



Number 81
March 2024

The Veteran



Richard Oakes
scoops a full set of
VTTA records as he
rides to UCI World
Masters hour record
in Switzerland

THE VETERAN

The quarterly magazine of the
Veterans Time Trials Association

Number 81

March 2024

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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.

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Eddie Green and Jim Burgin

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MIKE'S MUSINGS

The first two months of the year are always busy for the editor, with both the National Handbook and the March Veteran to be produced, but at least the weather fails to provide any attractive alternatives. Riding in the cold on flooded or muddy lanes has lost its attractiveness, I must be getting old!

Production of the Handbook highlights the strength of some groups but the sad fact that others are struggling. The VTTA is an organisation run by and for older people, so let's talk generations.

In its earlier years the VTTA thrived under the Wartime Generation and promoted many events for VTTA members only, often on fast courses where the older and slower rider would normally find it difficult to get a ride. There was little reason for most vets to ride fully open events, so many did not, but the membership flourished and a strong social bond was evident amongst them. The Wartime Generation accepted readily that they should support their own entertainments and leisure, so in the main were happy to spend long days out riding or assisting with their sport.

Then came the Baby Boomers (of which I count myself as one). We took over much of the sport's organisation but have had to cope with massive changes in society such as ever increasing traffic volumes, the digital revolution, many alternative attractions and the impact of social media. The VTTA has responded to these changes well and is considered now to be a modern and progressive

organisation, although succession of the sport's workers is a constant worry. The Baby Boomers time is coming to an end as we are slowly having to curtail activities due to infirmity (or even worse). It's time for Generation X to step up.

Groups constantly need a new generation of officials and race organisers, the older members cannot go on for ever and the Generation X-ers cannot all look at each other and wait for someone else to volunteer. There is satisfaction to be had in taking on a role in the VTTA, we need events and we need a variety of new officials at local and national level. There must be members with more time available as they reach later life, enjoying an empty nest and retirement.

There is more to be done. Compiling the Handbook brings it home that some groups now do not promote any of their own events, choosing instead the simple but short-sighted option of incorporating their group competitions in another clubs open event. Some groups also need a chairman, social secretary, "Veteran" reporter or other jobs doing. Some current incumbents are ready to retire, so please consider how you can help your VTTA.

Mike Penrice

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

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PRESIDENT'S PIECE

A belated but sincere Happy New Year! It has been a busy and enjoyable start to the year for Billie and me. So far, we have attended three group luncheons, each of them a pleasure and enabling us to meet with old and new friends.

The year started with attendance at the North Lancs & Lakes award lunch in the lovely village of Garstang, home to a decent 10 mile course! Stars of the show were the Springfield Financial team which individually and team-wise, swept the board. Conversations were in some cases of a nostalgic nature, but all were entertaining.

We followed this with a visit to old stomping grounds of the Wirral and the Merseyside luncheon. The highlight of the day was the presentation of the Raleigh Shield to our VTTA National BAR winning group team.

Following the AGM we then travelled on down to the Surrey/Sussex luncheon, mainly to present the CW Cooke and Ted Bricknell trophies. Andy Critchlow receiving the Cooke Award for season long performances that will probably never be matched - a 49 year old winning the RTTC BBAR in addition to all three of our own season long competitions.

The Bricknell trophy was awarded to Keith Wilkinson who, due to illness, was unable to attend and the trophy was accepted on his behalf by Judy, his wife. Their son, Tim, videoed the whole of the presentation in order that Keith could experience the regard in which he was held by the Group and the VTTA.

It is with sadness that I have been informed that Keith passed away on 20th February. Our condolences go to Judy, Tim and family.

What struck both of us at all of these functions is the pleasure and pride the award winners expressed when receiving a cup, shield, or certificate. In one case a member asking why the group did not award record certificates. I have had long conversations with friends about the impact awarding certificates can have on an individual, recognition, and affirmation of one's success is important to all. The evidence from the three luncheons we attended is very much that they have a positive effect on the person. Members to whom I have posted certificates have responded by phone or email expressing their pleasure and thanks.

I suggest quite strongly that a most important aspect of our association is the recognition and reward of individual's achievements. It follows that in many cases the responsibility for this falls to the Groups and their willingness to ensure some form of face-to-face presentation takes place.

But enough of my soapbox.

The AGM and the accompanying workshops raised some interesting ideas which will be addressed by the NEC. They are evidence of the developments that the NEC is managing, to ensure the association is always forward looking in addressing the many challenges with which we are presented. Not least the 20 mph "guidance" issued by CTT, in parts to avoid "public outrage". Some of us would be happy to ride at 20 mph!!

So far this year the weather has not been kind to the rider and at the time of writing there is a forecast for colder days ahead. Not sure if I have become more fragile over the years, or wish to admit to that, but the turbo often becomes a more attractive option to riding the roads. Certainly

my self imposed minimum temperature of 5 degrees is way above that of the days when I rode to and from work. It could be that I have succumbed to the notion that turbo work could be more effective than the roads, but the inside of my garage does not compare with the sometime green, sometime very wet, countryside.

Need to get my act sorted, and whilst doing so, I urge you all take care out there, be safe.

Tony Farrell

THE I.T. MANAGER'S UPDATE

By the time you read this the changes to the website to align it with CTT policy on transgender will have been released. Almost everything that was previously labelled as "male" is now "open". If you spot any "males" lurking around on the website please let me know!

We have also released new standards for 2024. The CTT result data for the years 2021 and 2022 has been added to the data set, data before 2013 removed, and the standards re-evaluated. The raw data shows that men in the age range 40 - 79 have got faster (especially under 60 men) and women have got slower, except in the 50-59 age range. After fitting the new data to the Lockwood formula it was clear the standards needed to be adjusted.

One of the observations made about 2021 standards made at the 2023 AGM was that elite women were sometimes breaking competition records on AAT and that a disproportionate number of female riders were occupying the top positions in Season Long Competitions.

Competition records are a measure of what is physically possible and are often set by male professional or elite cyclists in ideal conditions with the most modern equipment. Up to now female standards have been derived from male standards using a fixed speed ratio. However the speed ratio does vary with age. In the past this variation of was deemed insignificant, but analysis shows that it is important and largely explains the anomalies that have been observed. A formula has been created to model this variation and calculate female age adjustments more accurately. At age 40 it is 0.89 (the value used for the 2021 standards), rises to 0.91 at age 56, and then falls back to 0.89 at age 66. After that age, the data is very scattered, so a fixed value of 0.89 is used.

The net result of the changes above is that age adjustments have got smaller at 10 miles (i.e. standards have got harder) for open category riders under 57 and larger (i.e. standards have got easier) for older open category riders. For female riders, the critical point is age 66, with the reduction in age adjustment being larger because of the variation in speed ratio described above. There is a similar pattern at other distances.

To evaluate the impact of the changes, the Short Distance and Three Distance Season Long Competition results were re-calculated using the 2024 standards and compared with the results using the 2021 standards. Three aspects were checked: Age Adjusted Times beating competition records, distribution of positions by gender and distribution of positions by age. The new standards resulted in no instances of a rider's AAT beating competition record and the distributions of positions by age and gender being in-line with the population. We have therefore decided to release these new standards in the expectation that they will result in fairer competition. We will review them each season as new data is accumulated.

The CTT dataset provided at the end of the 2022 season contained data for all ages for the years 2021 and 2022. This dataset was studied and the following observations made: In the 19-39 age

band there is no clear correlation between age and speed, justifying the current practice that this age band races “on scratch”, with female riders having the same age adjustment relative to open riders as a 40 year old female. In the 12-18 age band there is a high correlation between age and speed, allowing standards tables based upon the Lockwood formula to be generated. The tables are available in the download file from the VTTA website. Event organisers can now apply age adjustments for under 40’s if they so wish.

Lastly, I would like to make an appeal for assistance in the IT Manager role. Part of my responsibility is first line IT support for the website handling queries coming into info@vttta.org.uk and performing routine tasks such as sending renewal reminders. I would like to hand this over, not only to reduce my workload but also to spread the knowledge – I fear I have become a single point of failure. Elsewhere in this issue you will see an advertisement for a National Administrator role, and one of the areas of responsibility is first line IT support. So if you are comfortable with IT and like solving problems, please discuss it with me or Andrew Simpkins.

Jon Fairclough

THE MONEY COLUMN

Previously Jon Fairclough talked me through the steps on how to extract the payment data from the website, paste the data into the Group Returns spread sheet, sort some updates, and then print and sent out the Q1 returns for all the Groups. Well, I almost got it right, however, after issuing I had several Groups query why there were a few duplicate payments on their Returns? I briefly discussed this with Jon at the AGM, followed up by a Zoom call and Jon spotted what was happening. It’s now been sorted and I have sent out corrected Q1 Reports to the relevant groups. Many thanks to Group Treasurers in agreeing to carry over the overpayment and make the necessary adjustments in the Q2 returns later.

It was good to see and catch up with delegates at the AGM. It went well, the smaller group Workshops functioned efficiently and have enabled the NEC to formulate a way ahead on some of the issues discussed.

I am waiting for a dry weather period to start some of my fencing panel replacements and get things in shape in the garden, it feels that Spring is just around the corner.

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

Ian Pritchard

OOPS! MISSING FROM DECEMBER EDITION

Inclusion on the age 80+ list of still racing members in the December Veteran was much appreciated, so the editor apologises for overlooking the following two riders: Brian Davies (VC Baracchi/East Anglian) age 80; Keith Alderson (Cleveland Wheelers/North) age 83. VTTA 80th anniversary commemorative certificates have been forwarded to both riders.

Also missing from this feature was Gill Reynolds (Willesden CC/L&HC), racing at 74 with the 70+ women.

Well done to all; long may you continue to chase those times.

SUMMARY OF THE 2024 AGM AND WORKSHOP

Thirty-one delegates gathered in the pleasant environment of the Limes Hotel in Solihull for the 2024 AGM. This year the pre-AGM workshop included a short update on website changes by Jon Fairclough and a presentation on how we might implement automatic renewal for membership subscriptions by Mark Bradley. We then divided into three discussion groups with each group having the opportunity to debate in turn the three topics of Membership, Racing and Events, and Marketing and Publicity. The groups produced a number of stimulating and interesting ideas as summarised below. The aim was to capture ideas, not to necessarily agree or approve them! The NEC will digest the views expressed and come back to the National Forum with proposals for how ideas may be implemented.

