 2003 Brian Haskell  
 2004 Eric Marsh  
 2005 Dennis Milsom  
 2006 Dennis Milsom  
 2007 Dennis Milsom  
 2008 Dennis Milsom  
 2009 Dennis Milsom  
 2010 Ron Hallam  
 2011 Ron Hallam/Dennis Milsom (tie)

- 2012 Rob Pears
- 2013 Rob Pears
- 2014 Rob Pears/Derek Stewart (tie)
- 2015 Derek Stewart
- 2016 Ron Hallam
- 2017 Ron Hallam
- 2018 Ron Hallam
- 2019 Keith Ainsworth (M)  
Angela Carpenter (W)
- 2020 Richard Oakes (M)  
Angela Carpenter (W)
- 2021 Richard Oakes (M)  
Angela Carpenter (W)
- 2022 Richard Oakes (M)  
Angela Carpenter (W)
- 2023 Ian Guilor (M)  
Linda Dewhurst (W)

**10 MILES TEAM CHAMPIONS**

- 1977 VC Slough
- 1978 VC Slough
- 1979 Calder Clarion CC
- 1980 Birkenhead N E CC
- 1981 Altrincham Ravens CC
- 1982 VC Slough
- 1983 San Fairy Ann CC
- 1984 VC Slough
- 1985 VC Slough
- 1986 Otley CC
- 1987 North Lancs Clarion
- 1988 Polytechnic CC
- 1989 Farnboro' & Camberley CC
- 1990 Altrincham Ravens CC
- 1991 Tees-side RC
- 1992 Birkenhead N E CC
- 1993 Sheffield Phoenix CC
- 1994 San Fairy Ann CC
- 1995 Altrincham Ravens CC
- 1996 Stevenage RC
- 1997 Altrincham Ravens CC
- 1998 Altrincham Ravens CC
- 1999 San Fairy Ann CC
- 2000 Altrincham Ravens CC
- 2001 Rockingham CC
- 2002 PCA Ciclos Uno
- 2003 Huddersfield RC
- 2004 PCA Ciclos Uno
- 2005 Stourbridge CC
- 2006 Stourbridge CC
- 2007 Icknield RC
- 2008 South Pennine RC
- 2009 PCA Ciclos Uno
- 2010 South Pennine RC

- 2011 Team Swift
- 2012 Westmead Team 88
- 2013 Cambridge CC
- 2014 Cambridge CC
- 2015 Team Swift
- 2016 Notts & East Midlands
- 2017 Notts & E Midlands (group)  
Vision Racing (club)
- 2018 Notts & E Midlands (group)  
Team Bottrill (club)
- 2019 Wessex (group)  
...a3crg (club)
- 2020 Wessex (group)  
...a3crg (club)
- 2021 Notts & E Midlands (group)  
Team Ohten Aveas (club)
- 2022 Wessex (group)  
Team Ohten Aveas (club)
- 2023 Midlands (group)  
Legato RT (club)

**15 MILES CHAMPIONS**

- 2017 Ron Hallam
- 2018 Ron Hallam
- 2019 Ron Hallam (M)  
Fiona Sharp (W)
- 2020 Keith Ainsworth (M)  
Deb Hutson-Lumb (W)
- 2021 Mark Ellis (M)  
Angela Carpenter (W)
- 2022 Richard Oakes (M)  
Deborah Moss (W)
- 2023 Kevin Tye (M)  
Linda Dewhurst (W)

**15 MILES TEAM CHAMPIONS**

- 2017 North Lancs & Lakes (group)  
Cambridge CC (club)
- 2018 London & Home C (group)  
Drag2Zero (club)
- 2019 North (group)  
GS Metro (club)
- 2020 Merseyside (group)  
Pirate Juice CC (club)
- 2021 Wessex (group)  
...a3crg (club)
- 2022 East Midlands (group)  
Team Ohten Aveas (club)
- 2023 Kent (group)  
VeloRefined Rule 5 (club)

**25 MILES CHAMPIONS**

- 1959 Charlie Cole
- 1960 A L Wilkins

- 1961 J E Brownhill
- 1962 J E Brownhill
- 1963 H A Wenman
- 1964 J E Brownhill
- 1965 A L Wilkins
- 1966 Charlie Cole
- 1967 Charlie Cole
- 1968 Charlie Cole
- 1969 Charlie Cole
- 1970 Harry H Hill
- 1971 A L Wilkins
- 1972 R Goodman
- 1973 B W Bentley
- 1974 Harry H Hill
- 1975 Harry H Hill
- 1976 Charles Holland
- 1977 Harry H Hill
- 1978 R Webber
- 1979 Harry H Hill
- 1980 Harry H Hill
- 1981 Harry H Hill
- 1982 Harry H Hill
- 1983 Arthur C Boutell
- 1984 Len Dexter
- 1985 J E Sibun
- 1986 Gerry Poole
- 1987 J E Sibun
- 1988 P G Smith
- 1989 E G Smith
- 1990 P G Smith
- 1991 D McKellow
- 1992 Eric Marsh
- 1993 J Brownhill
- 1994 W B Chapman
- 1995 V H Palk
- 1996 V H Palk
- 1997 R H Little
- 1998 Brian Haskell
- 1999 Jim Goodwin
- 2000 G Les Dawson (T)
- 2001 Eric Marsh
- 2002 Jim Goodwin
- 2003 Jim Goodwin
- 2004 Jim Goodwin
- 2005 John Woodburn
- 2006 Dennis Milsom
- 2007 Dennis Milsom
- 2008 Dennis Milsom
- 2009 Ron Hallam
- 2010 Ron Hallam
- 2011 Derek Stewart
- 2012 Kevin Tye
- 2013 Rob Pears

- 2014 Eric Marsh
- 2015 Derek Stewart
- 2016 Brian Sunter
- 2017 Peter Horsnell
- 2018 Simon Beldon
- 2019 Kevin Tye (M)  
Angela Carpenter (W)
- 2020 Ron Hallam (M)  
Angela Carpenter (W)
- 2021 Richard Oakes (M)  
Angela Carpenter (W)
- 2022 Keith Ainsworth (M)  
Angela Carpenter (W)
- 2023 Russ Richardson (M)  
Linda Dewhurst (W)

**25 MILES TEAM CHAMPIONS**

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

- 1995 Altrincham Ravens CC
- 1996 Lindsey Roads CC
- 1997 Altrincham Ravens CC
- 1998 Altrincham Ravens CC
- 1999 Altrincham Ravens CC
- 2000 Altrincham Ravens CC
- 2001 Ciclos Uno
- 2002 PCA Ciclos Uno
- 2003 Team Clean
- 2004 Huddersfield RC
- 2005 Huddersfield RC
- 2006 Stourbridge CC
- 2007 M I Racing
- 2008 M I Racing
- 2009 South Pennine RC
- 2010 South Pennine RC
- 2011 PCA Ciclos Uno
- 2012 Datateam Allstars
- 2013 Kingston Wheelers CC
- 2014 Chelmer CC
- 2015 Bynea CC
- 2016 Yorkshire
- 2017 East Anglian (group)  
Cambridge CC (club)
- 2018 Yorkshire (group)  
Team Bottrill (club)
- 2019 East Anglian (group)  
Cambridge CC (club)
- 2020 Notts & E Mids (group)  
Lincoln Whs CC (club)
- 2021 Notts & E Midlands (group)  
Team Ohten Aveas (club)
- 2022 East Anglian (group)  
Cambridge CC (club)
- 2023 N Lincs & Lakes (group)  
Springfield Financ'l RT (club)

**30 MILES CHAMPIONS**

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

- 1982 Harry H Hill
- 1983 Len Dexter
- 1984 Gerry Ashley
- 1985 Len Dexter
- 1986 J E Sibun
- 1987 John Baines
- 1988 P G Smith
- 1989 J Brownhill
- 1990 J Brownhill
- 1991 Dave Longbottom
- 1992 A Smith
- 1993 V H Palk
- 1994 Don Hacking
- 1995 Brian Haskell
- 1996 K Biddulph
- 1997 R Longstaff
- 1998 Jim Goodwin
- 1999 George Steers
- 2000 G Les Dawson (T)
- 2001 Derek Hodgins
- 2002 G Les Dawson (T)
- 2003 Brian Haskell
- 2004 G Les Dawson (T)
- 2005 Eric Marsh
- 2006 Jim Goodwin
- 2007 Ron Hallam
- 2008 Eric Marsh
- 2009 John Woodburn
- 2010 Derek Hodgins
- 2011 Peter Crofts
- 2012 Rob Pears
- 2013 Rob Pears
- 2014 M Woods
- 2015 Brian Sunter
- 2016 Kevin Tye
- 2017 Terry Icke
- 2018 Andrew Grant
- 2019 Gavin Hinxman (T) (M)  
Patricia Baird (W)
- 2020 Event cancelled
- 2021 Peter Greenwood (M)  
Angela Carpenter (W)
- 2022 Keith Ainsworth (M)  
Deborah Moss (W)
- 2023 Doug Watson (M)  
Deborah Moss (W)

**30 MILES TEAM CHAMPIONS**

- 1967 Regent CC
- 1968 Yorkshire RC
- 1969 Luton Wheelers CC
- 1970 Luton Wheelers CC
- 1971 Calder Clarion C & AC

1972 Verulam CC  
 1973 Merseyside VTТА  
 1974 Verulam CC  
 1975 Clayton Velo  
 1976 Regent CC  
 1977 Luton Wheelers CC  
 1978 Hounslow & Dist Wheelers  
 1979 Leicestershire Road Club  
 1980 Norwich ABC  
 1981 Altrincham Ravens CC  
 1982 Altrincham Ravens CC  
 1983 Bramley Wheelers  
 1984 Chelmer RC  
 1985 N Lancashire Clarion  
 1986 Willesden CC  
 1987 Mapperley CC  
 1988 Norwich ABC  
 1989 Birkenhead NE CC  
 1990 Birkenhead CC  
 1991 Altrincham Ravens CC  
 1992 Altrincham Ravens CC  
 1993 Altrincham Ravens CC  
 1994 Sheffield Phoenix CC  
 1995 Altrincham Ravens CC  
 1996 Altrincham Ravens CC  
 1997 Altrincham Ravens CC  
 1998 Altrincham Ravens CC  
 1999 Altrincham Ravens CC  
 2000 Glasgow Wheelers  
 2001 Birkenhead NE CC  
 2002 Otley CC  
 2003 Huddersfield RC  
 2004 Huddersfield RC  
 2005 Huddersfield RC  
 2006 Sheffield Phoenix  
 2007 South Pennine RC  
 2008 M I Racing  
 2009 Icknield RC  
 2010 North Shropshire Wheelers  
 2011 Icknield RC  
 2012 Seamons CC  
 2013 Team Swift  
 2014 Lewes Wanderers  
 2015 Hounslow & District Whs  
 2016 Kent  
 2017 East Anglian (group)  
     Cambridge CC (club)  
 2018 Kent (group)  
     Cambridge CC (club)  
 2019 Scotland (group)  
     SVTTA (club)  
 2020 Event cancelled  
 2021 Yorkshire (group)

Harrogate Nova CC (club)  
 2022 N Lancs & Lakes (group)  
     Springfield Financ'I RT (club)  
 2023 Scotland (group)  
     Legato RT (club)

**50 MILES CHAMPIONS**

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

2006 B Fittes  
 2007 Derek Hodgins  
 2008 Brian Sunter  
 2009 Derek Hodgins  
 2010 Dennis Milsom  
 2011 Dennis Milsom  
 2012 Brian Sunter  
 2013 Brian Sunter  
 2014 Brian Sunter  
 2015 Brian Sunter  
 2016 Kevin Tye  
 2017 Brian Sunter  
 2018 Brian Sunter  
 2019 Andy Jackson (M)  
     Karen Ledger (W)  
 2020 Keith Ainsworth (M)  
     Sue Cheetham (W)  
 2021 Andrew Grant (M)  
     Angela Carpenter (W)  
 2022 Christopher McNamara (M)  
     Angela Carpenter (W)  
 2023 Andrew Gallacher (M)  
     Deborah Moss (W)

**50 MILES TEAM CHAMPIONS**

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

- 1988 Birkenhead NE CC
- 1989 Tees-Side RC
- 1990 Tees-Side RC
- 1991 Sheffield Phoenix CC
- 1992 Altrincham Ravens CC
- 1993 Norwich ABC
- 1994 Birkenhead NE CC
- 1995 Altrincham Ravens CC
- 1996 Altrincham Ravens CC
- 1997 Altrincham Ravens CC
- 1998 Altrincham Ravens CC
- 1999 Altrincham Ravens CC
- 2000 Icknield CC
- 2001 Rockingham CC
- 2002 PCA Ciclos Uno
- 2003 Huddersfield RC
- 2004 Huddersfield RC
- 2005 Huddersfield RC
- 2006 Lancashire RC
- 2007 Lancashire RC
- 2008 Lancashire RC
- 2009 Otley CC
- 2010 South Pennine RC
- 2011 North Lancashire RC
- 2012 Bynea CC
- 2013 North Lancashire RC
- 2014 North Shropshire Wheelers
- 2015 GS Stella
- 2016 Wessex
- 2017 West (group)  
Bath CC (club)
- 2018 N Lancs & Lakes (group)  
North Lancashire RC (club)
- 2019 Yorkshire (group)  
Team Swift (club)
- 2020 Notts & E Mids (group)  
Team Swift (club)
- 2021 East Anglian (group)  
...a3crg (club)
- 2022 Wessex (group)  
...a3crg (club)
- 2023 Midlands (group)  
No club team finished

**100 MILES CHAMPIONS**

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

- 1967 H A Wenman
- 1968 A L Wilkins
- 1969 A L Wilkins
- 1970 K Brooker
- 1971 H A Wenman
- 1972 R Narris
- 1973 R Webber
- 1974 B W Bentley
- 1975 R Webber
- 1976 Len Dexter
- 1977 J Hatfield
- 1978 A L Wilkins
- 1979 F H Dale
- 1980 F H Dale
- 1981 Harry H Hill
- 1982 Len Dexter
- 1983 B W Bentley
- 1984 No event
- 1985 F H Dale
- 1986 H Wilkinson
- 1987 H Wilkinson
- 1988 Mary Dawson
- 1989 J E Sibun
- 1990 Mary Dawson
- 1991 Harry Featherstone
- 1992 Don Hacking
- 1993 Don Hacking
- 1994 A J Smith
- 1995 Brian Haskell
- 1996 D Wright
- 1997 Derek Hodgins
- 1998 Jim Goodwin
- 1999 Jim Goodwin
- 2000 Jim Goodwin
- 2001 G Les Dawson (T)
- 2002 G Les Dawson (T)
- 2003 Jim Goodwin
- 2004 Jim Goodwin
- 2005 Frank Kerry
- 2006 Brian Sunter
- 2007 Shay Giles
- 2008 Derek Hodgins
- 2009 Peter Wilson
- 2010 Brian Sunter
- 2011 No Event
- 2012 Brian Camfield
- 2013 Jim Gresty
- 2014 Shay Giles
- 2015 Steve Irwin
- 2016 David Hargreaves
- 2017 Richard Bideau
- 2018 Richard Bideau
- 2019 Gavin Hinxman (T) (M)

- Katja Rietdorf (W)
- 2020 Darren Yarwood (M)  
Joanna Cebrat (W)
- 2021 Andrew Meilak (M)  
Jackie Field (W)
- 2022 David Shepherd (M)  
Angela Carpenter (W)
- 2023 Peter Younghusband (M)  
Joanna Cebrat (W)

**100 MILES TEAM CHAMPIONS**

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

- 2001 Tees-side RC
- 2002 Tees-side RC
- 2003 Lancashire RC
- 2004 Southport CC
- 2005 Lancashire RC
- 2006 Icknield RC
- 2007 Rye & District Wheelers
- 2008 Congleton CC
- 2009 Bath CC
- 2010 Congleton CC
- 2011 No Event
- 2012 Lewes Wanderers
- 2013 Stone Wheelers CC
- 2014 Hemel Hempstead CC
- 2015 North Lancs RC
- 2016 Manchester & North West
- 2017 North Lancs & Lakes (group)  
Born to Bike (club)
- 2018 North Lancs & Lakes (group)  
Born to Bike (club)
- 2019 North Lancs & Lakes (group)  
Springfield Finandl RT (club)
- 2020 Yorkshire (group)  
No club team finished
- 2021 East Anglian (group)  
No club team finished
- 2022 Wessex (group)  
No club team finished
- 2023 Merseyside (group)  
No club team finished

**12 HOUR CHAMPIONS**

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

- 1981 C G Robson
- 1982 D Jennings
- 1983 C Smith
- 1984 Don Woodman
- 1985 R J Maitland
- 1986 Shay Giles
- 1987 John Woodburn
- 1988 H Wilkinson
- 1989 Gerry Poole
- 1990 Shay Giles
- 1991 Jim Bailey
- 1992 M W Winter
- 1993 E A Green
- 1994 P D Saynor
- 1995 Jim Bailey
- 1996 B Wood
- 1997 Derek Hodgins
- 1998 Brian Haskell
- 1999 Brian Haskell
- 2000 T W Cogging
- 2001 M Evans
- 2002 Ian Cammish
- 2003 Ray Retter
- 2004 Steve Woodrup
- 2005 Mike Shacklock
- 2006 Jim Gresty
- 2007 Ken Platts
- 2008 Ken Platts
- 2009 David Shepherd
- 2010 Ken Platts
- 2011 Brian Camfield
- 2012 Nick Bowdler
- 2013 Ken Platts
- 2014 Ray Retter
- 2015 David Shepherd
- 2016 Chris Scawn
- 2017 Richard Bideau
- 2018 Steve Williamson
- 2019 David Shepherd (M)  
Christina Murray (W)
- 2020 Andrew Whiteside (M)  
Christina MacKenzie (W)
- 2021 David Shepherd (M)  
Kim Barfoot-Brace (W)
- 2022 Anthony Jones (M)  
Christina McKenzie (W)
- 2023 Richard sharp (M)  
Kim barfoot-Brace (W)

**12 HOUR TEAM CHAMPIONS**

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

- 1963 Middlesex RC
- 1964 Bec CC
- 1965 No team finished
- 1966 Stretford Wheelers
- 1967 Middlesex RC
- 1968 London Clarion
- 1969 Walton C & A C
- 1970 Not held
- 1971 Verulam CC
- 1972 Luton Wheelers CC
- 1973 Luton Wheelers CC
- 1974 Long Eaton CC
- 1975 Birkenhead NE CC
- 1976 No team finished
- 1977 Bramley Wheelers
- 1978 Norwich ABC
- 1979 Birkenhead NE CC
- 1980 Tees-side RC
- 1981 Tees-side RC
- 1982 Norwich RC
- 1983 Leicester Forest CC
- 1984 Cardiff Ajax CC
- 1985 Tees-side RC
- 1986 San Fairy Ann CC
- 1987 Verulam CC
- 1988 Oldham Century RC
- 1989 Tees-side RC
- 1990 Leo RC
- 1991 Cleveland & Dist RC
- 1992 No team finished
- 1993 Farnboro' & Camberley CC
- 1994 Thanet CC
- 1995 Otley CC
- 1996 Preston Wheelers
- 1997 No team finished
- 1998 Bath CC
- 1999 Otley CC
- 2000 San Fairy Ann CC
- 2001 Southborough & Dist Whs
- 2002 Icknield CC
- 2003 No team finished
- 2004 Lancashire RC
- 2005 Otley CC
- 2006 North Shropshire Wheelers
- 2007 Kingston Phoenix RC
- 2008 Chelmer CC
- 2009 Chelmer CC
- 2010 Chelmer CC
- 2011 Seamons CC
- 2012 No team finished
- 2013 Chelmer CC
- 2014 Chelmer CC
- 2015 No team finished



- 2016 West
- 2017 London & HC (group)  
Born to Bike (club)
- 2018 Wessex (group)  
Born to Bike (club)
- 2019 Wessex (group)  
Vive le Velo (club)
- 2020 Yorkshire (group)  
No club team finished
- 2021 Yorkshire (group)  
No club team finished
- 2022 Scotland (group)  
No club team finished
- 2023 Merseyside (group)  
Springfield Financ'l RT (club)

**24 HOUR CHAMPIONS**

- 1960 H Stan Spelling
- 1961 C Smith
- 1962 C W Alexandra
- 1963 C W Alexandra
- 1964 C Smith
- 1965 C Smith
- 1966 A J Cropper
- 1967 C W Alexandra
- 1968 C Smith
- 1969 C Smith
- 1970 L W Mills
- 1971 R Griffiths
- 1972 C Smith
- 1973 S J King
- 1974 P E A Carter
- 1975 S J King
- 1976 Leslie Lowe
- 1977 R W O'Dell
- 1978 J McAllister
- 1979 C Smith
- 1980 J Brownhill
- 1981 C Smith
- 1982 C G Robson
- 1983 D Spraggett
- 1984 C G Robson
- 1985 K Usher
- 1986 E Millington
- 1987 K Usher
- 1988 RC Newport
- 1989 J R Crosby
- 1990 R Sant (T)
- 1991 John Baines
- 1992 Tpnv Fouldes
- 1993 Tony Fouldes
- 1994 Tony Fouldes
- 1995 George Hugill
- 1996 Jim Hopper (T)

- 1997 Dave Brabbin
- 1998 Jim Hopper (T)
- 1999 K Usher
- 2000 Jim Hopper (T)
- 2001 Jim Hopper (T)
- 2002 David Shepherd
- 2003 G Jones
- 2004 Graham Barker
- 2005 Graham Barker
- 2006 Graham Barker
- 2007 Graham Barker
- 2008 Jim Gresty
- 2009 B Fielden
- 2010 Graham Barker
- 2011 Andy Wilkinson
- 2012 P Moon
- 2013 Peter Yates
- 2014 Edgar Reynolds
- 2015 Paul Jackson
- 2016 Edgar Reynolds
- 2017 J McKenzie
- 2018 Andy Jackson
- 2019 Paul Jackson (M)  
Christina Murray (W)
- 2020 Event cancelled
- 2021 Andrew Rivett (M)  
Christina Murray (W)
- 2022 Nick Tarmey (M)  
Joanna Cebrat (W)
- 2023 Robbie Mitchell (M)  
Christina Murray (W)

**24 HOUR TEAM CHAMPIONS**

- 1960 No team finished
- 1961 Wren Wheelers
- 1962 No team finished
- 1963 No team finished
- 1964 No team finished
- 1965 Wren Wheelers
- 1966 No team finished
- 1967 Balham CC
- 1968 Balham CC
- 1969 No team finished
- 1970 Mersey Roads
- 1971 Lea Valley CC
- 1972 Farnboro & Camberley CC
- 1973 Colchester Rovers CC
- 1974 South Lancashire RC
- 1975 Bournemouth Jubilee
- 1976 Cheshire Roads Club
- 1977 No team finished
- 1978 Cheshire Roads Club
- 1979 No team finished
- 1980 Abbotsford Park RC

- 1981 Spalding CC
- 1982 No team finished
- 1983 No team finished
- 1984 Spalding CC
- 1985 Houghton CC
- 1986 Edinburgh RC
- 1987 No team finished
- 1988 No team finished
- 1989 No team finished
- 1990 Weaver Valley CC
- 1991 No team finished
- 1992 Cardiff Ajax CC
- 1993 No team finished
- 1994 No team finished
- 1995 Medway Velo
- 1996 Prescott Eagle RC
- 1997 Medway Velo
- 1998 No team finished
- 1999 No team finished
- 2000 Coventry CC
- 2001 No team finished
- 2002 No team finished
- 2003 No team finished
- 2004 Johnstone Wheelers CC
- 2005 Seamons CC
- 2006 Congleton CC
- 2007 Congleton CC
- 2008 No team finished
- 2009 Edinburgh RC
- 2010 Edinburgh RC
- 2011 Team Stella
- 2012 No team finished
- 2013 RN & RM CA
- 2014 Lewes Wanderers CC
- 2015 RN & RM CA
- 2016 Manchester & North West
- 2017 Midlands (group)  
Born to Bike (club)
- 2018 Yorkshire (group)  
Born to Bike (club)
- 2019 Kent (group)  
Dulwich Paragon CC (club)
- 2020 Event cancelled
- 2021 Yorkshire (group)  
Dulwich Paragon CC (club)
- 2022 Yorkshire (group)  
No club team finished
- 2023 Yorkshire (group)  
No club team finished

## Past Winners of the Ted Bricknell Memorial Award

1973	A Burnet	1991	A Williams	2009	Gordon & Barbara Scott
1974	W S Lewis	1992	G W Morgan	2010	R May
1975	S E Hayward	1993	Doreen Mahar	2011	S Lockwood
1976	R H Clark	1994	K S Waterhouse	2012	J Burgin
1977	H A G Keates	1995	F H Dale	2013	Ann Butterworth
1978	F Wells	1996	R Blythe	2014	J Burgin
1979	W Massie	1997	H F Nevill	2015	J Golder
1980	J Walton	1998	J P Ogden	2016	J Burgin
1981	R Webber	1999	Ethel Brambleby	2017	G L Dawson
1982	B Hall	2000	K J Matthews	2018	Rachael Elliott
1983	H F Nevill	2001	I Morgan	2019	S Lockwood
1984	H A G Keates	2002	G Keeble	2020	Carole Gandy
1985	S Eccles	2003	K A Blowe	2021	Jon Fairclough
1986	F Howell	2004	G Jones	2022	Mike Penrice
1987	J L Armstrong	2005	D Humphreys	2023	Keith Wilkinson
1988	J Reaney	2006	G Newsome		
1989	J L Armstrong	2007	L E Lowe		
1990	R Yates	2008	T Kay		

## Past Winners of the C W Cooke Trophy

1943	W C S Harris	1971	F B Wood	1999	J Pugh
1944	C Cole	1972	R Smith	2000	G L Dawson
1945	C W Cooke	1973	D Haldane	2001	D J Hodgins
1946	E H Strevens	1974	J Hurley	2002	W Davidson
1947	F C Bause	1975	Ethel Brambleby	2003	P Holden
1948	W J Pett	1976	I Jones	2004	Carole Gandy
1949	J E Ackland	1977	R Packer	2005	D Keene
1950	W J Pett	1978	S J King	2006	G Steers
1951	A H Wenman	1979	A Boutell	2007	E Deanne
1952	W H Steer	1980	J H Trenowden	2008	D Milsom
1953	W W Brown	1981	H Marsh	2009	G Steers
1954	G E Saunders	1982	J E Sibun	2010	Peter Horsnell
1955	R H Harris	1983	P Reilly	2011	Aandy Wilkinson
1956	E Potter	1984	J Read	2012	Ken Platts
1957	E F Butt	1985	G A Goat	2013	Peter Yates
1958	C A Lovegrove	1986	R O'Dell	2014	Mike Cotgreave
1959	C W Alexander	1987	T E Forbes	2015	Derek Stewart
1960	C E Green	1988	J E Sibun	2016	Lynne Biddulph
1961	J Brinkins	1989	H Wilkinson	2017	Ron Hallam
1962	J W Brooke	1990	W H Swann	2018	Kevin Tye
1963	J Spencer	1991	D E Cotterell	2019	Ian Greenstreet & Rachael Elliott
1964	R H Clarke	1992	C Richards		
1965	W Gallagher	1993	W Clayton	2020	Dave Shepherd
1966	No claims received	1994	G Foulds	2021	Christina Murray
1967	J A Shuter	1995	G Steers	2022	John Lee
1968	J C Park	1996	G Steers	2023	Andy Critchlow
1969	J McRae	1997	E P Marsh		
1970	L W Miles	1998	J Brownhill		

# NATIONAL AGE RECORDS - ROAD TIME TRIAL

(As at 31<sup>st</sup> October 2023)