1) Membership Workshop - Automatic Renewal

- a) When phrased as “Would YOU accept automatic renewal?” 100% of attendees said yes.
- b) Following an explanation of the features of automatic card payments (Continuous Payment Authority) versus direct debits, there was almost unanimous preference for direct debits as the method for providing members with an automatic renewal option.
- c) All agreed that automatic renewal should be the assumed default for all members, new and existing.
- d) Views were more mixed on which payments to the VTTA should be automatically renewed:
 - i) All agreed that membership is a minimum.
 - ii) Majority were happy to carry forward Standards payment year to year.
 - iii) Donations, lunches etc should not carry forward and should require member intervention if the payment is required.
- e) Members should be warned early enough before renewal to allow time for them to change their choices from the previous year on the website, i.e. they could choose not to auto renew, or choose not to include Standards if included the previous year (or add if not previously included).
- f) We would not take away any of the current payment methods for the foreseeable future, so anyone who did not want to automatically renew would still have those options.

2) Racing and Events Workshop - Road Bikes

- a) Road bikes can be handled either by running a single event and using the machine type information in the entry to differentiate between TT bikes and road bikes, or by running separate events for road bikes; the first method has a single event on the CTT site, the second, two; they are equivalent in practice.
- b) Results of events must indicate the machine type - TT bike, road bike, trike, hand-cycle.
- c) We should recognise road bikes in open events and national championships and season long competitions etc: e.g. 1st in open road bike, 1st female road bike, and give awards.
- d) We should not have age adjustments for road bikes (general consensus that this was a minefield!), i.e. we do not follow the trike precedent.

3) Racing and Events Workshop - Season Long Competitions

- a) The change to ranking on age adjusted average speed was seen as good – a much more meaningful measure.

- b) We should do nothing about 12 and 24 hour national championships and the BAR – as long as 12 hour events are run we should include them in our BAR competition.
- c) We should introduce a middle distance SLC: 10/25/50, in recognition that the longer events, 100 and 12, are declining in popularity.
- d) We should wait and see how the Zwift events go before considering championships with associated awards for virtual events.
- e) We should recognise road bikes in Season Long Competitions (see above).
- f) If we introduce the middle distance SLC, then some renaming is in order, as we would have two 3 distance events.
- g) Another option might be to include a 10 in all competitions.

4) Marketing and Publicity Workshop

- a) Make more of the VTTA as a 'national community' of time triallists.
- b) Are there organisations who might sponsor the VTTA e.g. if involved in health for older people?
- c) We should work with CTT to show AAT for all veterans in all results but ensure this links to appropriate publicity for the VTTA.
- d) Explain better how AAT can be used to promote and track a veteran rider's progress as well as how they are competing with other vets.
- e) Note that some vets still prefer to track their own progress using plusses – we keep both AAT and Plus targets on members' profiles at present.
- f) Publicise frequent updates to the status of the season long competitions during the year.
- g) Continue to promote Zwift TTs, use them to encourage new members, and to generate discussion on Facebook.
- h) Appoint a specific person, or sub group, on the NEC for communications/publicity.
- i) With regard to Facebook we should encourage all Groups with active Facebook pages to share more posts. For Groups without Facebook, encourage their members to follow the national Facebook page and to submit items to be posted on the national page.

5) Encouraging Non-member Vets to join the VTTA

This topic came up in both the Membership workshop and the Marketing workshop.

- a) Awareness of the VTTA publicity/membership flyer was low – it should be updated and redistributed to Groups. Make sure the publicity is attractive and concise (e.g. 'infographic' style).
- b) Encourage and enable Groups to place the flyer and/or other VTTA publicity at events e.g. Groups should try to get it included with Start Sheet/Result sheets wherever possible.
- c) It was suggested that CTT be engaged to arrange for all non-member vets to be emailed with appropriate information about the VTTA. (GDPR issues prevent email addresses being shared with us).
- d) The idea of a free first year's membership of the VTTA was also raised and had support. Free membership would provide an email copy of The Veteran but not include entry to standards. People who sign up for free membership could be asked to also tick a box for automatic renewal (assuming that goes ahead) and they would then pay for subsequent membership.

The Annual General Meeting

The meeting approved the Chairman’s Report and the accounts and ratified the increase in national subscriptions this year. The programme of national championships for 2024 was confirmed. Most motions this year were of an administrative nature. They included restricting changes of group by members to the period between 1st December and 28th February in order to avoid in season confusion over membership payments and qualification for group team competitions. The option to reset your standards baseline was clarified to mean that members could ask for a reset if they have not claimed at that distance in the previous three calendar years. There were also a number of changes to competition regulations to align them with the new CTT classification of ‘open’ and ‘female’. All motions were passed unanimously.

On NEC changes, Rachael Elliott is stepping down as National Secretary this year to focus on paracycling opportunities but will continue as an NEC member. Ian Greenstreet is stepping down as Awards Secretary but staying as Records Secretary. Following the AGM Joy Payne agreed to take on the role of Awards Secretary. There is a need for new administration/secretary roles to support the NEC and to cover the website administration (not the technical development). Groups were asked to consider possible volunteers.

Several delegates commented that we had had another positive meeting and that the workshops had generated a lot of interesting and helpful discussion.

Andrew Simpkins

NATIONAL MEMBERSHIP SECRETARY’S REPORT FEBRUARY 2024

During the 12 months, January - December 2023 224 New Members were processed. A further 33 have joined in January 2024, to bring our total number of members to 2321.

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

Comparison with the last four years is as follows:-

Honorary Life Membership

31 Members were 80 in 2023. Of these 16 were granted HLM status. This year, 52 members will be 80, with their various Groups being advised of this and asked to decide if they will be granted Honorary Life Membership or not. There are now 307 Honorary Life Members, Distinguished Life Members now number 11, Life Members number 31.

	2019	2020	2021	2022	2023
January	61	38	26	31	29
February	41	38	27	23	29
March	41	11	78	25	33
April	61	7	70	38	39
May	57	7	47	22	22
June	46	20	53	31	18
July	19	41	38	20	19
August	23	67	25	11	15
September	13	40	16	3	4
October	12	15	19	6	6
November	9	6	16	4	1
December	9	4	5	8	9
Totals	392	294	420	222	224

Merv. Player

WELCOME TO NEW MEMBERS WHO JOINED NOVEMBER/DECEMBER 2023 AND JANUARY 2024

East Anglian Group

Michael Killingsworth (Lincoln Wheelers), David Mills & Mark Thurlow (both Shaftesbury CC), Amy Sole (Full Moo), David Webster (#1 have no club), Anthony Whale (Blue Light Cycling Club), Alistair Smith (Chesterfield Coureurs), Geoff Stanbridge (Ferland Clarion CC), Philip Wharton (Coalville Wheelers)

Kent Group

Dave Richards (Abellio SFA), Stefan Stone (7Oaks Tri Club)

London & Home Counties Group

Chris Grimble (Bicester Millenium), Peter Lukes (Chevaliers), Stephen Taylor (Central London CTC), Francis Treanor (Amersham Road Cycling Club)

Manchester & North West Group

Charles Carraz (Seamons CC), Stephen Cartlidge (Lyme RC), Stuart Lloyd (Frodsham Wheelers), Bradley Murphy (Chorlton Velo), Chris Siepen (Seamons CC), Stephen Taylor (Manchester Triathlon Club)

Merseyside Group

Paul Skipper (Mersey Tri)

Midlands Group

Alan Busuttil (Belper Bicycle Club), Leon O'Regan (ABR Cycle Team)

North Group

Jørn Andersen (CK Elverum), Robert Boak (Tyneside Vagabonds), David Lavery (North Tyneside Riders), Lee Ridden (Reifen Racing), Paul Watson (Allan Valley Velo)

Scotland Group

Carl Fullerton (Donegal Bay CC), Daniel Long (Elgin Cycling Club), Hugh Wardrope (Arria Wheelers CC)

Surrey/Sussex Group

Ian Cheesman (Worthing Excelsior)

Wessex Group

Jonathan Chadwick (High Wycombe CC), Richard Garman (Fareham Wheelers CC), Chris Hopkinson (API/Anglia Sport), John Hyde (VC St Raphael), Gavin Lancaster (PDQ), Sue Smith (Swindon Wheelers), Henrik Steinbrecher (Tri Team Wessex)

West Group

Steven Buckley (PDQ)

Yorkshire Group

Rich Benson (Vector Racing), Samantha Bissell (City Road Club Hull), Nick Hanson (Seacroft Wheelers)

Note - This list includes a small number of rejoiners who have missed a few years but whose return we welcome

WOULD YOU LIKE TO CONTRIBUTE TO THE RUNNING OF OUR SPORT?

Could you, or a fellow member you know, make a positive contribution to the running and development of the VTTA? Our National Secretary, Rachael Elliott, stepped down at the AGM to enable her to concentrate on her paralympic ambitions this year. This gives the opportunity to reconfigure some of the roles on the NEC and to invite new members to join us. Joy Payne has already agreed to join as our new Awards Secretary with Ian Greenstreet looking after all our road and track records. There are two areas where we need help at present:

- *Organising our NEC meetings (held on Zoom) and the National AGM – preparing agendas, minutes and helping with follow-up actions and correspondence.*
- *Managing information on our website/Facebook page – posting news items, updating membership, officials and competition information, and responding to enquiries from officials and members. This is not a technical role (Jon Fairclough will continue as IT Manager) but will look after the user administration facilities on the website and our Facebook page.*

All members of the NEC are involved in formulating policy proposals and development plans and have the opportunity to share their own experience and ideas. We need people who are good team players and communicators. The time commitment is flexible.

If you, or someone you know, might be interested, then please contact the Chairman. Andrew would be happy to contact any suggested nominations! You can contact him on 07767 835004 or email him chairman@vttta.org.uk.

**DO YOU KNOW ANYONE WHO
COULD HELP THE VTTA?**



RACING IN 2024?

CHECK THESE PREPARATIONS BEFORE YOU START!

- Have you linked your VTTA and CTT accounts? This ensures that CTT race organisers and various results IT systems know that you are a member and most importantly allows the VTTA website to process your results for Standards and Competitions.
- Have you entered for Standards Awards for 2024? This gives you another goal for the season, allows you to track your improvements and gives you recognition through the awarding of plaques and medals.
- Have you ensured that you are entered for the various VTTA National Season Long Competitions, over distances varying from 10 miles to 12 hours? Many groups base their own local competitions upon these national results and you can monitor your progress as the list are continuously updated during the season.