## Men Solo Bicycle - 10 Miles

41	James Rix	2017	17:47
45	Steve Irwin	2016	17:49
46	Steve Irwin	2017	17:59
50	Ian Guilor	2017	18:02
54	Richard Oakes	2023	18:08
56	Kevin Tye	2018	18:44
59	Neil Mackley	2023	19:00
60	Kevin Tye	2022	19:06
61	Kevin Tye	2023	19:19
62	Keith Ainsworth	2021	19:23
65	Roger Iddles	2009	19:51
66	Andrew Grant	2019	20:08
68	Andrew Grant	2021	20:15
73	Terry Icke	2017	20:21
74	Brian Sunter	2017	21:08
75	Michael Allen	2021	22:19
76	Vincent Jenkins	2016	22:26
77	Frank Kerry	2012	22:31
78	Derek Stewart	2015	22:35
79	Ron Hallam	2009	22:42
80	Dennis Milsom	2008	22:56
82	Dennis Milsom	2010	23:20
85	Ron Hallam	2015	23:46
86	Ron Hallam	2016	24:24
88	Ron Hallam	2019	26:12
89	Peter Horsnell	2019	27:25
91	Peter Horsnell	2021	27:49
92	Peter Horsnell	2022	30:18
93	Ron Hallam	2023	35:44

## Men Solo Bicycle - 15 Miles

43	Matthew Smith	2021	27:44
55	Michael Ellerton	2016	28:27
56	Kevin Tye	2018	29:08
57	Kevin Tye	2019	29:14
61	Kevin Tye	2023	29:45
64	Joseph Costello	2023	30:50
66	Andrew Grant	2019	31:07
68	Andrew Grant	2021	31:36
69	Michael Allen	2016	32:03
71	Chris Nudds	2014	33:52
73	Mick Stevens	2023	34:09
75	Chris Dyason	2023	34:39
77	Hugh Davies	2022	35:47
78	John Smith	2016	36:23
79	Vincent Jenkins	2019	38:12
80	Ron Back	2019	39:09
82	Peter Baumber	2013	39:38
86	Ron Hallam	2017	41:15

87	Ron Hallam	2018	42:01
89	Ron Hallam	2019	43:45
92	Peter Horsnell	2022	46:38

## Men Solo Bicycle - 25 Miles

43	Matthew Smith	2021	45:59
47	Conrad Moss	2022	46:12
49	Andy Critchlow	2023	46:47
52	David Langlands	2018	47:01
55	Kevin Tye	2017	47:08
57	Kevin Tye	2019	47:51
59	Keith Ainsworth	2018	48:00
60	Keith Ainsworth	2019	49:34
62	Keith Ainsworth	2021	50:00
66	Peter Greenwood	2018	50:36
68	Andrew Grant	2021	52:06
69	Terry Icke	2013	52:38
70	Terry Icke	2014	53:11
73	Terry Icke	2017	53:13
74	Terry Icke	2018	54:45
75	John Woodburn	2012	56:08
77	Ron Hallam	2008	57:48
78	Ron Hallam	2009	57:58
81	Dennis Milsom	2009	59:13
82	Dennis Milsom	2010	1:00:38
83	Dennis Milsom	2011	1:00:52
85	Eric Marsh	2015	1:03:06
86	Ron Hallam	2016	1:04:03
87	Ron Hallam	2017	1:06:54
88	Ron Hallam	2019	1:07:19
89	Ron Hallam	2019	1:09:47
90	Ron Hallam	2020	1:11:42
91	Peter Horsnell	2021	1:13:16
92	Peter Horsnell	2022	1:18:54

## Men Solo Bicycle - 30 Miles

42	James Rix	2018	55:35
47	Stephen Irwin	2018	56:17
55	Kevin Tye	2017	58:19
57	Kevin Tye	2019	58:39
59	Keith Dorling	2018	59:36
60	Keith Ainsworth	2019	59:53
62	Keith Ainsworth	2021	1:01:36
63	Ken Platts	2015	1:02:21
65	John Woodburn	2002	1:02:53
66	Ken Platts	2018	1:02:59
68	Andrew Grant	2021	1:03:01
70	Chris Dyason	2018	1:04:02
72	David Hargreaves	2018	1:04:39
73	Terry Icke	2017	1:07:45
74	Peter Crofts	2012	1:08:37

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77	Leonard Benton	2015	1:10:06	89	Peter Horsnell	2019	5:19:45
78	Ron Hallam	2009	1:11:42	<b>Men Solo Bicycle - 12 Hours</b>			
79	Ron Hallam	2010	1:13:18	43	Tim McEvoy	2021	313.91
83	Eric Marsh	2013	1:13:51	47	Adam Topham	2015	313.87
85	Eric Marsh	2015	1:16:05	50	Anthony Jones	2023	304.22
88	Peter Horsnell	2018	1:24:28	60	David Shepherd	2021	300.26
89	Peter Horsnell	2019	1:28:37	61	Derek McMillan	2021	280.21
91	Peter Horsnell	2021	1:37:26	65	John Golder	2018	265.00
<b>Men Solo Bicycle - 50 Miles</b>				66	Owen Blower	1998	260.26
47	Christopher McNamara	2022	1:34:07	71	Michael Stevens	2021	254.39
49	Andy Critchlow	2023	1:35:36	72	Ray Retter	2018	243.61
54	Dave Green	2018	1:39:14	74	Brian Haskell	2003	227.84
56	Kevin Tye	2018	1:40:39	75	Jim Goodwin	2007	227.22
59	Keith Ainsworth	2018	1:42:05	76	Peter Wilson	2010	218.30
62	Keith Ainsworth	2021	1:42:56	77	Peter Horsnell	2007	217.82
65	Andrew Grant	2018	1:43:35	81	Peter Horsnell	2011	212.96
67	Andrew Grant	2020	1:45:56	85	Peter Horsnell	2015	207.37
68	Andrew Grant	2021	1:47:54	86	Bob Loader	2019	135.43
69	Andrew Grant	2022	1:48:39	<b>Men Solo Bicycle - 24 Hours</b>			
70	Terry Icke	2014	1:50:56	47	Andy Wilkinson	2011	541.17
72	Brian Sunter	2015	1:50:57	48	Eamonn Deane	2007	501.04
73	David Hargreaves	2020	1:52:24	50	Mick Potts	1991	486.65
74	Derek Hodgins	2008	1:58:28	53	Paul Jackson	2019	485.21
75	Jim Goodwin	2007	2:01:43	56	Graham Barker	2006	465.25
76	Ron Hallam	2006	2:02:13	57	Robert Newell	1993	457.77
78	Ron Hallam	2009	2:04:02	60	Cliff Smith	1981	450.60
80	Ron Hallam	2011	2:05:24	68	Ray Retter	2014	440.62
83	Ron Hallam	2014	2:15:12	70	Tony Fouldes	1996	393.25
86	Ron Hallam	2017	2:15:45	73	Graham Mann	2022	348.07
88	Ron Hallam	2019	2:18:57	75	Bill Swann	1985	347.82
91	Peter Horsnell	2021	2:37:32	80	Peter Yates	2013	343.04
92	Peter Horsnell	2022	2:57:15	<b>Women Solo Bicycle - 10 Miles</b>			
<b>Men Solo Bicycle - 100 Miles</b>				53	Angela Carpenter	2022	20:24
46	Richard Bideau	2017	3:18:54	54	Angela Carpenter	2023	21:24
47	Adam Topham	2015	3:22:40	56	Jackie Field	2021	21:26
53	Dave Green	2017	3:30:34	58	Sarah Matthews	2018	21:33
54	Rob Pears	2017	3:32:58	64	Linda Dewhurst	2023	21:41
60	David Shepherd	2021	3:34:21	66	Carole Gandy	2010	22:21
65	Peter Greenwood	2017	3:43:16	67	Carole Gandy	2011	22:28
66	Andrew Grant	2019	3:49:03	68	Carole Gandy	2012	23:51
68	Chris Nudds	2017	3:57:54	69	Jen Clegg	2023	24:02
73	David Hargreaves	2019	3:58:46	70	Arja Scarsbrook	2018	24:18
74	David Hargreaves	2020	4:03:52	71	Arja Scarsbrook	2019	24:42
75	Derek Hodgins	2009	4:14:11	74	Arja Scarsbrook	2022	24:46
76	Derek Hodgins	2010	4:28:36	79	Gill Henshaw	2013	26:02
77	Ron Hallam	2008	4:29:03	80	Gill Henshaw	2014	26:35
78	Ron Hallam	2009	4:32:39	82	Gill Henshaw	2016	27:05
80	Ron Hallam	2011	4:33:53	83	Gill Henshaw	2017	27:30
81	Peter Horsnell	2011	4:55:07	84	Mary Dawson	2012	29:39
84	Peter Horsnell	2014	4:55:36	85	Connie Tapper	2014	30:09
85	Peter Horsnell	2015	5:09:55	86	Mary Dawson	2014	30:26
87	Peter Horsnell	2017	5:11:47				

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<b>Women Solo Bicycle - 15 Miles</b>			
43	Karen Ledger	2016	31:47
53	Angela Carpenter	2022	32:19
56	Jackie Field	2021	33:21
64	Linda Dewhurst	2023	33:33
65	Joy Payne	2022	36:15
66	Deborah Sheridan	2023	36:27
67	Jen Clegg	2021	36:59
68	Jen Clegg	2022	38:08
70	Gillian Reynolds	2019	38:12
71	Cheryl Trueman	2016	39:25
79	Gill Henshaw	2013	41:28
80	Gill Henshaw	2014	42:10
81	Gill Henshaw	2015	42:58
85	Mary Dawson	2014	46:26

<b>Women Solo Bicycle - 25 Miles</b>			
52	Angela Carpenter	2021	51:12
53	Angela Carpenter	2022	52:28
54	Jackie Field	2019	54:32
56	Jackie Field	2021	54:42
58	Sarah Matthews	2018	55:24
64	Carole Gandy	2009	56:30
68	Carole Gandy	2012	57:09
69	Jen Clegg	2023	1:01:27
74	Arja Scarsbrook	2022	1:03:15
78	Gill Henshaw	2012	1:07:54
79	Gill Henshaw	2013	1:10:11
82	Gill Henshaw	2016	1:12:40
83	Gill Henshaw	2017	1:13:49
84	Mary Dawson	2012	1:20:02
86	Mary Dawson	2014	1:25:05

<b>Women Solo Bicycle - 30 Miles</b>			
49	Angela Carpenter	2018	1:03:23
50	Angela Carpenter	2019	1:05:31
52	Angela Carpenter	2021	1:05:57
56	Jackie Field	2021	1:06:46
67	Carole Gandy	2011	1:10:51
68	Jen Clegg	2022	1:16:21
70	Connie Tapper	1998	1:18:18
72	Connie Tapper	2001	1:19:57
73	Connie Tapper	2002	1:21:40
74	Connie Tapper	2003	1:25:18
80	Gill Henshaw	2014	1:26:01
82	Mary Dawson	2010	1:35:56

<b>Women Solo Bicycle - 50 Miles</b>			
52	Angela Carpenter	2021	1:46:34
53	Angela Carpenter	2022	1:47:20
55	Jackie Field	2020	1:51:27
56	Jackie Field	2021	1:53:54
57	Jackie Field	2022	1:55:38
58	Carole Gandy	2002	1:56:42
60	Carole Gandy	2004	1:59:47

61	Mary Dawson	1989	2:01:37
68	Carole Gandy	2012	2:01:39
69	Jen Clegg	2023	2:10:27
70	Mary Dawson	1999	2:19:26
75	Mary Dawson	2003	2:20:39
76	Mary Dawson	2005	2:30:02
77	Mary Dawson	2005	2:30:09
78	Mary Dawson	2007	2:31:53

<b>Women Solo Bicycle - 100 Miles</b>			
46	Michelle Lee	2019	3:48:23
53	Angela Carpenter	2022	3:53:00
54	Jackie Field	2019	3:53:46
55	Jackie Field	2020	3:59:37
56	Jackie Field	2021	4:05:39
57	Carole Gandy	2002	4:13:52
60	Carole Gandy	2004	4:15:03
61	Mary Dawson	1990	4:15:25
66	Carole Gandy	2010	4:20:26
67	Mary Dawson	1995	4:45:15
68	Liz Ball	2022	4:51:24
69	Isobel Campbell	1983	4:56:46
75	Mary Dawson	2003	4:58:31
77	Brenda Littlefair	2013	6:01:59

<b>Women Solo Bicycle - 12 Hours</b>			
40	Kimberley Barfoot-Brace	2021	277.90
53	Jackie Field	2018	273.38
56	Patricia Baird	2021	246.03
59	Mary Dawson	1988	241.11
65	Mary Dawson	1994	232.53
69	Isobel Campbell	1983	213.71
70	Isobel Campbell	1984	212.85
71	Brenda Littlefair	2007	203.60
73	Brenda Littlefair	2009	195.29
77	Brenda Littlefair	2013	179.66

<b>Women Solo Bicycle - 24 Hours</b>			
44	Christina Murray	2021	490.28
46	Christina Murray	2023	465.38
47	Lynne Biddulph	2016	418.07
50	Lynne Biddulph	2019	404.42
52	Mary Horsnell	1983	394.15
54	Rebecca Wilson	2019	392.21
59	Janet Wilson	1993	386.04
63	Ann Bath	2012	327.36
70	Janet Tebbutt	2006	313.46

<b>Men Solo Tricycle - 10 Miles</b>			
49	Gavin Hinxman	2017	20:49
50	Gavin Hinxman	2018	21:10
59	Eric Marsh	1989	22:23
60	Eric Marsh	1990	22:27
68	Eric Marsh	1998	22:56
69	Mark Vowells	2022	23:09
71	Eric Marsh	2001	23:18

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73	Les Dawson	1999	23:31
74	Les Dawson	2000	24:37
77	Les Dawson	2003	25:20
80	Eric Marsh	2010	25:35
81	Les Dawson	2008	26:55
82	Les Dawson	2008	27:23
83	Les Dawson	2009	28:04
84	Les Dawson	2010	29:03
85	Eric Marsh	2015	29:14
86	Les Dawson	2012	30:05
88	Les Dawson	2014	30:22

**Men Solo Tricycle - 15 Miles**

50	Gavin Hinxman	2018	32:41
51	Gavin Hinxman	2019	33:13
65	Mark Vowells	2018	37:18
66	Mark Vowells	2019	37:38
69	Mark Vowells	2022	38:50
72	Bernard Lamb	2015	41:15
74	Geoffrey Booker	2022	41:26
88	Les Dawson	2014	47:22

**Men Solo Tricycle - 25 Miles**

49	Gavin Hinxman	2017	53:17
50	Gavin Hinxman	2018	54:33
51	Gavin Hinxman	2019	55:38
53	Nick Wood	2008	58:06
59	Eric Marsh	1989	58:08
66	Mark Vowells	2019	58:24
68	Eric Marsh	1998	1:00:00
69	Mark Vowells	2022	1:00:47
71	Eric Marsh	2001	1:01:03
74	Eric Marsh	2004	1:02:48
75	Les Dawson	2001	1:03:48
77	Les Dawson	2003	1:05:55
80	Eric Marsh	2010	1:06:24
81	Les Dawson	2007	1:09:22
82	Eric Marsh	2012	1:11:48
85	Les Dawson	2011	1:15:14
86	Les Dawson	2012	1:20:02
87	Les Dawson	2013	1:25:13

**Men Solo Tricycle - 30 Miles**

45	Carl Saint	2010	1:06:22
51	Gavin Hinxman	2019	1:07:21
53	Ian Pike	2021	1:09:31
62	Eric Marsh	1992	1:11:14
66	Mark Vowells	2019	1:13:28
71	Eric Marsh	2001	1:13:40
72	Bernard Lamb	2015	1:17:16
75	Eric Marsh	2005	1:19:26
77	Les Dawson	2004	1:23:52
81	Les Dawson	2007	1:25:09
82	Les Dawson	2008	1:31:03
84	Les Dawson	2010	1:32:35

**Men Solo Tricycle - 50 Miles**

49	Gavin Hinxman	2017	1:49:08
50	Gavin Hinxman	2018	1:50:30
51	Gavin Hinxman	2019	1:54:04
53	Pete Etheridge	1982	2:03:48
54	Pete Etheridge	1983	2:04:43
62	Eric Marsh	1992	2:05:09
65	Mark Vowells	2018	2:05:41
66	Mark Vowells	2019	2:06:35
68	Eric Marsh	1998	2:07:51
70	Eric Marsh	2000	2:09:53
73	Eric Marsh	2003	2:10:18
76	Les Dawson	2002	2:12:14
77	Les Dawson	2003	2:15:51
79	Les Dawson	2005	2:22:34
80	Les Dawson	2006	2:26:27
81	Les Dawson	2007	2:26:38
82	Les Dawson	2008	2:31:53

**Men Solo Tricycle - 100 Miles**

50	Gavin Hinxman	2018	3:56:33
51	Gavin Hinxman	2019	4:11:39
55	Pete Etheridge	1984	4:16:34
58	Eric Marsh	1988	4:28:34
61	Cliff Tremaine	1996	4:37:36
62	Ken Usher	1997	4:38:13
64	Cliff Tremaine	1999	4:39:38
67	Cliff Tremaine	2002	4:40:49
68	Eric Marsh	1998	4:40:53
69	Cliff Tremaine	2004	4:49:17
77	Les Dawson	2003	4:49:47

**Men Solo Tricycle - 12 Hours**

48	Howard Waller	2012	255.71
65	Ken Usher	1999	239.23
67	Cliff Tremaine	2002	223.30
69	David Wright	1999	191.35
70	Ellis Smith	1993	189.96
71	Jack Smith	1985	182.61
75	Ellis Smith	1998	172.33
76	Vernon Lilley	1988	171.19

**Men Solo Tricycle - 24 Hours**

41	Eric Tremaine	1983	447.02
54	Jim Hopper	1996	417.30
59	Jim Hopper	2001	408.56
64	Jim Hopper	2006	393.24
65	Ken Usher	1999	381.77
68	Jack Smith	1982	345.56

**Women Solo Tricycle - 10 Miles**

48	Pauline Graystock	1989	26:48
59	Christine Minto	2000	27:09
61	Christine Minto	2002	27:58
64	Mary Corbett	2022	30:22
65	Mary Corbett	2022	30:29

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71	Jacqueline Davey	2005	36:46	157	Murray Kirton & David Stockley	2019	36:21
80	Greta Spiers	2017	53:41	165	Murray Kirton & David Stockley	2023	37:49
<b>Women Solo Tricycle - 25 Miles</b>				<b>Men Tandem Bicycle - 25 Miles</b>			
61	Christine Minto	2002	1:12:21	92	Mark Arnold & Glenn Taylor	2017	44:50
62	Christine Minto	2003	1:20:08	94	Mark Arnold & Glenn Taylor	2018	48:22
<b>Women Solo Tricycle - 30 Miles</b>				109	Tim Humphries & Richard Dixon	2018	48:54
60	Christine Minto	2002	1:28:48	123	Jeff Bowler & Dave Bates	2008	50:16
62	Christine Minto	2004	1:35:31	127	Jeff Bowler & Dave Bates	2010	51:00
<b>Women Solo Tricycle - 50 Miles</b>				131	Jeff Bowler & Dave Bates	2012	53:12
58	Christine Minto	1999	2:26:28	135	Jeff Bowler & Dave Bates	2014	53:17
61	Christine Minto	2002	2:34:16	139	Jeff Bowler & Dave Bates	2016	54:07
<b>Women Solo Tricycle - 100 Miles</b>				140	John Swanbury & Allistair Banks	2021	54:58
59	Christine Minto	2000	5:30:28	141	Jeff Bowler & Dave Bates	2017	56:03
61	Sian Charlton	1994	6:56:39	154	Murray Kirton & Michael Ives	2017	1:00:16
<b>Women Solo Tricycle - 12 Hours</b>				156	Murray Kirton & David Stockley	2019	1:01:57
46	Jane Swain	2013	188.12	161	Murray Kirton & David Stockley	2021	1:02:12
54	Sian Charlton	1987	171.58	163	Murray Kirton & David Stockley	2022	1:02:53
55	Sian Charlton	1988	162.06	<b>Men Tandem Bicycle - 30 Miles</b>			
59	Sian Charlton	1992	157.18	108	Dean Lubin & John Iszatt	2018	57:50
61	Sian Charlton	1994	144.46	113	Roy Manser & Laurie Broad	1991	58:48
<b>Women Solo Tricycle - 24 Hours</b>				126	Kevin Gill & Vic Haines	2011	1:02:50
45	Jane Swain	2012	333.63	131	Jim Bailey & Geoff Hick	1997	1:03:17
54	Sian Charlton	1987	316.27	134	Allistair Banks & John Swanbury	2018	1:04:36
55	Sian Charlton	1988	309.60	137	Martyn Winter & Ray Dare	1998	1:06:53
56	Sian Charlton	1989	297.65	141	Terry Anderson & Joe O'Herlihy	2008	1:10:22
61	Sian Charlton	1994	282.99	152	Arthur Thackray & Brian Musson	2007	1:20:20
<b>Men Tandem Bicycle - 10 Miles</b>				160	Murray Kirton & David Stockley	2021	1:20:53
87	Mark Arnold & Glenn Taylor	2015	17:36	164	Murray Kirton & David Stockley	2023	1:35:24
89	Mark Arnold & Glenn Taylor	2016	17:42	<b>Men Tandem Bicycle - 50 Miles</b>			
93	Mark Arnold & Glenn Taylor	2018	18:06	92	Mark Arnold & Glenn Taylor	2017	1:35:02
103	Neil Dowie & Glenn Taylor	2019	18:24	115	Jeff Bowler & Dave Bates	2004	1:44:23
107	Martyn Winter & Eddie Green	1987	19:07	127	Jeff Bowler & Dave Bates	2010	1:45:50
109	Martyn Winter & Eddie Green	1988	19:08	128	Alistair Banks & John Swanbury	2015	1:54:28
118	Simon Beldon & Cliff Beldon	2017	19:28	139	Jeff Bowler & Dave Bates	2016	1:54:35
129	Shaun Walsh & Dave Driver	2010	19:45	140	John Swanbury & Allistair Banks	2021	1:57:26
131	Jeff Bowler & Dave Bates	2012	20:39	143	Ken Hartley & Ronnie Bailey	1990	2:08:51
135	Jeff Bowler & Dave Bates	2014	20:42	144	Joe Summerlin & Russ Elliott	2003	2:16:56
137	Martyn Winter & Ray Dare	1998	21:09	156	Murray Kirton & David Stockley	2019	2:19:48
139	Jeff Bowler & Dave Bates	2016	21:20	<b>Men Tandem Bicycle - 100 Miles</b>			
141	Terry Anderson & Joe O'Herlihy	2008	21:23	88	Tim Bayley & Adam Broyad	2019	3:29:35
150	George Steers & Alan Steward	2009	21:56	95	Roy Manser & G Hodgson	1986	3:37:40
154	Murray Kirton & David Stockley	2018	22:39	105	R W Smith & Gordon Irons	1986	3:49:57
161	Murray Kirton & David Stockley	2021	23:23	127	Jeff Bowler & Dave Bates	2010	3:50:04
165	Murray Kirton & David Stockley	2023	24:26	130	Jon Murgatroyd & Robert Newell	1994	4:04:02
<b>Men Tandem Bicycle - 15 Miles</b>				141	Ken Hartley & Ronnie Bailey	1989	4:22:14
90	Mark Arnold & Glenn Taylor	2016	26:53	<b>Men Tandem Bicycle - 12 Hours</b>			
101	Ian Marshall & Kevin Stokes	2016	29:37	90	Adam Broyad & Tim Bayley	2020	300.11
105	Kevin Stokes & Geoff Perry	2014	30:13	104	R W Smith & Gordon Irons	1985	263.96
111	Kevin Stokes & Geoff Perry	2017	32:23	118	Ken Hartley & Maurice Jones	1990	251.20
134	Allistair Banks & John Swanbury	2018	33:13	<b>Men Tandem Bicycle - 24 Hours</b>			
141	Jeff Bowler & Dave Bates	2017	34:09	94	Les Lowe & Pat Kenny	1982	430.51
144	John Swanbury & Allistair Banks	2023	34:34	109	Mark Leadbetter & Donald McLean	2018	427.97

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132	Philip Jurczyk & George Berwick	2009	371.31	115	Maurice Jones & Christine Minto	1997	53:09
138	Philip Jurczyk & George Berwick	2012	362.61	119	Jeff Bowler & Ann Staley	2007	53:11
142	Philip Jurczyk & George Berwick	2014	340.25	138	Terry Anderson & Connie Tapper	2004	55:29
146	Philip Jurczyk & George Berwick	2016	332.23	139	Les & Mary Dawson	1997	1:00:15
152	Philip Jurczyk & George Berwick	2019	312.28	149	Les & Mary Dawson	2002	1:00:31
<b>Women Tandem Bicycle - 10 Miles</b>							
82	Gwen Cook & Lea Marshall	2010	20:33	152	Les & Mary Dawson	2003	1:05:32
84	Gwen Cook & Lea Marshall	2011	21:43	156	Les & Mary Dawson	2005	1:07:57
119	Sarah Matthews & Mary Corbett	2018	22:54	<b>Mixed Tandem Bicycle - 30 Miles</b>			
<b>Women Tandem Bicycle - 25 Miles</b>							
82	Gwen Cook & Lea Marshall	2010	51:33	96	Ian Greenstreet & Rachael Elliott	2019	56:54
84	Gwen Cook & Lea Marshall	2011	57:08	100	Ian Greenstreet & Rachael Elliott	2021	57:02
<b>Women Tandem Bicycle - 30 Miles</b>							
84	Gwen Cook & Lea Marshall	2011	1:06:26	115	Maurice Jones & Christine Minto	1997	1:03:13
<b>Women Tandem Bicycle - 50 Miles</b>							
82	Gwen Cook & Lea Marshall	2010	1:53:06	117	Maurice Jones & Christine Minto	1998	1:05:27
84	Gwen Cook & Lea Marshall	2011	1:56:09	122	Brian Foran & Nikki Hunt	2015	1:05:46
90	Lindsay Clayton & Jane Swain	2013	2:32:11	130	Terry Anderson & Connie Tapper	2000	1:06:34
<b>Women Tandem Bicycle - 100 Miles</b>							
84	Gwen Cook & Lea Marshall	2011	4:04:15	132	Terry Anderson & Connie Tapper	2001	1:09:24
<b>Women Tandem Bicycle - 12 Hours</b>							
101	Hannah Fawcett & Brigid Night	2023	245.38	138	Terry Anderson & Connie Tapper	2004	1:10:23
<b>Mixed Tandem Bicycle - 10 Miles</b>							
100	Ian Greenstreet & Rachael Elliott	2021	18:20	139	Les & Mary Dawson	1997	1:13:40
104	Richard Dixon & Alex Deck	2017	18:22	149	Mike & Barbara Penrice	2015	1:15:45
106	Vic Haines & Sue Fenwick	2010	20:23	150	Les & Mary Dawson	2003	1:19:05
116	Paul Bennett & Nikki Hunt	2000	20:24	<b>Mixed Tandem Bicycle - 50 Miles</b>			
119	Jeff Bowler & Ann Staley	2007	20:45	98	Ian Greenstreet & Rachael Elliott	2020	1:37:47
121	Phil Barnes & Sharon Clifford	2018	21:14	100	Ian Greenstreet & Rachael Elliott	2021	1:38:54
127	Terry Anderson & Connie Tapper	1998	21:28	102	Ian Greenstreet & Rachael Elliott	2022	1:39:57
132	Bev Chapman & Wynne Clarke	1987	21:46	104	Ian Greenstreet & Rachael Elliott	2023	1:42:43
140	Les & Mary Dawson	1997	21:54	113	Paul Bennett & Nikki Hunt	1999	1:47:03
144	Les & Mary Dawson	1999	22:10	115	Maurice Jones & Christine Minto	1997	1:55:53
146	Peter & Janet Wilson	2007	23:00	116	Mike & Barbara Penrice	1999	1:56:15
150	Les & Mary Dawson	2003	23:03	120	Norman & Sylvia Powell	1999	1:59:04
152	Les & Mary Dawson	2003	23:12	138	Peter & Janet Wilson	2003	2:01:01
156	Les & Mary Dawson	2005	23:55	140	John Swanbury & Kate Churchill	2023	2:02:59
158	Vin Fitzgerald & Wynne Clarke	2002	26:44	146	Peter & Janet Wilson	2007	2:09:06
161	Bob Loader & Maryse Chapman	2018	31:58	148	Peter & Janet Wilson	2008	2:15:54
<b>Mixed Tandem Bicycle - 15 Miles</b>							
96	Ian Greenstreet & Rachael Elliott	2019	27:55	149	Mike & Barbara Penrice	2015	2:22:25
104	Ian Greenstreet & Rachael Elliott	2023	28:22	<b>Mixed Tandem Bicycle - 100 Miles</b>			
114	Andrew & Catherine Hutchison	2021	33:02	102	Ian Greenstreet & Rachael Elliott	2022	3:40:26
118	Andrew & Catherine Hutchison	2023	33:37	114	Robert & Noreen Newell	1992	3:59:40
136	John Swanbury & Kate Churchill	2021	35:34	116	Robert & Noreen Newell	1993	4:05:23
150	Mike & Barbara Penrice	2016	38:17	118	Norman & Sylvia Powell	1998	4:22:16
152	Mike & Barbara Penrice	2017	41:54	120	Norman & Sylvia Powell	1999	4:23:10
<b>Mixed Tandem Bicycle - 25 Miles</b>							
96	Ian Greenstreet & Rachael Elliott	2019	47:09	128	Norman & Sylvia Powell	2003	4:23:21
100	Ian Greenstreet & Rachael Elliott	2021	47:39	138	Peter & Janet Wilson	2003	4:29:12
102	Ian Greenstreet & Rachael Elliott	2022	48:45	142	Peter & Janet Wilson	2005	4:39:09
104	Ian Greenstreet & Rachael Elliott	2023	49:20	146	Peter & Janet Wilson	2007	4:41:55
113	Paul Bennett & Nikki Hunt	1999	51:50	<b>Mixed Tandem Bicycle - 12 Hours</b>			
<b>Mixed Tandem Bicycle - 24 Hours</b>							
90	Dave & Eileen Brabbin	2002	464.92	90	Dave & Eileen Brabbin	2002	464.92
95	Colin Knapp & Ruth Crossley	2009	403.52	95	Colin Knapp & Ruth Crossley	2009	403.52
99	Norman Hall & Mary Corbett	2013	369.47	99	Norman Hall & Mary Corbett	2013	369.47