EAST ANGLIAN

Andrew Grant

The March issue is generally short on racing news but is traditionally the one in which Groups report on their awards dinners and luncheons. Alas, in East Anglia at least, that tradition seems to have expired with the pandemic. A survey on the desirability of reviving the annual luncheon drew a minimal response and “tepid” was the best that could be said of the level of enthusiasm from those who did reply.

Sadly, this is in line with the deeply disappointing response last season when we attempted to unite award winners with their awards at a buffet lunch following a morning 25 where most of them were riding, but few stayed for the presentation. That was a surprise as well as a disappointment since the first experiment of the kind, the previous year, had been a success.

The relationship between riders, their racing and their awards appears to be increasingly transactional so

EA VTTA GROUP TROPHIES 2023

GROUP BAR (MEN)

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

- 1st Philip Jones (Peterborough CC) 25.360 mph AA
- 2nd Paul Looke (Shaftesbury CC) 24.708 mph AA
- No other qualifiers

GROUP BAR (WOMEN)

Freddie Frost Cup, awarded annually to the highest-placed female Group member in the National season-long BAR competition. Medals will be awarded to the three highest-placed females.
No qualifiers

GROUP THREE DISTANCE CHAMPIONSHIP (MEN)

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

- 1st Keith Dorling (Team Bottrill) 30.978 mph AA
- 2nd Darren Bennett (Ely & Dist. CC) 29.087 mph AA
- 3rd Simon Butteriss (Ely & Dist. CC) 28.370 mph AA

GROUP THREE DISTANCE CHAMPIONSHIP (WOMEN)

Syd Parkinson Cup, awarded annually to the highest-placed female Group member in the National season-long Three Distance Competition. Medals will be awarded to the three highest-placed females.
No qualifiers

GROUP SHORT DISTANCE CHAMPIONSHIP (MEN)

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

- 1st Keith Dorling (Team Bottrill) 33.213 mph AA
- 2nd Matthew Smith (Drag2zero) 32.693 mph AA
- 3rd Chris Dyason (Cambridge CC) 32.055 mph AA

GROUP SHORT DISTANCE CHAMPIONSHIP (WOMEN)

Group Short Distance Ladies’ Championship awarded annually to the highest-placed female Group member in the National season-long Short Distance Competition. Medals will be awarded to the three highest-placed females.

- 1st Denese Hurren (Sole Bay Cycle Sport) 32.010 mph AA
- 2nd Louise Robinson (Essex Rds CC) 31.855 mph AA
- 3rd Susan Triplow (CC Sudbury) 30.568 mph AA

GROUP 10 MILE POINTS COMPETITION (MEN)

The 10 Miles Time Trial Competition Shield awarded to the male Group member with the most points in the season-long 10 mile Time Trial Competition
Chris Dyason (Cambridge CC)

GROUP 10 MILE POINTS COMPETITION (WOMEN)

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

the committee has taken the hint and saved itself a good deal of work.

Group awards, for those who wish to receive them, will be available at the Group AGM at 11.00 am on Saturday 2nd March at Westley Waterless Village Hall, CB8 0RQ. Standards winners will know who they are, as will record breakers; the list of trophy winners is appended to this report. Next year, the terminology will reflect the CTT's and VTTA's policy on transgender athletes, that being one of the ratifications we need to make at the aforementioned AGM.

Ratifying our Group time trial programme is another and, sad to report, that will be one 25 lighter than the previous year, for want of an organiser. As that event would have been on the E2/25, which will be back in operation, its loss may be a cause for chagrin.

I don't see East Anglia being particularly affected by the latest CTT encyclical regarding 20mph zones, but

we may have our own problems with the F2 courses as major groundworks have already started in the vicinity of Caxton Gibbet in preparation for the linking of the A428 and the A421 at the Black Cat on the A1. The return of the E2 has come none too soon!

The other major news concerns an East Anglian Group member and has nothing to do with time trialling, but everything to do with recognising achievement.

We offer our warm congratulations to North Road CC member Chris Symonds, who has been awarded an MBE in the New Year Honours for services to Parliament where he serves as Senior Doorkeeper for the House of Commons.

Of course we all know him better for his inspirational work setting an example to younger Ghanaian cyclists by competing in the Worlds and Commonwealth Games TTs and perhaps we might humbly suggest

AWARDS FOR SPECIFIC EVENTS

(Note - both male and female awards made from 2021)

Charlie Clift Shield

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

Chris Dyason (Cambridge CC)	19:43 AAT
Susan Triplow (CC Sudbury)	20:04 AAT

Ron Fisher/Jack King Memorial Shield

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

Keith Dorling (Team Bottrill)	17:58 AAT
Susan Triplow (CC Sudbury)	19:14 AAT

Stourvale Shield

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

Jan Ertner (Cambridge CC)	1:02:02 AAT
Mary Twitchett (Cambridge CC)	55:57 AAT

H F Nevill 25m Cup

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

Chris Dyason (Cambridge CC)	48:03 AAT
Julia Freeman (Easterley RC)	51:10 AAT

Geri Lang Memorial Cup

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

Antony Brown (George Fox Cycling Solutions)	45:25 AAT
Louise Robinson (Essex Rds CC)	47:02 AAT

H F Nevill 30m Cup

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

Keith Dorling (Team Bottrill)	1:01:08 AAT
Sue Triplow (CC Sudbury)	1:06:48 AAT

Syd Parkinson Cup

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

Dave Green (CC Breckland)	1:38:13 AAT
Sue Chittock (Ipswich BC)	2:04:57 AAT

Bob Haworth Memorial Cup

Awarded annually to the fastest Group member on standard in the Group nominated 100 mile event.

Keith Dorling (Team Bottrill)	3:31:33 AAT
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H F Nevill 12hr Cup

Awarded annually to the Group member with the greatest mileage on standard in either E or B courses (No events in E or B so National Championship used.)

Chris Shaw (Fenland Clarion CC)	267.93 miles AAD
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No female qualifiers

Gordon Irons Memorial Cup

Awarded for outstanding services to the Group

Merv Player



that the Honours Committee bears that in mind when it's next considering CBEs and OBEs.

The picture is of Chris, in his everyday working attire, being presented with a VTTA gilet on the balcony of the House of Commons by VTTA President Tony Farrell, who, with his wife, had been invited by Chris to a personally guided tour of the Houses, including areas normally off limits to tourists.

EAST MIDLANDS

David Herd

The VTTA East Midlands AGM was held on 19th November at Granby Village Hall.

Our Secretary Russell Gent reported that the group successfully promoted four events - VTTA 10, Ivan Mahon 25, Bert Christian 25 and the VTTA National 50. With regards to the National 50 the weather was unkind and a number of riders suffered heat exhaustion, but thanks to paramedic Nick Cave who was able to provide assistance. We discussed and noted that having medical assistance at events is a CTT requirement. Russell gave the Group's thanks to the promoters of these events.

The Group events for 2024 are as follows:

VTTA 10 ; Saturday 20th April : A10/3 : David Yarham

Ivan Mahon 25 : Saturday 15th June : A25/34 : Russell Gent

Bert Christian 25 : Saturday 17th August : A25/34 : Rob Muzio

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

It should be noted that Saturday events on the A47 course cannot start before 3pm from 2024 season. It was also noted that all the events require help from members in catering, marshalling and assistance at the HQ, so please put the dates in the diary.

Russell paid tribute to the team of VTTA national officers that has taken national records forward by regularly updating the national records online so as to publish the up to date current records. He also expressed the general ability for the national committee to meet through Zoom which enables regional groups to give wider regional view points to the national committee.

Russell also gave thanks to Pat and Ron Hallam with help from Sue Bowler for organising the presentation lunch and our own Guest of Honour Richard Oakes who gave an insight into his exploits in recent world masters championships.

Our Treasurer Kath Smith presented her report; generally we stood up well to the down turn of entries since the pandemic with our expenditure generally lower than the previous year and making small profit.

It was a surprise to everyone that in the VTTA 80th year our Chairman Sue Bowler was able to present National Certificates at the AGM to two members of 80 years of age who had ridden an open event during 2023 season. Please see the photograph of Sue presenting the certificates to Graham Green and Ron Hallam, this was warmly supported by all those present.

Our Recorder Graham Green presented an excellent record of the 2023 results and trophies:

Group and National Age Records

Jen Clegg (Team Bottrill, age 69) stole the show with a fine number of national records.

10 Miles - 24:46 Group, 24:02 National

25 Miles - 1:02:08 National, 1:02:03 National,

1:01:27 National

50 Miles - 2:10:07 National

Richard Oakes (Team Ohten Aveas, age 54) followed last year's excellent results with two national records over the same distance and a very good time for his 25 mile group record.

10 Miles - 18:12 National, 18:08 National
25 Miles - 47:32 Group

Mike Twelves (Team Ohten Aveas, age 59) followed his team-mate Richard with a fine time for 10 miles.

10 miles - 19:36 Group

Kevin Wood (Sherwood CC, age 61) achieved a great result over the 50 mile distance.

50 Miles - 1:49:54 Group

Mick Stevens (Melton Olympic CC, age 73) set some very good times again this year.

15 Miles - 34:09 National
25 Miles - 56:04 Group

Ron Hallam (South Pennine RC) took the national record for 10 mile at age 92 and 93, after his early September birthday.

10 Miles - 33:10 at 92 National, 35:44 at 93 National



Ron Hallam and Graham Green were presented with 80+ racing achievement certificates

Competitions

Kevin Wood had an excellent set of results, topping the Group BAR table with a 52:35 (25 mile), 1:49:54 (50 mile) and a 4:03:57 (100 mile), giving him an age adjusted speed of 29:664mph and an actual speed of 26:806mph. Colin Parkinson (South Western RC) was second, Edward Tarrelli third and Jez Willows fourth.

In the Group Ladies BAR Jen Clegg topped the chart with 24:02 (10 mile), 1:01:27 (25 mile) and a 2:10:07 (50 mile), giving her an age adjusted speed of 32:08mph and an actual speed of 24.15mph. Second was Kathryn Smith (Sleaford Wheelers), third Pamela Moore (Coalville Wheelers) and fourth Sarah Soden (Leicester Forest CC).