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

<b>Men Tandem Tricycle - 24 Hours</b>			
87	Ralph Dadswell & David Johnson	2005	466.72
97	Les Lowe & Jim Hopper	1985	419.15
109	Pete Holland & Brian Richards	1998	390.84
<b>Women Tandem Tricycle - 10 Miles</b>			
134	Greta Spiers & Gwyneth Holland	2006	39:22
<b>Women Tandem Tricycle - 50 Miles</b>			
90	Lindsay Clayton & Jane Swain	2013	2:32:11
<b>Women Tandem Tricycle - 24 Hours</b>			
91	Arabella Maude & Jane Swain	2013	349.60
<b>Mixed Tandem Tricycle - 10 Miles</b>			
92	Carl Saint & Ruth Crossley	2010	20:10
93	Colin Knapp & Ruth Shorter	2008	21:41
94	Colin Knapp & Ruth Shorter	2009	21:42
118	Dave & Eileen Keene	2009	21:52
119	Dave & Eileen Keene	2009	22:29
155	Norman Harvey & Mary Corbett	2023	26:56
<b>Mixed Tandem Tricycle - 15 Miles</b>			
96	Colin Knapp & Ruth Crossley	2019	39:05
156	Norman Harvey & Mary Corbett	2023	40:55
<b>Mixed Tandem Tricycle - 25 Miles</b>			
92	Carl Saint & Ruth Crossley	2010	53:36
94	Colin Knapp & Ruth Crossley	2009	55:45
95	Colin Knapp & Ruth Crossley	2009	56:34
118	Dave & Eileen Keene	2009	58:34
155	Norman Harvey & Mary Corbett	2023	1:09:31
<b>Mixed Tandem Tricycle - 30 Miles</b>			
92	Carl Saint & Ruth Crossley	2010	1:07:00
95	Colin Knapp & Ruth Crossley	2009	1:07:33
96	Colin Knapp & Ruth Crossley	2010	1:13:53
105	Charles & Christine Willmets	2007	1:17:24
132	Peter Hopkins & Nikki Hunt	2011	1:25:18
154	Norman Harvey & Mary Corbett	2022	1:34:57
<b>Mixed Tandem Tricycle - 50 Miles</b>			
94	Colin Knapp & Ruth Shorter	2009	1:59:09
96	Colin Knapp & Ruth Crossley	2010	2:09:47
97	Charles & Christine Willmets	2003	2:16:57
103	Charles & Christine Willmets	2006	2:19:28
105	Charles & Christine Willmets	2007	2:21:41
155	Norman Harvey & Mary Corbett	2023	2:21:48
<b>Mixed Tandem Tricycle - 100 Miles</b>			
89	Colin Knapp & Ursula Betterton	2003	4:27:48
99	Tom & Pauline Graystock	1986	4:31:22
153	Norman Harvey & Mary Corbett	2022	5:29:08
155	Norman Harvey & Mary Corbett	2023	5:46:32
<b>Mixed Tandem Tricycle - 12 Hours</b>			
103	Mark Brooking & Jane Moore	2016	215.22
104	Jim & Vera Staines	1996	209.94
152	Norman Harvey & Mary Corbett	2021	182.67
154	Norman Harvey & Mary Corbett	2022	177.50
156	Norman Harvey & Mary Corbett	2023	158.96
<b>Mixed Tandem Tricycle - 24 Hours</b>			
103	Mark Brooking & Jane Moore	2015	347.95

## NATIONAL AGE RECORDS - TRACK

(As at 31<sup>st</sup> December 2023)

Men Indoor Solo Bicycle - 5 Miles			
54	Richard Oakes	2023	9:42.80
55	Ian Greenstreet	2019	10:25.83
64	Robert Gilmour	2015	10:44.498
65	Robert Gilmour	2016	10:48.780
68	Brian Newton	2007	11:26.82
70	Mike Cotgreave	2014	11:47.00
72	Ray Retter	2017	12:02.239
73	Ray Retter	2018	12:18.035
75	Trevor Fenwick	2005	12:32.45
80	Harry H Hill	1996	12:43.758
85	Walter Fowler	2019	13:24.40

Men Indoor Solo Bicycle - 10 Miles			
54	Richard Oakes	2023	19:19.77
64	Robert Gilmour	2015	21:34.618
65	Robert Gilmour	2016	21:39.728
68	Brian Newton	2007	22:43.58
70	Mike Cotgreave	2014	23:30.23
72	Ray Retter	2017	24:22.141
75	Trevor Fenwick	2005	24:56.45
80	Harry H Hill	1996	25:25.808
85	Walter Fowler	2019	27:37.70

Men Indoor Solo Bicycle - 25 Miles			
54	Richard Oakes	2023	48:29.56
64	Robert Gilmour	2015	54:24.553
65	Robert Gilmour	2016	54:26.671
68	Brian Newton	2007	57:36.78
70	Mike Cotgreave	2014	58:35.36
75	Trevor Fenwick	2005	1:02:09.84
80	Harry H Hill	1996	1:04:15.378

Men Indoor Solo Bicycle - 1 Hour			
54	Richard Oakes	2023	30.882 mi
64	Robert Gilmour	2015	27.556 mi
65	Robert Gilmour	2016	27.509 mi
68	Brian Newton	2007	26.012 mi
70	Mike Cotgreave	2014	25.645 mi
72	Ray Retter	2017	24.352 mi
75	Trevor Fenwick	2005	24.129 mi
80	Harry H Hill	1996	23.352 mi
85	Walter Fowler	2019	21.500 mi

Men Indoor Solo Bicycle - 5 Km			
54	Richard Oakes	2023	6:05.92
55	Ian Greenstreet	2019	6:20.80
64	Christopher Davis	2019	6:27.94
65	Robert Gilmour	2016	6:44.13
68	Brian Newton	2007	7:14.00
70	Mike Cotgreave	2014	7:21.41
72	Ray Retter	2017	7:26.938
73	Ray Retter	2018	7:37.268
75	Trevor Fenwick	2005	7:52.13
80	Harry H Hill	1996	7:55.613
85	Walter Fowler	2019	8:18.61

Men Indoor Solo Bicycle - 10 Km			
54	Richard Oakes	2023	12:06.96
55	Ian Greenstreet	2019	12:55.34

64	Robert Gilmour	2015	13:20.92
65	Robert Gilmour	2016	13:27.430
68	Brian Newton	2007	14:10.28
70	Mike Cotgreave	2014	14:37.64
72	Ray Retter	2017	15:01.526
73	Ray Retter	2018	15:20.751
75	Trevor Fenwick	2005	15:34.01
80	Harry H Hill	1996	15:48.155
85	Walter Fowler	2019	16:50.85

Men Indoor Solo Bicycle - 20 Km			
54	Richard Oakes	2023	24:06.36
64	Robert Gilmour	2015	26:54.27
65	Robert Gilmour	2016	26:56.084
68	Brian Newton	2007	28:16.89
70	Mike Cotgreave	2014	29:10.43
72	Ray Retter	2017	30:24.388
75	Trevor Fenwick	2005	30:57.27
80	Harry H Hill	1996	31:40.138
85	Walter Fowler	2019	34:26.80

Men Indoor Solo Bicycle - 50 Km			
54	Peter Horton	2021	1:11:17

Men Outdoor Solo Bicycle - 5 Miles			
44	J A French	1997	10:59.680
48	Steve McCaw	2011	11:06.37
60	Paul Bennett	1999	11:15.
61	Derek Hodgins	1995	11:24.890
63	Robert Gilmour	2014	11:46.400
68	Leslie King	1995	12:02.500
69	Leslie King	1996	12:24.000
70	Leslie King	1997	12:41.900
72	Leslie King	1999	13:25.99
77	John M Lee	2006	13:40.2
79	John M Lee	2008	13:51.9
80	John M Lee	2009	14:01.9
84	John M Lee	2013	14:32.010
87	John M Lee	2016	15:34.5
90	John M Lee	2019	16:28.4
93	John M Lee	2022	18:56.3

Men Outdoor Solo Bicycle - 10 Miles			
48	Steve McCaw	2011	22:14.78
60	Paul Bennett	1999	22:36.3
61	Derek Hodgins	1995	23:07.240
63	Robert Gilmour	2014	23:25.380
64	Mike Skillings	2022	24:05.9
65	Paul Tyler	2023	24:38.60
68	Leslie King	1995	24:38.700
69	J P A Howell	2000	24:45.15
70	R Venis	1998	26:38.230
75	Trevor Fenwick	2005	27:14.05
77	John M Lee	2006	27:27.2
80	John M Lee	2009	27:52.8
84	John M Lee	2013	28:55.345
87	John M Lee	2016	31:04.8
90	John M Lee	2019	32:52.9
93	John M Lee	2022	37:49.0

<b>Men Outdoor Solo Bicycle - 25 Miles</b>			
44	J A French	1997	56:11.380
48	Steve McCaw	2011	56:20.19
53	Peter Horton	2020	57:24.52
63	Robert Gilmour	2014	58:33.670
67	Leslie King	1994	1:02:50.100
68	Leslie King	1995	1:04:00.000
79	John M Lee	2008	1:11:28.9

<b>Men Outdoor Solo Bicycle - 1 Hour</b>			
44	J A French	1997	26.694 mi
48	Steve McCaw	2011	26.608 mi
53	Peter Horton	2020	26.14 mi
63	Robert Gilmour	2014	25.612 mi
64	Mike Skillings	2022	24.58 mi
67	Leslie King	1994	23.920 mi
68	Leslie King	1995	23.330 mi
75	Trevor Fenwick	2005	22.380 mi
80	John M Lee	2009	21.381 mi
84	John M Lee	2013	20.433 mi
87	John M Lee	2016	18.819 mi
90	John M Lee	2019	18.060 mi
93	John M Lee	2022	15.70 mi

<b>Men Outdoor Solo Bicycle - 5 Km</b>			
44	J A French	1997	6:47.580
48	Steve McCaw	2011	6:55.58
60	Paul Bennett	1999	7:04.160
61	Derek Hodgins	1995	7:04.670
63	Robert Gilmour	2014	7:22.710
64	Mike Skillings	2022	7:32.3
69	Leslie King	1996	7:41.500
70	Leslie King	1997	7:52.200
72	Leslie King	1999	8:17.37
73	Leslie King	2000	8:19.700
74	Leslie King	2001	8:28.180
77	John M Lee	2006	8:33.6
79	John M Lee	2008	8:37.8
80	John M Lee	2009	8:43.4
84	John M Lee	2013	9:03.700
87	John M Lee	2016	9:39.4
90	John M Lee	2019	10:13.8
93	John M Lee	2022	11:46.9

<b>Men Outdoor Solo Bicycle - 10 Km</b>			
44	J A French	1997	13:42.830
48	Steve McCaw	2011	13:48.800
60	Paul Bennett	1999	14:04.3
61	Derek Hodgins	1995	14:14.400
63	Robert Gilmour	2014	14:34.770
64	Mike Skillings	2022	14:58.3
68	Leslie King	1995	15:06.500
70	R Venis	1998	16:36.400
72	Leslie King	1999	16:49.560
77	John M Lee	2006	17:02.4
79	John M Lee	2008	17:17.8
80	John M Lee	2009	17:25.3
84	John M Lee	2013	18:01.640
87	John M Lee	2016	19:23.6
90	John M Lee	2019	20:27.05
93	John M Lee	2022	23:24.5

<b>Men Outdoor Solo Bicycle - 20 Km</b>			
48	Steve McCaw	2011	27:41.99
53	Peter Horton	2020	28:23.91
61	Derek Hodgins	1995	28:48.930
63	Robert Gilmour	2014	29:08.970
64	Mike Skillings	2022	29:59.8
68	Leslie King	1995	31:00.000
75	Trevor Fenwick	2005	33:40.73
77	John M Lee	2006	34:31.7
80	John M Lee	2009	34:51.4
84	John M Lee	2013	36:27.350
87	John M Lee	2016	39:26.235
93	John M Lee	2022	47:14.7

<b>Men Outdoor Solo Bicycle - 50 Km</b>			
53	Peter Horton	2020	1:11:45.28

<b>Men Outdoor Solo Bicycle - 100 Km</b>			
53	Peter Horton	2020	2:29:10.51

<b>Women Indoor Solo Bicycle - 5 Miles</b>			
43	Melanie Sneddon	2019	10:56.980

<b>Women Indoor Solo Bicycle - 10 Miles</b>			
40	Auriel Forrester	1998	23:53.412

<b>Women Indoor Solo Bicycle - 25 Miles</b>			
40	Auriel Forrester	1998	59:20.589

<b>Women Indoor Solo Bicycle - 1 Hour</b>			
40	Auriel Forrester	1998	25.297 mi
63	Carole Gandy	2007	24.373 mi

<b>Women Indoor Solo Bicycle - 5 Km</b>			
43	Melanie Sneddon	2019	6:49.938

<b>Women Indoor Solo Bicycle - 10 Km</b>			
43	Melanie Sneddon	2019	13:40.392

<b>Women Indoor Solo Bicycle - 20 Km</b>			
40	Auriel Forrester	1998	29:41.124

<b>Women Outdoor Solo Bicycle - 5 Miles</b>			
54	Nikki Hunt	1999	13:16.
58	Caroline Ratcliff	2023	13:16.70

<b>Women Outdoor Solo Bicycle - 10 Miles</b>			
58	Caroline Ratcliff	2023	26:38.95

<b>Women Outdoor Solo Bicycle - 25 Miles</b>			
52	Karen Taylor	2018	1:07:34.14

<b>Women Outdoor Solo Bicycle - 1 Hour</b>			
52	Karen Taylor	2018	22.229 mi

<b>Women Outdoor Solo Bicycle - 5 Km</b>			
54	Nikki Hunt	1999	8:13.
58	Caroline Ratcliff	2023	8:16.29

<b>Women Outdoor Solo Bicycle - 10 Km</b>			
58	Caroline Ratcliff	2023	16:34.24

<b>Women Outdoor Solo Bicycle - 20 Km</b>			
52	Karen Taylor	2018	33:26.88

<b>Women Outdoor Solo Bicycle - 50 Km</b>			
52	Karen Taylor	2018	1:24:16.17

<b>Women Outdoor Solo Bicycle - 100 Km</b>			
52	Karen Taylor	2018	2:49:50.40

<b>Men Outdoor Tandem Bicycle - 5 Km</b>			
132	Paul Bennett & Leslie King	1999	6:52.69
144	G H Edmonds & Leslie King	2000	8:13.1

**VETERAN'S AGE ADJUSTMENTS - OPEN SOLO BICYCLE**

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	00:00	00:00	00:00	00:00	00:00	00:00	0:00	0:00
41	00:02	00:03	00:06	00:08	00:13	00:29	0:71	1:41
42	00:05	00:07	00:13	00:16	00:28	01:01	1:52	3:02
43	00:08	00:12	00:21	00:26	00:44	01:38	2:43	4:82
44	00:11	00:17	00:29	00:36	01:02	02:19	3:43	6:80
45	00:15	00:23	00:39	00:48	01:22	03:04	4:52	8:96
46	00:19	00:29	00:49	01:00	01:44	03:52	5:69	11:28
47	00:23	00:35	01:00	01:14	02:08	04:45	6:95	13:77
48	00:28	00:42	01:12	01:28	02:33	05:41	8:28	16:41
49	00:33	00:50	01:25	01:44	03:00	06:41	9:69	19:21
50	00:38	00:58	01:38	02:00	03:28	07:45	11:18	22:14
51	00:43	01:06	01:53	02:17	03:58	08:53	12:73	25:21
52	00:49	01:15	02:08	02:35	04:30	10:04	14:36	28:42
53	00:55	01:24	02:24	02:55	05:04	11:20	16:05	31:76
54	01:02	01:34	02:40	03:15	05:39	12:39	17:81	35:23
55	01:09	01:44	02:58	03:36	06:16	14:03	19:64	38:82
56	01:16	01:55	03:16	03:58	06:55	15:30	21:52	42:52
57	01:23	02:06	03:35	04:21	07:35	17:02	23:47	46:35
58	01:31	02:17	03:55	04:45	08:17	18:38	25:48	50:28
59	01:39	02:30	04:16	05:11	09:01	20:18	27:55	54:33
60	01:47	02:42	04:37	05:37	09:47	22:03	29:67	58:49
61	01:56	02:56	05:00	06:04	10:35	23:52	31:85	62:75
62	02:05	03:09	05:23	06:33	11:25	25:47	34:09	67:12
63	02:14	03:24	05:48	07:03	12:18	27:46	36:39	71:59
64	02:24	03:38	06:13	07:33	13:12	29:50	38:73	76:15
65	02:34	03:54	06:39	08:05	14:08	32:00	41:14	80:82
66	02:45	04:10	07:07	08:39	15:07	34:16	43:59	85:59
67	02:56	04:26	07:35	09:14	16:08	36:37	46:11	90:45

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	03:07	04:44	08:05	09:50	17:12	39:05	48:67	95:40
69	03:19	05:02	08:36	10:27	18:18	41:39	51:29	100:45
70	03:31	05:21	09:08	11:06	19:27	44:20	53:96	105:60
71	03:44	05:40	09:41	11:47	20:39	47:08	56:68	110:83
72	03:57	06:00	10:16	12:29	21:54	50:04	59:46	116:16
73	04:11	06:21	10:52	13:13	23:12	53:08	62:29	121:57
74	04:25	06:43	11:30	13:59	24:33	56:20	65:18	127:08
75	04:40	07:06	12:09	14:47	25:58	59:42	68:11	132:68
76	04:56	07:30	12:50	15:37	27:27	1:03:13	71:11	138:36
77	05:12	07:54	13:32	16:29	29:00	1:06:55	74:15	144:14
78	05:29	08:20	14:17	17:23	30:36	1:10:48	77:26	150:01
79	05:47	08:47	15:03	18:19	32:18	1:14:52	80:42	155:96
80	06:05	09:15	15:52	19:19	34:04	1:19:10	83:63	162:01
81	06:24	09:44	16:42	20:20	35:55	1:23:42	86:90	168:15
82	06:44	10:15	17:35	21:25	37:52	1:28:29	90:24	174:37
83	07:05	10:47	18:31	22:33	39:54	1:33:32	93:63	180:69
84	07:27	11:21	19:29	23:45	42:03	1:38:53	97:08	187:10
85	07:50	11:56	20:30	24:59	44:19	1:44:34	100:59	193:60
86	08:14	12:33	21:35	26:18	46:42	1:50:36	104:17	200:20
87	08:40	13:12	22:42	27:41	49:13	1:57:02	107:82	206:88
88	09:07	13:53	23:54	29:09	51:54	2:03:54	111:53	213:67
89	09:35	14:36	25:09	30:41	54:43	2:11:16	115:31	220:55
90	10:04	15:22	26:29	32:19	57:44	2:19:10	119:16	227:53
91	10:36	16:10	27:53	34:03	1:00:56	2:27:41	123:08	234:60
92	11:09	17:01	29:23	35:54	1:04:21	2:36:54	127:08	241:78
93	11:45	17:56	30:59	37:52	1:08:00	2:46:54	131:16	249:06
94	12:22	18:54	32:40	39:57	1:11:56	2:57:48	135:32	256:45
95	13:02	19:55	34:29	42:12	1:16:09	3:09:45	139:57	263:94

**VETERAN'S AGE ADJUSTMENTS - WOMEN SOLO BICYCLE**

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	02:31	03:47	06:22	07:40	12:57	26:50	26:93	37:56
41	02:32	03:49	06:25	07:44	13:04	27:07	27:33	38:48
42	02:33	03:51	06:28	07:48	13:11	27:25	27:76	39:51
43	02:35	03:53	06:31	07:52	13:19	27:43	28:23	40:63
44	02:36	03:55	06:35	07:57	13:27	28:04	28:74	41:87
45	02:37	03:57	06:39	08:02	13:36	28:26	29:30	43:22
46	02:39	04:00	06:44	08:07	13:46	28:52	29:92	44:70
47	02:41	04:03	06:49	08:14	13:58	29:20	30:61	46:32
48	02:43	04:06	06:55	08:21	14:11	29:52	31:36	48:07
49	02:46	04:10	07:02	08:30	14:26	30:28	32:18	49:97
50	02:49	04:15	07:10	08:39	14:44	31:09	33:10	52:03
51	02:53	04:20	07:19	08:50	15:03	31:55	34:10	54:26
52	02:56	04:26	07:29	09:03	15:26	32:48	35:19	56:65
53	03:01	04:33	07:41	09:17	15:51	33:47	36:39	59:22
54	03:06	04:41	07:54	09:33	16:19	34:53	37:69	61:98
55	03:12	04:50	08:09	09:51	16:52	36:07	39:11	64:93
56	03:18	04:59	08:26	10:12	17:28	37:30	40:65	68:07
57	03:26	05:10	08:45	10:35	18:08	39:02	42:32	71:42
58	03:34	05:23	09:06	11:01	18:53	40:44	44:11	74:97
59	03:43	05:37	09:30	11:29	19:43	42:37	46:04	78:74
60	03:53	05:52	09:56	12:01	20:38	44:42	48:11	82:72
61	04:04	06:09	10:25	12:36	21:39	47:00	50:32	86:92
62	04:16	06:28	10:57	13:15	22:47	49:31	52:68	91:33
63	04:30	06:48	11:32	13:57	24:01	52:18	55:19	95:98
64	04:45	07:11	12:10	14:44	25:23	55:21	57:85	100:85
65	05:01	07:36	12:53	15:36	26:52	58:42	60:68	105:94
66	05:20	08:03	13:40	16:32	28:31	1:02:22	63:66	111:27
67	05:39	08:33	14:31	17:34	30:19	1:06:23	66:81	116:82

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	06:01	09:06	15:27	18:42	32:17	1:10:47	70:12	122:60
69	06:15	09:28	16:03	19:26	33:34	1:13:46	72:51	127:21
70	06:29	09:49	16:39	20:10	34:52	1:16:47	74:88	131:82
71	06:43	10:11	17:17	20:56	36:13	1:19:57	77:31	136:51
72	06:58	10:33	17:56	21:44	37:37	1:23:15	79:78	141:30
73	07:14	10:57	18:37	22:33	39:05	1:26:42	82:30	146:16
74	07:30	11:22	19:19	23:25	40:37	1:30:19	84:87	151:11
75	07:47	11:47	20:03	24:19	42:13	1:34:06	87:48	156:14
76	08:04	12:14	20:49	25:15	43:53	1:38:05	90:15	161:26
77	08:23	12:42	21:37	26:13	45:37	1:42:14	92:87	166:46
78	08:42	13:11	22:27	27:15	47:26	1:46:37	95:63	171:75
79	09:02	13:41	23:19	28:18	49:20	1:51:13	98:45	177:12
80	09:22	14:13	24:14	29:25	51:20	1:56:03	101:31	182:57
81	09:44	14:46	25:11	30:35	53:25	2:01:09	104:23	188:11
82	10:07	15:20	26:11	31:48	55:37	2:06:33	107:20	193:74
83	10:30	15:57	27:13	33:04	57:55	2:12:14	110:23	199:45
84	10:55	16:35	28:19	34:25	1:00:20	2:18:16	113:31	205:25
85	11:21	17:14	29:28	35:49	1:02:53	2:24:40	116:45	211:15
86	11:48	17:56	30:41	37:18	1:05:35	2:31:28	119:64	217:13
87	12:17	18:40	31:57	38:52	1:08:25	2:38:43	122:90	223:20
88	12:47	19:26	33:17	40:30	1:11:26	2:46:28	126:21	229:36
89	13:19	20:15	34:42	42:15	1:14:37	2:54:46	129:59	235:62
90	13:52	21:06	36:12	44:05	1:18:00	3:03:40	133:03	241:98
91	14:28	22:01	37:47	46:02	1:21:37	3:13:16	136:54	248:43
92	15:05	22:58	39:29	48:07	1:25:28	3:23:39	140:12	254:98
93	15:45	24:00	41:16	50:20	1:29:35	3:34:55	143:77	261:64
94	16:27	25:05	43:11	52:41	1:34:00	3:47:13	147:50	268:40
95	17:13	26:15	45:14	55:13	1:38:46	4:00:41	151:31	275:26