Mick Stevens won the Senior BAR with a 22:29 (10 mile), 56:04 (25 mile) and 2:16:55 (50 mile), resulting in an age adjusted speed of 30:38mph and an actual speed of 25:11mph. David Smith (Sleaford Wheelers) was second but went faster in the 50 mile with 2:07:42.

The result of the Prestige Points competition is set out below:

Kevin Wood (Sherwood CC)	50
Mick Stevens (Melton Olympic CC)	43
Richard Oakes (Team Ohten Aveas)	39
Julian Ramsbottom (Team Bottrill)	38
Chris Ward (Spalding CC)	27

Trophies

Fred Smith 50: Kevin Wood - 2:02:24 actual,
+22:30, AAT 1:52:24

Hermes 100: Kevin Wood - 4:03:57 actual,
+64:20, AAT 3:40:25

Jack Watts 25: Julian Ramsbottom - 51:57 scratch

Bert Christian 25: Richard Oakes - 51:12,
+17:40, 48:20 actual

Joe Baines 30: Mike Twelves - 1:07:36 actual,
+17:02, AAT 1:02:28

What a fantastic effort the East Midlands Group riders have made, congratulations to all the record holders.

Other News

I now come to what is sad time for myself and something that I have not been looking forward to for some time now. I took on the Veteran Reporting Officer's job about 15 years ago, when the previous incumbent, John Perry, sadly fell ill and could no longer carry out the role. There was a long gap

between John finishing and myself starting. I actually volunteered to carry out the job, but sadly through ill health John was unable to help or advise me on any aspects of it and I had to learn about both the role itself and about the VTTA organisation. I informed the committee at last year's (2022) AGM that I would no longer be acting as Veteran Reporter from 2023. So as we are now, we have no one to take over and it really means that there will be no report from the East Midlands Group until another volunteer steps forward.

I would like to make a plea to anyone who is interested in becoming our Veteran Reporter to come forward, believe me when everything is in place and going right it is a very interesting and enjoyable job and like me you don't have to do it forever. I would be very pleased to show a new person the ropes and give to give support. How I wish that I could have called on someone to support me in this task, particularly when I started and, strangely, during the last few years. I will still have one more year to serve as VTTA East Midlands Group President and hopefully will continue to be an active member of the group for a good few more years. We are a strong group and punch well above our weight particularly in terms of running local and national events and I hope we can keep abreast of all the changes in front us.

KENT

Tim Carpenter

We are very sorry to report that we have lost three members recently, Morris (Mo) Jury, Richard Birtwhistle and Rita Dongworth. Obituaries may follow later.

Chris Bax is now home and progressing well after his major heart attack.

At the AGM John Hawkrigde was elected as President, and David Mackey has taken over as Treasurer during Chris's absence. We do still need a social secretary.

We had a very successful joint lunch with the Kent Cycling Association. 74 people sat down at the Weald of Kent Golf Club on Saturday 27 January 2024. It was my first social event for about ten years, and it was great to meet up with so many people. Paul Mepham made his return to the cycling fold, after a year out. He said that you can only lie in on so many Sundays until you need to start getting up at 5am and go out into the cold to sit by the side of the road with

a watch. My own suspicion is that Kath enjoyed the peace of a Sunday morning.

It was nice to be able to celebrate with many of the Group trophy winners. Dave Greenwood, Mark Hill, Mark Vowells, Colin Inett (who doesn't look 83), Simon Henderson, Tom Richardson, Alan Thurston and Chris Parker. The Sacred Post trophy, which is awarded to the person the committee feel has done the most for



Colin Innett receiving the Wilf Howe Cup for BOS 65+ in Kent's 15 championship

the Group was awarded to Carole Gandy. Not just for 2023 but in recognition of her long-time involvement with the vets.

2024 Points Competition

Just to remind everyone of the new Kent Group Points Competitions for the 2024 racing season. There will be five separate categories, with competitions for men (*This should probably now read "open category" - Ed*) and women as well as road and TT bikes with an overall team competition.

Points will be awarded in these competitions on Age Adjusted Time (AAT) in all SEDC open and semi-open promotions. 3 points will be awarded to the fastest Group member on AAT, 2 for second and 1 for third.

There will be a couple of exceptions: where a Tricycle Association promotion is incorporated within another



Carole Gandy received The Sacred Post Trophy, for services to the Group, from Kent President John Hawkridge

event, e.g. by the Kent Group, the two events will be combined for the purpose of allocating points; Stand-alone Tricycle Association events will not count towards these competitions; and hill climbs, tandem events, team time trials and Grand Prix de Gentlemen events are all excluded. Trike results will count toward the Bike Competitions.

I will provide regular updates in the various magazines as well on the VTTA web site, so you will all know how you are doing – you won't need to claim.

LONDON & HOME COUNTIES

John Hoskins

The L&HC Group enjoyed an excellent Prize-Giving Luncheon at our now traditional venue, the Aldenham Golf & Country Club, at the end of January this year. Attendance numbers were slightly up on last year, now into the mid-forties, which is a just reward for the work put into this event by organiser Simon Bowler. The Group treats this event as a thank you to all of those members and friends that enable us to put on our racing program – five events in 2023, with six events (including a VTTA Championship) in 2024. In addition to that we wish to congratulate all of our prize winners, both in our promoted events and in our various season

long Championships. In addition, this year, as most of you will know, there was no Prize Presentation at the national AGM, with the Groups being given the opportunity to present national awards to our own members at our own lunch.

So we thought that we should have someone important enough to present these awards to all those receiving them and could think of no-one more suitable than the current CTT Ladies BAR, Kate Allan of Team Bottrill. Kate gave a short resume of her stellar racing career and gracefully accepted questions from the floor about training and racing whilst bringing up young children, and motivation being some of the subjects touched on.

Leading the notable award winners was Linda Dewhurst (Ride Revolution). Linda not only won numerous awards within the London & Home Counties Group, but was the VTTA National Champion at 10 miles, 15 miles, 25 miles and the Short Distance Competition outright winner. The L&HC is also now welcoming Linda onto our committee for 2024, joining the other National Champion on our committee, Rachael Elliott (Newbury Velo) – half of the tandem pair (with Ian Greenstreet) that won both the 15m and 50m National Tandem titles. Outstanding winners from the group awards were Michael O'Keeffe (London Dynamo) whose achievements included fastest 25 on both time and AAT as well as the best 50m on AAT, and David Glossy (Elysium Kalas RT) who by achieving fastest 50, best 100 (AAT) and fastest 100, together with his brilliant twelve, was the runner up in the BAR for the group. Jeff Roberts of the High Wycombe beat David for the BAR title with AAT awards at 10m, 15m and 100m. Congratulations to all of the championship and award winners, may you long continue to compete successfully.

There were of course members present who weren't prize-winners. Notable amongst them were Jim and Dot Burgin. There is no way that the Group can ever repay the huge amount of work Jim undertook for the Group over many, many years. His contribution to time trialling in the area over many decades will never be surpassed and it is always good to see him at our lunch. Like many of our current committee, Jim equally contributed to the organisation of the CTT during his time as chairman of the L&HC. Also present at the lunch was Martyn Roach (Hounslow & District Wheelers), who was our chief guest last year of course, accompanied by his team mate Jeff Marshall.

Their racing record in the late sixties and seventies remains unsurpassed even fifty years later. We were also pleased to welcome our new Honorary Life Member (and new auditor) Bernard Lamb, who received his HLM certificate from the Group President Jim Burgin.

For a brief period, the lunch was taken over by Cycling Time Trials. We had as guests of one of the committee, Maggie Smith, and her husband Phil at the



L&HC award winners (L to R): Myles Davidson, David Glossy, Linda Dewhurst, Kate Allan, Rachael Elliott, Ian Greenstreet, Jeff Roberts, Richard Oakes, Steph Cousins, Gill Reynolds and Ros Young

lunch, and CTT took the opportunity to make the presentation of the CTT Gold Badge of Honour to Maggie for her work as CTT London West Treasurer and her many, many years serving as a timekeeper – including in many L&HC events. The presentation was made by current CTT Board member David Barry, accompanied by ex-CTT Chair Sheila Hardy.

The success of the lunch was mainly down to the organiser, Simon Bowler, with help on the trophies and presentations from Joy Payne, and this was made clear in a short speech by the chairman of the group, Peter Tasker. The presentations made at the event, together with the large number of medals and plaques distributed over the next week or so by Joy Payne meant that for the first time for a few years we were totally up to date with awards, following the major task Joy took on to clear the backlog of medals that existed prior to her taking over as recorder. As for the lunch, we hope that we can continue to use this wonderful venue for this event; many present felt this was the

best lunch for many years with excellent food, excellent service and excellent speeches and presentations. Those who weren't there missed out on something special – so make a note to go next year!

With the lunch done and dusted, we now look forward to our event program for 2024. The spotlight will no doubt be on the group's promotion of the VTTA National Championship 15 on the H15/3, with Rachael Elliott at the helm. The event is on Sunday 18th August and of course we will need volunteers to come forward to ensure the success of this important National Championship. Contact Rachael on rachael.elliott@gmail.com. The season starts (for the group) with the first of two promotions on the F11 ten course. Both of the events (Sunday May 5th and Sunday July 14th) are in the hands of our recorder Joy Payne, who, incidentally, has also taken over Maggie Smith's job for CTT London West as District Treasurer. Joy will also need the help of numerous members to make the events happen – and don't forget that we offer financial inducements to thank the marshals along with tickets for the annual lunch. Those two events will probably enjoy full fields, and with preference given to VTTA members, you may be glad you're still a member! Our full program also includes two mid-week tens on the A4 based course west of Newbury (H10/3r) and will conclude with the Rocco 25 on the H25/2, where we hope we won't have a repeat of last year's cancellation due to roadworks.

There are several L&HC VTTA members who for racing purposes have nominated London & Home Counties as their first claim club. As a group we can enter the national competitions as a club, but, in order to do this, individual members have to tick the competition boxes in their profile as follows: Login to the VTTA website; From the drop down menu under your name (top right), choose 'My Profile'; Select 'Competitions'; Tick the 3 competitions (3 Distance, Short Distance and Best All Rounder). It doesn't matter if you do not ride all the distances for a particular competition or whether you are a fast or a slower rider as it is a team effort and WE NEED YOU. Group awards are automatic, but it would be really good to pick up an occasional national team award when applicable.



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MANCHESTER & NORTH WEST

Ken Workman

Welcome to the new season, I hope it will be a good one for you. When you read this it's possibly too late to enter, but our first J course events are the M&DTTA '10s' on 23rd March, the first in their Cheshire Points Series. I noticed this is a full three weeks later than last season's opener.

The names of some hardy souls will be on the start sheet, while others prefer their duvets at least until April. About April, Google states, "It is a wonderful month filled with love, happiness and various fools." However, in terms of the possible benefit to be derived later in the season, maybe those 'fools' are those who won't have already heard a timekeeper intoning those magic words; "5 - 4 - 3 - 2 - 1 - Go".

We were sorry to recently hear that our Group Honorary Life Member, Mavis Morris, the widow of former RTTC Chairman, Graham Morris, sadly passed away aged 90. We hope to include a tribute to her in a future edition.

Some may be sad, others not so, to read that I retired from the position of M&NW Group editor at our Group AGM. Therefore this is my last newsletter as Barrie Whittaker has obligingly stepped up to take over. Unlike me, Barrie is an active competitor so I expect he'll be conversing regularly with many group riders at events throughout 2024. He'll be interested to hear of whatever high spots you might celebrate in the coming season, or possibly even the low spots your friends and club-mates can sympathize with. Whatever the situation may be, please keep Barrie advised - feel free to email him on: jandbwhit1@outlook.com

I commented previously that Barrie Whittaker also volunteered to take on the new role of Group Events Co-ordinator, his duties will include trying to ensure that:

- Every Group event has a representative from our Committee present.
- The event organiser identifies VTTA members and agrees awards for them based on AAT.
- The start sheet includes a flyer, advising age-qualified non-members of VTTA's benefits, plus details on how to join.
- A short report on each event is published.

- Results are provided to our Group Recorder.

The final J course events of 2023 were the M&DTTA Christmas '10s' held on Sunday 19th December. Once again Dave Fearon was the organiser, ably assisted by his wife Caroline, but this time they moved the HQ from Goostrey to Allostock village hall. A much more sensible plan when the course passes the door.

The day eventually proved to be fine and sunny, but sadly the rain persisted until the later riders passed the chequered flag. The poor conditions meant that more riders failed to start than those who actually did. In the 'Open' section, Crewe Clarion Wheelers' Alan Chell was 1:13 behind the winner for third place with 24:48; Mick Hutchins (Congleton CC), followed up with 24:58 to earn himself fourth place. The 29:11 of Chris Wilcox (Stone Wh.) took him into tenth place while Alan Shuttleworth (Weaver Valley CC), took to two wheels to record 34:51 for 12th place.

I couldn't stay to see any prizes presented, but at the least every one of those who competed certainly deserved the chocolate Santa that Derek Hodgins used to hand out as a feature of previous events.

The only (and thus victorious) tandem entry was that of Liz and Jon Batt (Buxton CC), with 27:01. Weaver Valley CC's Lloyd Smith isn't yet old enough to join our ranks and was almost three minutes slower than the fastest rider attired in fancy dress. However, Mavis Ross was sufficiently impressed with his outfit to award him the discretionary winner's prize.

For those contemplating doing Standards attempts, please note our Group fee(s) remain unchanged; £15 to cover any number of attempts at any or all distances on a single machine.* The fee(s) must be paid before any Standard attempts are made. Please also ensure you link your CTT and VTTA memberships. 27 members have registered for Standards for this coming season, a good number so early in the year.

* My personal comment, I assume this means either on two wheels or three. So it shouldn't perturb those fortunate enough to own more than one machine of each sort. I also assume you don't pay extra if you occasionally ride time trials on a 'road' bike or 'road' trike.

Along with most groups, M&NW have increased subscriptions to £20 for singles and £25 for couples. These were due on 1st January, so if you haven't yet renewed, now would be a good time.

Our Group's social event of the year; the Prize Presentation Luncheon was due to be held again at Middlewich Masonic Hall where another bargain price three course feed was provided. Any absentees surely missed out big style, with plenty of tasty food available.

As Ian Peacock celebrates the 'dubious achievement' of returning to the prize table at our Luncheon as the last placed Group rider in the BAR competition, he earned himself our Lamp Trophy in the process. Ian has kindly agreed that I can relate how, at our major social function several years ago he received that same trophy. With great humour Ian regaled his audience with an obviously well researched discourse comparing the Lamp Trophy's history with that of the more famous 'Lanterne Rouge' which is awarded to the last placed rider in the Tour de France.

Ian commented that back in the early and much more informal days of Le Tour, the race's lesser lights who finished possibly some hours down on the stage winner were mainly amateurs who were then obliged to seek their own lodgings. As the professional teams had booked many of the hotel rooms in town, and this being France, often the only available beds were those in establishments which, shall we say, were houses of ill-repute. The traditional red light outside these premises signified the type of business transacted within, thus a red light came to be associated with those riders occupying the lowliest places in the race.

I later related Ian's words to a mature, yet still feisty lady of my acquaintance; her reaction was to wonder if those riders still had sufficient 'oomph' to avail themselves of the primary services provided there!

Having acquired several prizes of rear lights in my own mediocre TT career, I have laboured under the misapprehension that 'Lantern Rouge' referred to the red lights shown on the rear of a truck or train. So, Chapeau Ian, thanks to you we now know the truth.

M&NW Events 2024

Readers may recall I often urge members to volunteer to help with running events. So listed below are those promoted by M&NW this season:

6th April, 10 miles, M&DTTA and M&NW Group; organiser David Clayton.

13th June, 10 miles, Buxton CC/Sett Valley Cycles and M&NW Group; organiser Matt Ivings.

29th June, 15 miles, VTTA M&NW Group; Robbie Harcourt must be specially thanked for stepping up to act as organiser.

13th July, 25 miles, Seamons CC and M&NW Group; organiser Charles Carraz.

29th July, 50 miles, Congleton CC and M&NW Group; organiser Ben Norbury.

Please give some serious thought to offering your help - preferably in advance. Events cannot be run without an adequate number of people, especially out on the road, or even at the HQ. Many readers will have had cause to thank marshals and other helpers during their own racing careers! There's sufficient time to offer assistance for the first event.

Our attractive 'VTTA' gilets are popular with M&NW members. They come in a range of sizes and are available at £35.00 each. Please contact Tony Farrell to obtain yours before they sell out.

As I've been unable to ride for some years, and like most of us I have ended up with a collection of bikes and equipment, I was happy to donate some items to Cyclists Fighting Cancer, who refurbish them to sell on to generate profits for the charity. My local shop is in Chorlton, Manchester (Tel: 0161 881 0765), but they also have shops in Stratford-upon-Avon and Cheltenham. Please look in your garages and sheds for anything serviceable you no longer need and donate it. Rest assured it will go to a very worthy cause.

My final words must be to wish all Vets (and indeed, all cyclists) a safe and happy future on the roads. May the sun shine for you and the wind be always at your back.

MERSEYSIDE

Brigid Night

We had a fantastic Presentation Lunch on 14th January. We were honoured to have Tony Farrell, National VTTA President, presenting not just our trophies and cups but also the National VTTA Prizes which many group members had won. 55 members of our group attended these celebrations.

2023 was a successful season for the majority of our Group with thirty-three of our members awarded prizes for their Standards. These included Alan Broadbent and Barry Murphy achieving seven Standards. Six standards were achieved by Ben Love, Jonathon



Susan Wilde was clearly delighted to receive the Hilda Dover Cup from Tony Farrell

Mills-Keeling, Jarod Garrington, Mark Liptrot, Martin Sturge and David Williams. Chris Lawson achieved four standards. Chris Bowers, Chris Riley and John Westhead achieved three standards. Linda Beckett, Janet Fairclough, James Griffiths, Paul Grindley, Paul Lomax, James Meldrum, Keith Neild, Helen Tudor, Matthew Welsh and Arthur Winstanley all achieved two standards. Nine achieved one standard and they were Tim Beardmore, Harry Cowley, Rob Garbett, Robert Griffiths, Wesley Lyanda, David Newton, Brigid Night, Graham Williams and Brian Woods.

Merseyside Group is fortunate in having a large number of trophies; their winners were all listed in the December Veteran. Most of the silverware winners were present to collect them and to bask in some glory, including Dave Williams who topped the list with a haul of ten trophies after his outstanding season, so it's, "Da iawn David Williams!" (For those of us not familiar with the Welsh language this translates into French as "Bravo David Williams!" - Ed)

Some distance behind Dave, with a mere five trophies, was Deb Hutson-Lumb. The remaining 13 trophies were distributed more evenly amongst ten members.

A very well done to all the prize winners but particularly to the six members of the Merseyside group who entered the BAR competition for winning the National Group BAR Shield. It is a massive achievement and the first time that our Group has ever won this prestigious award. Very many congratulations go to Ian Casson, Arthur Winstanley, Alan Broadbent, Barry Murphy, Geraint Catherall and Dave Williams. Also of note is the winner of our Most Meritorious Cup which this year was awarded to Helen Tudor for her performance in the National 100, Helen had also won a National Silver medal for this superb performance. A special mention too for Susan Wilde, Frodsham Wheelers, for winning her first ever cup, the Hilda Dover Cup, for the Best Lady on Standard.

Our Group Trophy Events for 2024 begin on 30th March, with the Liverpool Braveheart 10, where the Ron Yates Trophy for the Best on AAT and the Leo Madden Trophy for the fastest will be decided. On 14th



Geraint Catherall, Dave Williams, Arthur Winstanley, Ian Casson, Alan Broadbent and Barry Murphy (L to R). Winners of the National Group BAR Shield; this is the first time this has been won by Merseyside Group.

April, at the Mid Shropshire Wheelers 25 three cups are up for grabs, the Walvale Trophy for Best on AAT, the Brooke Cup for the fastest and the Ted Fitzpatrick Shield for the rider nearest to +0.02. A month later, at the West Cheshire 30 on 19th May, the John Clucas Memorial Trophy will be won by the Best on AAT and the George Hayes Trophy will be awarded for the fastest time. On 2nd June, at the Chester Road Clubs 25, the Colin Rutter Cup will be won by the rider with the Best on AAT and the WJ Smith Rose Bowl will be won by the rider with the fastest time. At the Port Sunlight Wheelers 10 on 29th June, the Oscar Dover Sheild will be won by the rider with the Best on AAT and the Hilda Dover Cup will be won by the Best Lady on AAT and the Derek Ireland Cup will be won by the fastest. The final Trophy event of the season will be on 8th September when our Group has the honour of organising the VTTA National 25 Championship. If you are riding in this then you have a chance to win Joe Brooke Trophy, for the Best on AAT and the Gomersal Cup for the fastest. If you're not competing in this event, it would be good if you can keep the date free, so you are available to help with marshalling. There is some doubt about the course to be used because of impending long term roadworks at Cruddington.