**VETERAN'S AGE ADJUSTMENTS - OPEN SOLO TRICYCLE**

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	01:53	02:51	04:47	05:46	09:44	20:10	20:72	28:78
41	01:56	02:54	04:53	05:54	09:58	20:42	21:36	30:06
42	01:59	02:59	05:01	06:03	10:14	21:17	22:10	31:53
43	02:02	03:04	05:10	06:13	10:32	21:58	22:93	33:18
44	02:06	03:10	05:19	06:25	10:52	22:42	23:84	34:99
45	02:10	03:16	05:29	06:38	11:14	23:31	24:84	36:97
46	02:14	03:22	05:41	06:51	11:38	24:24	25:91	39:10
47	02:19	03:29	05:53	07:06	12:04	25:22	27:06	41:37
48	02:24	03:37	06:06	07:22	12:31	26:24	28:28	43:79
49	02:29	03:45	06:20	07:39	13:00	27:29	29:57	46:34
50	02:35	03:54	06:35	07:57	13:32	28:40	30:92	49:03
51	02:41	04:03	06:50	08:16	14:05	29:54	32:35	51:84
52	02:48	04:13	07:07	08:36	14:40	31:12	33:83	54:78
53	02:54	04:23	07:24	08:57	15:16	32:35	35:38	57:84
54	03:01	04:34	07:42	09:19	15:55	34:02	36:99	61:01
55	03:09	04:45	08:01	09:42	16:35	35:33	38:65	64:30
56	03:16	04:57	08:21	10:06	17:18	37:09	40:38	67:70
57	03:24	05:09	08:42	10:32	18:02	38:49	42:16	71:20
58	03:33	05:22	09:04	10:58	18:48	40:34	43:99	74:81
59	03:42	05:35	09:27	11:26	19:37	42:24	45:88	78:52
60	03:51	05:49	09:50	11:54	20:27	44:19	47:82	82:34
61	04:00	06:03	10:15	12:24	21:20	46:19	49:82	86:25
62	04:10	06:18	10:41	12:56	22:15	48:24	51:86	90:25
63	04:20	06:34	11:08	13:28	23:12	50:35	53:96	94:36
64	04:31	06:50	11:35	14:02	24:11	52:51	56:11	98:55
65	04:42	07:07	12:04	14:37	25:13	55:14	58:31	102:84
66	04:54	07:25	12:34	15:14	26:17	57:42	60:55	107:22
67	05:06	07:43	13:06	15:52	27:24	1:00:17	62:85	111:69

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	05:18	08:02	13:38	16:31	28:34	1:02:59	65:19	116:25
69	05:31	08:22	14:12	17:12	29:47	1:05:48	67:59	120:89
70	05:45	08:42	14:47	17:55	31:02	1:08:44	70:03	125:63
71	05:59	09:03	15:24	18:40	32:21	1:11:48	72:53	130:45
72	06:13	09:26	16:02	19:26	33:43	1:15:01	75:07	135:35
73	06:28	09:49	16:41	20:14	35:09	1:18:22	77:66	140:34
74	06:44	10:13	17:23	21:05	36:38	1:21:53	80:30	145:42
75	07:01	10:37	18:05	21:57	38:11	1:25:34	82:99	150:58
76	07:18	11:03	18:50	22:51	39:48	1:29:25	85:73	155:83
77	07:35	11:31	19:37	23:48	41:29	1:33:28	88:52	161:17
78	07:54	11:59	20:25	24:48	43:15	1:37:43	91:36	166:59
79	08:13	12:28	21:16	25:50	45:06	1:42:11	94:25	172:09
80	08:33	12:59	22:09	26:54	47:03	1:46:54	97:20	177:68
81	08:54	13:31	23:05	28:02	49:04	1:51:51	100:20	183:36
82	09:16	14:05	24:03	29:13	51:12	1:57:05	103:25	189:13
83	09:39	14:40	25:04	30:28	53:27	2:02:38	106:36	194:98
84	10:03	15:17	26:07	31:46	55:48	2:08:29	109:53	200:92
85	10:29	15:55	27:14	33:08	58:16	2:14:43	112:75	206:96
86	10:55	16:36	28:25	34:34	1:00:53	2:21:19	116:03	213:08
87	11:23	17:18	29:39	36:05	1:03:39	2:28:22	119:38	219:29
88	11:52	18:03	30:57	37:41	1:06:35	2:35:54	122:78	225:6
89	12:23	18:51	32:20	39:23	1:09:41	2:43:58	126:25	232:01
90	12:56	19:41	33:47	41:10	1:12:58	2:52:37	129:79	238:51
91	13:30	20:34	35:20	43:04	1:16:28	3:01:57	133:39	245:11
92	14:07	21:30	36:58	45:05	1:20:13	3:12:02	137:07	251:81
93	14:45	22:29	38:43	47:14	1:24:13	3:23:00	140:82	258:61
94	15:27	23:33	40:34	49:32	1:28:31	3:34:57	144:65	265:51
95	16:10	24:40	42:34	51:59	1:33:09	3:48:03	148:55	272:53

**VETERAN'S AGE ADJUSTMENTS - WOMEN SOLO TRICYCLE**

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	04:39	07:00	11:45	14:09	23:55	49:34	46.15	65.15
41	04:40	07:02	11:48	14:13	24:02	49:52	46.51	65.98
42	04:41	07:04	11:52	14:18	24:10	50:12	46.90	66.89
43	04:43	07:06	11:56	14:22	24:19	50:32	47.31	67.90
44	04:44	07:08	12:00	14:27	24:28	50:55	47.77	69.00
45	04:46	07:11	12:04	14:33	24:38	51:19	48.27	70.21
46	04:48	07:14	12:09	14:39	24:49	51:47	48.82	71.53
47	04:50	07:17	12:15	14:46	25:02	52:18	49.43	72.97
48	04:53	07:21	12:22	14:54	25:16	52:53	50.10	74.54
49	04:55	07:25	12:29	15:04	25:33	53:33	50.85	76.25
50	04:59	07:30	12:38	15:14	25:52	54:18	51.66	78.10
51	05:03	07:36	12:48	15:26	26:13	55:08	52.56	80.10
52	05:07	07:43	12:59	15:40	26:38	56:06	53.55	82.26
53	05:12	07:50	13:12	15:56	27:05	57:10	54.64	84.59
54	05:17	07:59	13:26	16:13	27:37	58:23	55.82	87.09
55	05:24	08:08	13:43	16:33	28:12	59:44	57.11	89.77
56	05:31	08:19	14:01	16:56	28:51	1:01:14	58.51	92.64
57	05:39	08:31	14:22	17:21	29:35	1:02:55	60.03	95.69
58	05:48	08:45	14:45	17:49	30:25	1:04:47	61.66	98.95
59	05:58	09:00	15:11	18:20	31:19	1:06:51	63.43	102.40
60	06:09	09:16	15:39	18:55	32:20	1:09:08	65.32	106.06
61	06:21	09:35	16:11	19:33	33:27	1:11:39	67.35	109.92
62	06:34	09:56	16:46	20:16	34:41	1:14:25	69.52	114.00
63	06:49	10:18	17:25	21:02	36:02	1:17:28	71.83	118.29
64	07:06	10:43	18:07	21:54	37:32	1:20:48	74.28	122.80
65	07:24	11:10	18:54	22:50	39:10	1:24:28	76.88	127.53
66	07:44	11:40	19:45	23:52	40:58	1:28:29	79.64	132.48
67	08:05	12:13	20:41	25:00	42:56	1:32:53	82.54	137.65

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	08:29	12:50	21:42	26:15	45:05	1:37:42	85.61	143.05
69	08:44	13:13	22:22	27:03	46:30	1:40:59	87.80	147.28
70	09:00	13:36	23:01	27:51	47:55	1:44:17	89.97	151.52
71	09:15	14:00	23:43	28:41	49:24	1:47:45	92.19	155.84
72	09:32	14:25	24:25	29:34	50:57	1:51:22	94.45	160.23
73	09:49	14:51	25:10	30:28	52:33	1:55:09	96.75	164.71
74	10:07	15:18	25:56	31:25	54:13	1:59:07	99.10	169.26
75	10:25	15:46	26:45	32:23	55:58	2:03:15	101.50	173.90
76	10:44	16:15	27:35	33:25	57:48	2:07:36	103.93	178.61
77	11:04	16:46	28:28	34:29	59:42	2:12:10	106.42	183.40
78	11:25	17:17	29:23	35:36	1:01:42	2:16:58	108.95	188.27
79	11:47	17:51	30:20	36:46	1:03:47	2:22:00	111.53	193.22
80	12:10	18:25	31:20	37:59	1:05:58	2:27:18	114.15	198.26
81	12:33	19:01	32:22	39:15	1:08:15	2:32:53	116.82	203.37
82	12:58	19:39	33:28	40:35	1:10:39	2:38:48	119.54	208.57
83	13:24	20:19	34:36	41:59	1:13:10	2:45:02	122.32	213.85
84	13:51	21:00	35:48	43:27	1:15:49	2:51:38	125.14	219.21
85	14:20	21:44	37:04	45:00	1:18:37	2:58:39	128.01	224.66
86	14:49	22:30	38:23	46:37	1:21:34	3:06:06	130.94	230.20
87	15:21	23:18	39:47	48:20	1:24:41	3:14:03	133.92	235.82
88	15:54	24:08	41:15	50:08	1:27:58	3:22:32	136.96	241.54
89	16:29	25:02	42:48	52:02	1:31:28	3:31:37	140.06	247.34
90	17:05	25:58	44:26	54:03	1:35:11	3:41:22	143.22	253.24
91	17:44	26:58	46:11	56:11	1:39:08	3:51:53	146.44	259.24
92	18:25	28:01	48:01	58:28	1:43:21	4:03:16	149.73	265.33
93	19:09	29:08	49:59	1:00:53	1:47:52	4:15:37	153.08	271.52
94	19:55	30:20	52:05	1:03:29	1:52:42	4:29:05	156.50	277.82
95	20:45	31:36	54:20	1:06:15	1:57:55	4:43:50	160.00	284.22

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

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	00:00	00:00	00:00	00:00	00:00	00:00	0.00	0.00
41	00:01	00:01	00:03	00:04	00:06	00:14	0.37	0.73
42	00:02	00:03	00:06	00:08	00:13	00:29	0.79	1.57
43	00:04	00:06	00:10	00:12	00:21	00:47	1.26	2.51
44	00:05	00:08	00:14	00:17	00:30	01:07	1.78	3.54
45	00:07	00:11	00:19	00:23	00:39	01:28	2.35	4.66
46	00:09	00:14	00:24	00:29	00:50	01:51	2.96	5.87
47	00:11	00:17	00:29	00:36	01:01	02:17	3.61	7.16
48	00:13	00:20	00:35	00:42	01:13	02:44	4.31	8.53
49	00:16	00:24	00:41	00:50	01:26	03:12	5.04	9.99
50	00:18	00:28	00:47	00:58	01:40	03:43	5.81	11.51
51	00:21	00:32	00:54	01:06	01:54	04:16	6.62	13.11
52	00:24	00:36	01:01	01:14	02:10	04:50	7.47	14.78
53	00:26	00:40	01:09	01:24	02:26	05:26	8.35	16.52
54	00:30	00:45	01:17	01:34	02:43	06:04	9.26	18.32
55	00:33	00:50	01:25	01:44	03:00	06:45	10.21	20.19
56	00:36	00:55	01:34	01:54	03:19	07:26	11.19	22.11
57	00:40	01:00	01:43	02:05	03:38	08:11	12.20	24.10
58	00:44	01:06	01:53	02:17	03:59	08:57	13.25	26.15
59	00:48	01:12	02:03	02:29	04:20	09:45	14.33	28.25
60	00:51	01:18	02:13	02:42	04:42	10:35	15.43	30.41
61	00:56	01:24	02:24	02:55	05:05	11:27	16.56	32.63
62	01:00	01:31	02:35	03:09	05:29	12:23	17.73	34.90
63	01:04	01:38	02:47	03:23	05:54	13:20	18.92	37.23
64	01:09	01:45	02:59	03:37	06:20	14:19	20.14	39.60
65	01:14	01:52	03:12	03:53	06:47	15:22	21.39	42.03
66	01:19	02:00	03:25	04:09	07:15	16:27	22.67	44.51
67	01:24	02:08	03:38	04:26	07:45	17:35	23.98	47.03

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	01:30	02:16	03:53	04:43	08:15	18:46	25.31	49.61
69	01:36	02:25	04:08	05:01	08:47	20:00	26.67	52.23
70	01:41	02:34	04:23	05:20	09:20	21:17	28.06	54.91
71	01:48	02:43	04:39	05:39	09:55	22:37	29.47	57.63
72	01:54	02:53	04:56	06:00	10:31	24:02	30.92	60.40
73	02:00	03:03	05:13	06:21	11:08	25:30	32.39	63.22
74	02:07	03:13	05:31	06:43	11:47	27:02	33.89	66.08
75	02:14	03:24	05:50	07:06	12:28	28:39	35.42	68.99
76	02:22	03:36	06:10	07:30	13:11	30:21	36.98	71.95
77	02:30	03:48	06:30	07:55	13:55	32:07	38.56	74.95
78	02:38	04:00	06:51	08:21	14:41	33:59	40.18	78.01
79	02:47	04:13	07:13	08:48	15:30	35:56	41.82	81.10
80	02:55	04:26	07:37	09:16	16:21	38:00	43.49	84.25
81	03:04	04:40	08:01	09:46	17:14	40:11	45.19	87.44
82	03:14	04:55	08:26	10:17	18:11	42:28	46.92	90.67
83	03:24	05:11	08:53	10:49	19:09	44:54	48.69	93.96
84	03:35	05:27	09:21	11:24	20:11	47:28	50.48	97.29
85	03:46	05:44	09:50	12:00	21:16	50:12	52.31	100.67
86	03:57	06:01	10:22	12:37	22:25	53:05	54.17	104.10
87	04:10	06:20	10:54	13:17	23:37	56:11	56.07	107.58
88	04:23	06:40	11:28	14:00	24:55	59:28	58.00	111.11
89	04:36	07:00	12:04	14:44	26:16	1:03:00	59.96	114.69
90	04:50	07:23	12:43	15:31	27:43	1:06:48	61.96	118.32
91	05:05	07:46	13:23	16:21	29:15	1:10:53	64.00	121.99
92	05:21	08:10	14:06	17:14	30:53	1:15:19	66.08	125.73
93	05:38	08:36	14:52	18:11	32:38	1:20:07	68.20	129.51
94	05:56	09:04	15:41	19:11	34:32	1:25:21	70.37	133.35
95	06:15	09:34	16:33	20:15	36:33	1:31:05	72.58	137.25