At the end of this season there will be two positions vacant on the Merseyside Group's Committee. If you are interested in becoming the Merseyside Group Treasurer or Chair please contact Phil Guy on grandadguy@gmail.com

MIDLANDS

Alastair Semple

An Hour Record at 90+? A TT Champion of a Different Kind

Aged 89 Walter Fowler (Stourbridge CC) has recently been crowned World Masters Individual Pursuit Champion at Manchester Velodrome. This is his third title in this event, and he has held 5 more world titles, which includes Masters TT champion on the track.

This I believe now makes Walter Britain's oldest world champion. I have heard that next year when Walter turns 90 he has set his sights on breaking the hour record in the over 90's category, beating the current distance of 34.4 kilometres, set by American Carl Groves (and collecting some VTTA age records along



Walter Fowler - challenging for a World Hour Record

the way - Editor). Good luck Walter from everyone in the Midlands VTTA we know you will beat it.

The 2023 Autumn Racing Series

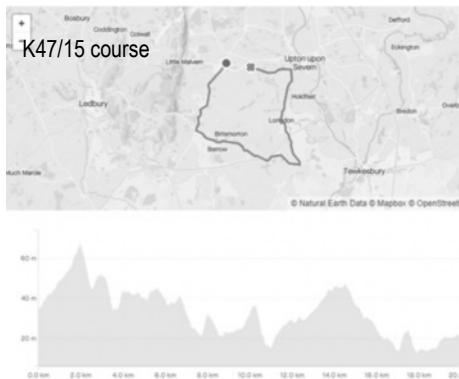
The 2023 racing season was extended once again by Steve Jenks promoting his winter Zwift race series, with riders competing on two flat loops around London. The best four results counted with the overall winner being VTTA Chairman Andrew Simpkins (Team Echelon) who finished in 87:00. Second on the podium was Mark Wise (Team Enable MI Racing McCann) with a time of 88:32 and third place went to Susan Semple (Legato Racing Team) who finished with a time of 89:52. I would like to thank Steve Jenks who initiated this race series a couple of seasons ago; it has been a positive influence on our winter training/racing. It is fabulous to see we now are part of a national event under the VTTA banner, and who said there were never enough opportunities to race!

The 2024 Racing Season

The 2024 opens will soon be with us and this year I would like to promote two of the most beautiful, if a little challenging, events.

On the 6th April the VTTA will do battle with riders from the BMCR. The K47/15 is a rolling course at the foot of the Malvern Hills, with the competition being decided by the fastest 8 riders on AAT from the VTTA and BMCR teams. It is a fabulous course, good road surface and there is no better way to find your racing legs at the start of the season. So please come and join your VTTA members when we take on the mighty BMCR team. There is a 3-up TTT running too. <https://www.cyclingtimetrials.org.uk/race-details/26820> for the solo event and

<https://www.cyclingtimetrials.org.uk/race-details/26821> for the 3-up.



What better way to start off your season, build your stamina and measure your leg strength before the longer events begin in May onwards.

Mick Ives – Obituary

Mick will have been known to many as more of a road racer and CX rider but on his way to winning 81 British championship titles and eight world masters cycling titles he also became a world champion in the time trial.

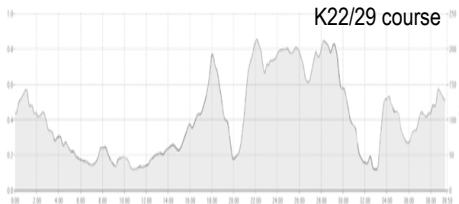
He is the only British male athlete to represent Great Britain internationally in the road, track, time trial, mountain biking and cyclo-cross disciplines and to win national titles in a single season for road, time trial, mountain biking and cyclo-cross.



Little Mountain Time Trial - 21st April

Two weeks later is the famous Little Mountain Time Trial, Beacon RCC's flagship time trial, which is part of the CTT Classic Series and includes several veteran competitions. It's a sporting course of 39 miles featuring the climb of Stanford Bank, the rolling Bromyard Downs and the testing Ankerdine ascent.

The Little Mountain Time Trial typically attracts a wide field, featuring everyone from novice club riders to fully fledged TT specialists, against a backdrop of some of the finest countryside in the UK. <https://www.cyclingtimetrials.org.uk/race-details/26902>



Mick's cycling career spanned four decades and included managing and racing for British teams. On the road: Viscount Cycles, Peugeot Cycles, Ever Ready. For mountain biking: Ridgeback, Scott UK, Saracen Bikes, plus the 1990 British National Mountain Bike Team at the inaugural UCI World Mountain Bike Championship in Durango, Colorado.

Mick knew how to blend his experienced training methods with a light-hearted and motivational persona that brought out the best in countless professional and amateur cyclists alike. Throughout his whole life Mick loved to help people get into cycling and was a classic club cyclist himself. In the late '90s, alongside running his own bike shop, he formed his MI Racing Team - a club who feature strongly in many of Midlands and National VTTA events and competitions.

The Beacon Mountain Time Trial was first run in 1948 when the group of young cyclists who had formed the club in 1946 hatched the notion of creating a seriously testing time trial. Past winners include Ray Booty, Beryl Burton and Stuart Dangerfield, who dominated the event for over a decade. Last year's fastest male and female riders were John Archibald (TT) HUUB WattShop and Celia Brown (RB) Beacon Roads CC.

Mick was not just riding but still competitive and often unmatched in his age category well into his 70s, taking

his 85th national title in 2016. In 2005 he also became the first pensioner to complete the Tour de France route solo, finishing the 3,600km route a day ahead of the pro peloton and raising £20,000 for charity in the process. Then when he was 78, he took on the 3,400 km route of the Giro D'Italia, again raising thousands of pounds for charity.

Even from his hospice bed, Mick penned a letter to British Cycling that secured national championship titles and jerseys for the 70+ age category in mountain biking and cyclo-cross.

Here is a quote from an article I found where Mick was asked how it all started, "At 16 I got a bike as I needed transport to get to work and tech college. In October 1956 I won my first race, the Warwick CC hill climb on Edge Hill, then two years later I broke the course record with 2 mins 47 secs and it has never been beaten", and so the legend was born.

Mick died peacefully in the early hours on Thursday 18th January in Coventry.

NORTH

Gavin Russell

Pam Clayton (Cleveland Wheelers CC)

Commencing the report, it is with sadness to report the passing of Pam Clayton. Wife of the late Bert Clayton to whom she was married for over 50 years and who she survived by one year, Pam was a founder member of the Cleveland Wheelers CC and raced very successfully for many years. She also, in her role as group social secretary, organized the group luncheon for a great number of years. The funeral, held at the Middlesbrough Crematorium, was attended by an ever-decreasing small band of older cyclists.

Group Recognition

From reading the last "Veteran" it was reported that the North Group was one of three groups from across the association that actually increased their membership, with the group being identified as top for recruiting new members. Thanks must go out to the organizers and volunteers across the group for their continued support and efforts in promoting the association to achieve this outcome. In addition, the group also appears to be the one that is actually increasing its number of events in support of the VTTA. Organized in co-operation with clubs from across Teesside and the North-East, 22 events are

earmarked in 2024 to be included in the group competitions this season.

Annual Luncheon

On Sunday 7th January, 48 members and guests were welcomed at the group's annual luncheon and prize presentation. Our regular venue, Hardwick Hall Hotel provided us with a tasty and plentiful hot buffet, an excellent function room and attentive service. It is pleasing to report, with newer members and guests, including more prize winners, joining the regulars, there was a slight increase in numbers, for the second year running.

Our Guest of Honour was our local fast man and winner of the CTT British BAR in 2022, as well as numerous VTTA awards, Marcel Schubert of Darlington CC. Marcel, who was accompanied by his wife and daughter, assisted our group recorder, Phil Wright, in presenting the group competition silverware, together with the individual standard medal awards. All the award winners having been mentioned in the December 2023 issue of The Veteran.

Following the VTTA presentations, Marcel, then assisted group secretary and Teesside CTT district secretary, Gavin Russell, in presenting a number of Teesside district awards, which had been won by group members.

The afternoon concluded with the customary raffle, with prizes generously donated by attendees, group members and also from group funds. The luncheon generated a small profit of £62, which will be used to offset the cost of engraving the medals and trophies. Feedback from attendees confirmed the afternoon had been an enjoyable occasion.

Our luncheon organiser and social secretary, Ruth Crossley is already in the process of planning ahead for our award presentation in 2025. We are looking to move the event back a week to Sunday 12th January 2025. Watch this space in future issues of The Veteran for more information.

2024 Group Competitions

The group recorder, Phil Wright has kindly provided an explanation as to how the points are calculated in the group competition: Introduced in 2023 and running again in 2024, the North Group VTTA have a points competition based on all VTTA time trials in our group area. There are three categories and they are: Age Adjusted Time (Standard), Actual Time and Handicap



*Cycling couple Burt and Pam Clayton,
both now passed away*

Time. Trophies and medals are awarded to 1st, 2nd and 3rd respectively. All North Group members who qualify are awarded points. As an example, if there are 24 qualifiers in the race, each person will be awarded points from 1 to 24 points, with the winner gaining 24 points, and the 24th qualifier receiving 1 point. This is done for each race (22 races for 2024 season), although not all races will feature a handicap competition. Clearly the entrants who partake in most competitions will have a better chance of collecting points. The competition category winner will be the person with the most points.

2024 Event Participation Initiatives

The 2024 season will have commenced when you read this, with some of the first events held in hopefully warmer and drier weather than experiencing at the time of writing. In the continuing initiative to try and increase participation (and hopefully gain new group members), in liaison with the district committees, there is a gradual moving away from dual carriageway courses and the adoption of single carriageway roads. New courses introduced in recent years, have seen a

slight increase in entries from riders who no longer wish to ride on what they perceive as more dangerous courses. In addition, group events, being open to all ages, have a road bike category incorporated into them.

2024 Croft Closed Circuit 10 Mile Time Trial Series

The group members continue to support the Croft 10 mile Time Trial Series, now in its seventh year. Held on the Croft Motor Racing Circuit in North Yorkshire, this is a series of five 10 mile time trials. open to all ages from 6 to 90+. They are based on the "Come & Try It" club type event principle. All are Wednesday evenings, with signing-on starting at 5.15pm, with riders starting at 30 second intervals, commencing at 6.30pm.

Dates agreed for 2024 are: 17th April, 22nd May, 19th June, 10th July & 14th August.

From the previous series, we have been able to introduce a number of participants to time trials and competitive cycling, including VTTA membership.

2024 Group Open Event Calendar

The confirmed open VTTA (North Group) event calendar has been published on the Cycling Time Trials website and is included in the 2024 CTT and VTTA handbooks. Please note that an additional 10 mile time trial, Sunday 7th July, has been included by Cleveland Coureurs/VTTA North, after the CTT handbook was sent to print.

Also note that the North Group, for the fourth year, are organizing the VTTA Closed Circuit Northern Championship on the Croft Circuit. This is run in conjunction with the existing time trial series. Entry for this open event is only via the CTT web entry system. As this closed circuit is an approved measured 10 mile course, with it being flat, it is an ideal opportunity to achieve or improve on your 10 mile standard.

The group's nominated events that feature in the various season long competitions have been expanded from the 5 events in 2022 to 15 in 2023 and now 22 in 2024. This increase in numbers includes for the events at all distances up to 100 miles, north of Teesside in the Durham/Tyneside area..

A copy of all the 2024 Competitions conditions together with all the trophies available to win in 2024 is available in the North Group handbook. If you require further information regarding the awards to be

won, please do not hesitate to contact the group secretary (details below) or group recorder, Phil Wright.

Plea for Help

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

Communication

The group is currently setting up a North Group Facebook page, which should have gone live by the time you read this. All members will have received an email advising them of the details how to access it.

Further Information

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

NORTH LANCASHIRE & LAKES

Richard Taylor

Prize Presentation

A happy new year to all our group members; the fireworks had hardly finished before the Group Luncheon was upon us. As always John Leach did a fine job in organising a splendid venue and meal, and even the numbers were up on 12 months ago.

The prizes were handed out by our Guest of Honour, National President Tony Farrell, following an informative speech and an interactive question and answer session with our Group Chairman.

The major prizewinners were mostly from the Springfield Financial Team. Apart from being team winners, they mopped up most of the other awards as well.

Debbie Moss claimed the Ladies BAR and 10 mile Championship, was runner up in the Group Championship along with 3 age records. She was also 5th in the National Short Distance Best All Rounder.

Matt Stell not only arrived after several hours in the saddle in his Springfield livery, but met up with wife Mary and daughter Jess to make it a truly family occasion. They weren't disappointed as Matt lifted the iconic Karrimor Saddle as winner of the 100 Mile Championship, an event organised by the North Lancs TTA, of which Matt is Chairman. He was also 5th in the GC and a member of the successful team.

Andy Whiteside, a successful Crufts competitor also, showed he wasn't completely going to the dogs with the retaining of the 12 hour Ken Priestley trophy. He claimed 10th spot in the National BAR, 3rd in our GC and was part of the winning team.

Also from Springfield, Paul Russell won the 100 miles Crowther trophy, and Theresa Taylor was second in the National BAR and set 2 new age records. Other winners were:-

Sue Cheetham (North Lancs RC)
2nd Ladies BAR and 10 mile

Rachael Maxwell (Border City Whs)
5 standards over 15, 25,30, 50 and 100 miles

Richard Tyson (Rock to Roll CC)
3 standards at 10, 15 and 25 miles

Brian Moore (TA NW)
3 trike standards and 2 age records



The Springfield Financial RT team of Matt Stell, Andy Whiteside and Debbie Moss

John Leach (Rossendale RC), Bill Maxwell (Border City Whs) and Richard Belk (Kent Valley RC) all received BAR certificates.

Matt Stell thanked everyone on behalf of the prizewinners, and the 'do' wound down to a few senior members raising a glass to the continuance of the traditional club dinner.

2024 Group Championship Qualifying Events

Sunday 21st April	Southport CC 15	D33/15
Sunday 28th April	VTTA NL&L 25	L2524
Saturday 18th May	West Pennine RC 10	L1015
Saturday 15th June	VTTA NL&L 50	L5012
Sunday 23rd June	Kent Valley RC 25	L2524
Sunday 30th June	VC Cumbria 25	L2511
Sunday 14th July	NLTTA 100	L10010
Tuesday 13th August	VTTA NL&L 10	L1023
Sunday 18th August	Wigan Whs 30	L308
Sunday 15th Sept.	NLTTA 50	L5012

Due to the Lakesman Triathlon 2024 taking place on the Sunday, using the same roads, the VTTA 50 has been brought forward one day to Saturday 15th June.

Dave Hargreaves (North Lancs RC)

Sadly, Dave passed away on 22nd January after a short illness. He was 77 years old.

Dave had a very successful time in the VTTA; he was 3 Distance National Best All Rounder in 2019 and 2020 and a member of the group winning team on several occasions. He was crowned 100 miles Champion in 2016 and still holds the following national age records: 30 miles in 1:04:39 aged 72, 50 miles in 1:52:24 aged 73 and 100 miles in 4:03:52 aged 74.

Probably his finest ever ride was his 2019 ride at 100 miles, where at the age of 73 he recorded 3:58:46, also still a national record and the only rider over the age of 70 ever to beat 4 hours for 100 miles.

Dave was also successful on local roads winning several Championships over the years, and he still holds age records over 25, 30, 50 and 100 miles on L courses with 57:26, 1:12:52, 1:59:48 and 4:12:11 respectively, all timed in his seventies.

Our thoughts are with his family and friends.

NORTH MIDLANDS

Chris Lea

Firstly, a big thank you to Ala and Andy Whitehead for organising the North Midlands' Annual Luncheon and Prize Presentation, which was held on Sunday 18th February at the Holiday Inn, Rotherham.

Trophies were presented to our winners from 2023, including new competitions over 10 and 25 miles. With congratulations to the major award winners listed below.

In 2023 standards were achieved at 10 miles by David Hayward (Matlock CC), Sarah Harrison and Daryl May (Sheffrec CC); at 15 miles by Andy Whitehead; at 25 miles by Tracy Gregory (Buxton CC), Sarah and David; and also, at 50 miles by Sarah.

Group age records were set by Tom Thornely: two records at 12 hours just three weeks apart! Aged 41, Tom rode 294.41 miles in the National Championships in August and 303.37 miles in the Welsh Championships in September, placing second in both those events. Mike Allen (Team Enable – MI Racing - McCann) set a 10 mile record (23:23) age 76, and Yvonne Twelvetree (Sheffield Tri Club) did likewise at 10 miles (30:02) age 73.

Special awards were made to members of the North Midlands Group who competed in hill climbs in 2023 – in recognition of their toughness! To Simon Warren (Norwood Paragon CC), Yvonne Twelvetree, Nick Latimer (Team Lifting Gear Products), Martin Bullen (Peterborough CC), Trevor Mayne (Birdwell Whs), Sarah Harrison, Tracy Gregory, and Andy Newham (Lincoln Whs) who raced up Monsal Head on his trike!

Nationally, a silver medal was awarded by the VTTA for Tom Thornely's second place in the 12 hour Championship, and a bronze medal for Steve Gibson's (Peak RC) third place in the Men's 10 Championship.

Certificates from the VTTA were awarded for placings in Season Long National Competitions: Andy Whitehead, Andy Thomas, Chris Lea, Daryl May, David Hayward, Martin Bullen, Martin Nelson (Out of the Saddle CC), Mat Iving, Miles Haslam (Buxton CC), Tom Thornley and Tracy Gregory.

Finally, Nick Latimer was fastest vet on scratch in the CTT Classic Series.

A reminder that the North Midlands have agreed to instigate further new competitions for 2024: for road

VTTA NORTH MIDLANDS GROUP AWARDS	Rider	Club	Age	Result
Brian Beardsley Memorial Cup 12 hour, Best on Age Adjusted Distance	Tom Thornely	FTP Race Team	41	304.63 miles
Unity Cup, 100 Best on Age Adjusted Time	Tom Thornely	FTP Race Team	40	03:36:43 AAT
Sid Sharman Cup 50, Best on Age Adjusted Time	Tom Thornely	FTP Race Team	40	01:41:17 AAT
John and Eileen Reaney Trophy BAR (10, 25), Best on Age Adjusted Average Speed – Open	Andy Thomas	Lindsey Roads CC	54	31.428 AA mph
Barbara and Gordon Scott Trophy BAR (10, 25), Best on Age Adjusted Average Speed – Female	Sarah Harrison	Trek Sheffield	49	29.181 AA mph
Meersbrook Trophy Short Distance BAR (10, 25 50), Best on Age Adjusted Av. Speed	Mat Iving	Buxton CC	50	29.037 AA mph
Colin Bell Cup Middle Distance BAR (10, 25, 50, 100), Best on Age Adj. Av. Speed	Tom Thornely	FTP Race Team	40	28.081 AA mph
Ethel Scothern Cup BAR (25, 50, 100, 12), Best on Age Adjusted Average Speed	Tom Thornely	FTP Race Team	40/41	27.542 AA mph
Susie Denham Cup Ladies BAR (10, 25, 50), Best on Age Adjusted Average Speed	Sarah Harrison	Trek Sheffield	49	28.725 AA mph
Watson Trophy Tandem 10, Best on Age Adjusted Time	Ala & Andy Whitehead	Rockingham CC	49/57	00:23:53 AAT
Sheffield Central Cup Ladies Best on Age Adjusted Time in Group 10	Yvonne Twelvetree	Sheffield Tri Club	73	00:23:19 AAT
Cleethorpes Shield Best on Age Adjusted Time in Group 10	Andy Thomas	Lindsey Roads CC	54	00:20:08 AAT
Ron Blythe Trophy Fastest Over-70 Age Adjusted Time in Group 10	Ben Hamilton	Rutland CC	77	00:22:56 AAT

bikes and for hill climbs. Please send us your thoughts on how we should structure these competitions.

Happy, safe, and fast cycling in the 2024 season.

SCOTLAND

James Skinner

Our annual prize giving took place in McQs at Bannockburn, when 65 members, friends and family attended. Everyone had a good meal and caught up with auld acquaintances. The prize giving saw the 24 prize winners who were in attendance receive standard medals, standard plaques, historic trophies, age records, and national championship awards. George McLaughlan took home a Distinguished Life Member award for his many years of service to the SVTTA. Our thanks go out to guest of honour, former professional rider, long time sponsor and supporter of cycling, Billy Bilisland. Billy stated that he previously presented the prizes for the SVTTA 50 years ago, but he could not commit to attending again in another 50 years time!