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

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	01:12	01:49	03:03	03:41	06:13	12:53	14.00	19.53
41	01:13	01:50	03:05	03:43	06:16	13:01	14.21	20.01
42	01:13	01:51	03:06	03:45	06:20	13:10	14.44	20.55
43	01:14	01:52	03:08	03:47	06:24	13:18	14.68	21.13
44	01:15	01:53	03:10	03:49	06:27	13:28	14.94	21.77
45	01:15	01:54	03:12	03:51	06:32	13:39	15.24	22.47
46	01:16	01:55	03:14	03:54	06:36	13:51	15.56	23.24
47	01:17	01:57	03:16	03:57	06:42	14:05	15.92	24.09
48	01:18	01:58	03:19	04:00	06:48	14:20	16.31	25.00
49	01:20	02:00	03:23	04:05	06:56	14:37	16.73	25.98
50	01:21	02:02	03:26	04:09	07:04	14:57	17.21	27.06
51	01:23	02:05	03:31	04:14	07:13	15:19	17.73	28.22
52	01:24	02:08	03:36	04:21	07:24	15:45	18.30	29.46
53	01:27	02:11	03:41	04:27	07:36	16:13	18.92	30.79
54	01:29	02:15	03:48	04:35	07:50	16:45	19.60	32.23
55	01:32	02:19	03:55	04:44	08:06	17:20	20.34	33.76
56	01:35	02:24	04:03	04:54	08:23	18:00	21.14	35.40
57	01:39	02:29	04:12	05:05	08:42	18:44	22.01	37.14
58	01:43	02:35	04:22	05:17	09:04	19:33	22.94	38.98
59	01:47	02:42	04:34	05:31	09:28	20:27	23.94	40.94
60	01:52	02:49	04:46	05:46	09:54	21:27	25.02	43.01
61	01:57	02:57	05:00	06:03	10:24	22:34	26.17	45.20
62	02:03	03:06	05:15	06:22	10:56	23:46	27.39	47.49
63	02:10	03:16	05:32	06:42	11:32	25:06	28.70	49.91
64	02:17	03:27	05:50	07:04	12:11	26:34	30.08	52.44
65	02:24	03:39	06:11	07:29	12:54	28:11	31.55	55.09
66	02:34	03:52	06:34	07:56	13:41	29:56	33.10	57.86
67	02:43	04:06	06:58	08:26	14:33	31:52	34.74	60.75

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	02:53	04:22	07:25	08:59	15:30	33:59	36.46	63.75
69	03:00	04:33	07:42	09:20	16:07	35:24	37.71	66.15
70	03:07	04:43	08:00	09:41	16:44	36:51	38.94	68.55
71	03:13	04:53	08:18	10:03	17:23	38:23	40.20	70.99
72	03:21	05:04	08:36	10:26	18:03	39:58	41.49	73.48
73	03:28	05:15	08:56	10:49	18:46	41:37	42.80	76.00
74	03:36	05:27	09:16	11:14	19:30	43:21	44.13	78.58
75	03:44	05:39	09:37	11:40	20:16	45:10	45.49	81.19
76	03:52	05:52	10:00	12:07	21:04	47:05	46.88	83.86
77	04:01	06:06	10:23	12:35	21:54	49:04	48.29	86.56
78	04:11	06:20	10:47	13:05	22:46	51:11	49.73	89.31
79	04:20	06:34	11:12	13:35	23:41	53:23	51.19	92.10
80	04:30	06:49	11:38	14:07	24:38	55:42	52.68	94.94
81	04:40	07:05	12:05	14:41	25:38	58:09	54.20	97.82
82	04:51	07:22	12:34	15:16	26:42	1:00:45	55.74	100.74
83	05:02	07:39	13:04	15:52	27:48	1:03:28	57.32	103.71
84	05:14	07:58	13:36	16:31	28:68	1:06:22	58.92	106.73
85	05:27	08:16	14:09	17:12	30:11	1:09:26	60.55	109.80
86	05:40	08:36	14:44	17:54	31:29	1:12:42	62.21	112.91
87	05:54	08:58	15:20	18:39	32:50	1:16:11	63.91	116.06
88	06:08	09:20	15:59	19:26	34:17	1:19:54	65.63	119.27
89	06:24	09:43	16:39	20:17	35:49	1:23:53	67.39	122.52
90	06:39	10:08	17:23	21:10	37:26	1:28:10	69.18	125.83
91	06:57	10:34	18:08	22:06	39:11	1:32:46	71.00	129.18
92	07:14	11:01	18:57	23:06	41:01	1:37:45	72.86	132.59
93	07:34	11:31	19:48	24:10	43:00	1:43:10	74.76	136.05
94	07:54	12:02	20:44	25:17	45:07	1:49:04	76.70	139.57
95	08:16	12:36	21:43	26:30	47:24	1:55:32	78.68	143.14

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

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	00:54	01:22	02:18	02:46	04:40	09:41	10:77	14:97
41	00:56	01:24	02:21	02:50	04:47	09:56	11:11	15:63
42	00:57	01:26	02:24	02:54	04:55	10:13	11:49	16:40
43	00:59	01:28	02:29	02:59	05:03	10:33	11:92	17:25
44	01:00	01:31	02:33	03:05	05:13	10:54	12:40	18:19
45	01:02	01:34	02:38	03:11	05:24	11:17	12:92	19:22
46	01:04	01:37	02:44	03:17	05:35	11:43	13:47	20:33
47	01:07	01:40	02:49	03:24	05:48	12:11	14:07	21:51
48	01:09	01:44	02:56	03:32	06:00	12:40	14:71	22:77
49	01:12	01:48	03:02	03:40	06:14	13:12	15:38	24:10
50	01:14	01:52	03:10	03:49	06:30	13:46	16:08	25:50
51	01:17	01:57	03:17	03:58	06:46	14:21	16:82	26:36
52	01:21	02:01	03:25	04:08	07:02	14:59	17:59	28:49
53	01:24	02:06	03:33	04:18	07:20	15:38	18:40	30:08
54	01:27	02:12	03:42	04:28	07:38	16:20	19:23	31:73
55	01:31	02:17	03:51	04:39	07:58	17:04	20:10	33:44
56	01:34	02:23	04:00	04:51	08:18	17:50	21:00	35:20
57	01:38	02:28	04:11	05:03	08:39	18:38	21:92	37:02
58	01:42	02:35	04:21	05:16	09:01	19:28	22:87	38:90
59	01:47	02:41	04:32	05:29	09:25	20:21	23:86	40:83
60	01:51	02:48	04:43	05:43	09:49	21:16	24:87	42:82
61	01:55	02:54	04:55	05:57	10:14	22:14	25:91	44:85
62	02:00	03:01	05:08	06:12	10:41	23:14	26:97	46:93
63	02:05	03:09	05:21	06:28	11:08	24:17	28:06	49:07
64	02:10	03:17	05:34	06:44	11:36	25:22	29:18	51:25
65	02:15	03:25	05:48	07:01	12:06	26:31	30:32	53:48
66	02:21	03:34	06:02	07:19	12:37	27:42	31:49	55:75
67	02:27	03:42	06:17	07:37	13:09	28:56	32:68	58:08

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	02:33	03:51	06:33	07:56	13:43	30:14	33:90	60:45
69	02:39	04:01	06:49	08:15	14:18	31:35	35:15	62:86
70	02:46	04:11	07:06	08:36	14:54	33:00	36:42	65:33
71	02:52	04:21	07:24	08:58	15:32	34:28	37:72	67:83
72	02:59	04:32	07:42	09:20	16:11	36:00	39:04	70:38
73	03:06	04:43	08:00	09:43	16:52	37:37	40:38	72:98
74	03:14	04:54	08:21	10:07	17:35	39:18	41:76	75:62
75	03:22	05:06	08:41	10:32	18:20	41:04	43:15	78:30
76	03:30	05:18	09:02	10:58	19:06	42:55	44:58	81:03
77	03:38	05:32	09:25	11:25	19:55	44:52	46:03	83:81
78	03:48	05:45	09:48	11:54	20:46	46:54	47:51	86:63
79	03:57	05:59	10:12	12:24	21:39	49:03	49:01	89:49
80	04:06	06:14	10:38	12:55	22:35	51:19	50:54	92:39
81	04:16	06:29	11:05	13:27	23:33	53:41	52:10	95:35
82	04:27	06:46	11:33	14:01	24:35	56:12	53:69	98:35
83	04:38	07:02	12:02	14:37	25:39	58:52	55:31	101:39
84	04:49	07:20	12:32	15:15	26:47	01:40	56:96	104:48
85	05:02	07:38	13:04	15:54	27:58	01:40	58:63	107:62
86	05:14	07:58	13:38	16:36	29:13	01:07:50	60:34	110:80
87	05:28	08:18	14:14	17:19	30:33	01:11:13	62:08	114:03
88	05:42	08:40	14:51	18:05	31:58	01:14:50	63:85	117:31
89	05:57	09:03	15:31	18:54	33:27	01:18:42	65:65	120:65
90	06:12	09:27	16:13	19:46	35:01	01:22:51	67:49	124:03
91	06:29	09:52	16:58	20:40	36:42	01:27:20	69:36	127:46
92	06:47	10:19	17:45	21:38	38:30	01:32:11	71:28	130:94
93	07:05	10:48	18:35	22:40	40:25	01:37:26	73:23	134:48
94	07:25	11:18	19:28	23:47	42:29	01:43:11	75:22	138:07
95	07:46	11:50	20:26	24:57	44:43	01:49:28	77:25	141:72

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

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	02:14	03:22	05:38	06:48	11:29	23:48	24:00	33:88
41	02:14	03:23	05:40	06:49	11:32	23:56	24:19	34:31
42	02:15	03:24	05:42	06:52	11:36	24:06	24:39	34:78
43	02:16	03:24	05:44	06:54	11:40	24:15	24:60	35:31
44	02:16	03:25	05:46	06:56	11:45	24:26	24:84	35:88
45	02:17	03:27	05:48	06:59	11:49	24:38	25:10	36:51
46	02:18	03:28	05:50	07:02	11:55	24:51	25:39	37:20
47	02:19	03:30	05:53	07:05	12:01	25:06	25:70	37:94
48	02:21	03:32	05:56	07:09	12:08	25:23	26:05	38:76
49	02:22	03:34	06:00	07:14	12:16	25:42	26:44	39:65
50	02:24	03:36	06:04	07:19	12:25	26:04	26:86	40:61
51	02:25	03:39	06:09	07:24	12:35	26:28	27:33	41:65
52	02:27	03:42	06:14	07:31	12:47	26:56	27:85	42:78
53	02:30	03:46	06:20	07:39	13:00	27:26	28:41	43:99
54	02:32	03:50	06:27	07:47	13:15	28:01	29:03	45:29
55	02:36	03:54	06:35	07:57	13:32	28:40	29:70	46:68
56	02:39	04:00	06:44	08:08	13:51	29:24	30:43	48:17
57	02:43	04:05	06:54	08:20	14:12	30:12	31:22	49:76
58	02:47	04:12	07:05	08:33	14:36	31:06	32:06	51:45
59	02:52	04:19	07:17	08:48	15:02	32:05	32:98	53:25
60	02:57	04:27	07:31	09:05	15:31	33:11	33:97	55:15
61	03:03	04:36	07:46	09:23	16:03	34:24	35:02	57:16
62	03:09	04:46	08:03	09:44	16:39	35:43	36:15	59:28
63	03:16	04:57	08:22	10:06	17:18	37:11	37:35	61:51
64	03:24	05:09	08:42	10:31	18:01	38:47	38:63	63:86
65	03:33	05:22	09:04	10:58	18:48	40:33	39:98	66:32
66	03:43	05:36	09:29	11:27	19:40	42:28	41:41	68:89
67	03:53	05:52	09:56	12:00	20:36	44:35	42:92	71:58

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	04:04	06:10	10:25	12:36	21:38	46:54	44:52	74:39
69	04:12	06:21	10:44	12:59	22:19	48:28	45:66	76:59
70	04:19	06:32	11:03	13:22	23:00	50:03	46:78	78:79
71	04:26	06:43	11:23	13:46	23:43	51:43	47:94	81:04
72	04:35	06:55	11:43	14:12	24:27	53:27	49:11	83:32
73	04:43	07:08	12:05	14:37	25:13	55:16	50:31	85:65
74	04:51	07:21	12:27	15:05	26:01	57:11	51:53	88:02
75	05:00	07:34	12:50	15:33	26:52	59:10	52:78	90:43
76	05:09	07:48	13:14	16:02	27:45	1:01:15	54:04	92:88
77	05:19	08:03	13:40	16:33	28:39	1:03:26	55:34	95:37
78	05:29	08:18	14:06	17:05	29:37	1:05:45	56:65	97:90
79	05:39	08:34	14:34	17:39	30:37	1:08:10	58:00	100:47
80	05:50	08:50	15:02	18:14	31:40	1:10:42	59:36	103:10
81	06:01	09:08	15:32	18:50	32:46	1:13:23	60:75	105:75
82	06:13	09:26	16:04	19:29	33:55	1:16:13	62:16	108:46
83	06:26	09:45	16:36	20:09	35:07	1:19:13	63:61	111:20
84	06:39	10:05	17:11	20:51	36:24	1:22:23	65:07	113:99
85	06:53	10:26	17:48	21:36	37:44	1:25:45	66:57	116:82
86	07:07	10:48	18:25	22:23	39:09	1:29:20	68:09	119:70
87	07:22	11:11	19:06	23:12	40:39	1:33:09	69:64	122:63
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91	08:31	12:57	22:10	26:58	47:35	1:51:18	76:15	134:80
92	08:50	13:27	23:03	28:04	49:36	1:56:46	77:86	137:97
93	09:12	13:59	24:00	29:13	51:47	2:02:42	79:60	141:19
94	09:34	14:34	25:00	30:28	54:06	2:09:10	81:38	144:47
95	09:58	15:10	26:05	31:48	56:36	2:16:14	83:20	147:79



**Front cover photo**

Marcel Schubert (Darlington CC and 2022 CTT BBAR)  
negotiating the turn at speed in the  
2023 VTТА 25 Mile Championship

**Back cover photo**

An oft repeated time trialling scene as the  
Springfield Financial RT ladies team prepare for their rides  
in the 2023 VTТА 30 Mile Championship



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