The winners list is impressive as usual but the outstanding performance of the season was from Douglas Watson (GTR Return to Life) who took home the following trophies:

John M Thayne BAR Shield (BOS for 25, 50 and 100 miles), Ben Smith BAR Shield (actual fastest 25, 50 and 100 miles), Archie Speed Trophy (BOS for 10, 25 and 50 miles), Jim Harris Short Distance Trophy (highest aggregate over 2 x 10s and 2x 25s), Speed Family Trophy for the SVTTA 15 mile championship, Pinky Williams Trophy for the SVTTA 30 mile championship, Harry Roberts Trophy for the SVTTA 50 mile championship, Reilly Trophy for the SVTTA 100 mile championship, and three VTTA National Championship medals.

Our other champions were Lorna Breetzke (Vanelli Project GO Race Team) who won the Ken Anderson under-50s BAR, Lorna also won the Jackie Potter Shield for the fastest team on standard with teammate Andrew Gallacher.



Doug Watson receiving his 2023 awards from the legendary Billy Bilstrand

Robert Brown (EH Star CC) won the John Cramb Trophy for the 25 mile handicap and most improved from the previous year.

Jim Cusick (Dooleys RT) won the Jim and Betty Train Trophy for the 10 mile championship.

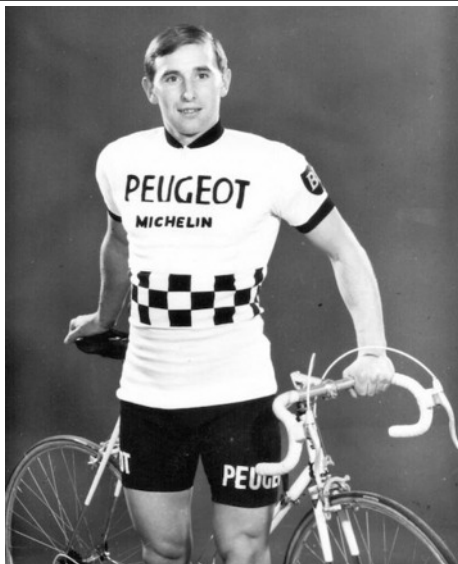
Angus Wilson (Dundee Thistle) won both the Jim Sharpe 100 Mile Handicap Trophy and the Boomerang 2-up Trophy.

Derek McMillan (St Christophers CC) won the Bill Lennon Trophy for the greatest plus in the Tour De Trossachs.

Andrew Bruce (Vanelli Project GO Race Team) won the Jackie Connor Road Race Championship Trophy.

The Tom McGuinness Most Meritorious Award went to Christina MacKenzie (Stirling Bike Club) who wasn't at the prize giving due to her participation reported below.

Christina had teamed up with 24 hour champion Robbie Mitchell for the Strathpuffer 24 Hour MTB race. A 24 hour off-road race in the midst of a Scottish Highlands winter, with 17 hours of darkness, is not for the faint hearted. Of the 297 finishers they won the



Billy Bilstrand circa 1970

mixed pairs event, were 3rd pair overall and 15th of teams of 2, 4 or 8. Not surprisingly this event is billed as one of the toughest MTB races in the world.

Royal Albert Cycling Club held their annual prize giving in the China Cuisine restaurant in Carluke on Sunday 28th January, organised by John Campbell. The event saw George Skinner take away the Super Veteran, Veteran, and club champion for the second year running.

The Fife Cycling Association held their prize giving on Friday 2nd February at the Golf Inn in Ladybank, with Angus Wilson and David MacNeil of Team Andrew Allan Architecture taking home most of the silverware.

Condolences are continuing to pour in for Willie McLuskie of the Glasgow Ivy Cycling Club who passed away in early February. The funeral will be long past by the time you are able to read this, but those in the know and able to attend it was on Tuesday 20th Feb at the Hurler Crematorium, Glasgow Road, Barrhead G53 7TH.

If readers have any information, news, or gossip, please get in touch with me at jamesmskinner@hotmail.com

SOUTH WALES

Chris Gibbard

So we are on the eve of another season. It only feels like yesterday that I was glad to see the back of 2023 and was looking forward to taking my foot off the gas for a few months. Now we're only a few weeks from the first events of the year and I'm thankful that I'm feeling a few signs of form after a tough training block in January. Every year it feels more difficult to shift those post Christmas kilograms and I have to resign myself to being a couple of pounds heavier than the year before. As long as I can fit into my skinsuit I'll be happy!

In January I was pleased to be invited to the CTT awards lunch. It is a chance to chat to some people I'd only seen on start sheets, put names to faces and to listen to Michael Broadwith and Christina Mackenzie tell the inspirational stories from their End-to-End records. It was also good to see myself and Anthony Jones representing South Wales picking up second and third in the BBAR in what was an all VTTA podium topped by Andy Critchlow in first place. Seeing how strong Andy and Tony have ridden into their 50s gives me confidence that even at 42 I can continue to improve.

As I write this we are only a week away from the start of the season in South Wales and as usual there is a full program of championships to fight for. As well as the WCA championships there are also the group titles which are as follows:

- 10 miles Ross-on-Wye Sat 20th July
- 25 miles Virtual CC Sun 11th August
- 50 miles Cardiff 100 miles RCC Sat 11th May
- 100 miles WCA Sun 30th June
- 12hrs WCA Sun 1st Sept

Good luck to all those racing and I'll see you at the 50 on 11th May!

WESSEX

Mary Corbett and Mike Boyce

A Most Unusual Age Record!

It's not every day that a snow-woman and a chap in his pyjamas set a new National Vets Age Record.

Malcolm Cox (VC St Raphael) became partner number 78 in The Tandem Tart Challenge and despite his



dressing gown flapping away, powered Mary Corbett (Sotonia CC) to a National Vets Age 122 Record (subject to ratification) of 25:44 on 'Bonnie Bagheera', the tandem trike. In keeping with the tradition of 'dressing up' for the New Forest CC Boxing Day 10, they chose the wonderful children's animated film 'The Snowman' as their theme, which kept them warm on a chilly morning. Quite unexpectedly, they were fastest tandem on the day and also won the best fancy dress award.

(Surprisingly CTT regulations do not prohibit dressing up as a snowman/woman so long as the outfit does not contain padding to alter the rider's shape - Editor.)

The Awards Presentation

The Wessex group held their annual award presentation in February at the Empress of Blanding public house in the New Forest. It was a small gathering of members their family and friends.

We started the event with a presentation to our retiring chairman of 10/12 years. David Collard-Berry. Matt Doe, our social secretary, presented David with a very nice bottle of vintage claret; unfortunately David didn't

open it during the buffet so we cannot comment of the quality... After many years service David has decided to step down to concentrate more on his many other responsibilities.

Last year saw the 80th anniversary of the VTTA. Wessex group members Dave England (Crabwood CC) and Sid Hygate (Fareham Whs), our over 80's members still actively competing, were presented with their VTTA Certificates of Achievement. Dave also holds the 80 year 10 mile group age record while Sid holds the 85 year record for the 12 hour, no mean feat at any age. Norman Harvey our other member awarded was unable to attend on this occasion

Claire Newman and Mike Boyce hosted the presentation of trophies, plaques and medals, with the main hauls going to...a3crg and VC St Raphael.

Claire Emons of ...a3crg won the Wessex Ladies BAR Trophy as well as winning the short distance team award along with Kirsty McSeveney and Howard Bayley. Not content with that Claire also came third in the Wessex group 25 mile championship and was part of the winning team with Sarah Mathews and Neil Mackley. Claire was also presented with her National medals for second placing in the VTTA Women's 3 distance competition, VTTA Women's short distance competition, VTTA Women's National 50 and VTTA Women's National 15 mile. Finally, Claire also has women's group records for 15, 50, and 100 miles - phew that was a long presentation...!

Sarah Mathews of ...a3crg collected her standard medals for 10 and 25 miles and her silver medal for second place in the group 25 mile champs. She was also part of the championship winning team and has Wessex Group age records at 10 and 25 miles.

Rachel Waite (formerly North Hants RC, Andover Whs) continued her good form from last season and collected her plaque for beating four distance standards over 10, 15, 25, and 50 miles. Rachel collected her National certificates for 3 distance, short distance BAR and Wessex Women's BAR.

Christian Geldard (North Hants Road Club) swept the board on distance standards, by way of an unprecedented achievement in beating his standard times on every distance, including 12 and 24 hours. Christian also won the Wessex Group BAR trophy and came second at the VTTA National 24. We were all wondering what Christian has for breakfast!

Gary Tuskin (Poole Whs) picked up his plaque for beating his standard times for 10, 25 and 50 miles.

Thank you to Lewis Lawton (Swindon RC) who made the journey down to collect standard medals for 10 and 15 miles.

Chris Summers (Sotonia CC) won the Ray Price Trophy for competing over 70. Chris has overcome many challenges and entered and rode 18 events last season, a worthy winner. Chris also collected his national short distance BAR certificate.

Winning members unable to attend:

Committee member Andy Rivett (VC St Raphael) won the group 50 mile championship with a time of 1:48:13 (+30:56), Andy was also part of the winning team along with club members William Sawyer and Stuart Thompson; he also beat his standard time for 25 and 100 mile distances.

Mary Corbett (Sotonia CC) and Steve Brown won first tandem in the Wessex group 10 mile championship. Mary also beat her distance standards for 10,15,25,50,100 miles along with her regular tandem partner Norman Harvey, Norman also beat his 12 hour standard time.

Neil Mackley (...a3crg) had an excellent season, winning the group 25 mile and 15 mile championships and winning the team award with club mates Claire and Sarah. Neil also won the Ray Price trophy for the biggest 50 mile plus +36:07, the Wessex group short distance competition 3:46:58, Wessex short BAR and finally the Harry Keats Memorial Cup best plus with a +20:07. Neil also has national and Wessex age 59 records for 10 mile, then had a birthday and repeated the 10 record at 60 as well as adding the 15 and 25 miles. Neil was fifth in the national short distance BAR and first in the Wessex short distance BAR.

Ian Patterson (Utag RT) and Nigel Pratt (VC St Raphael) were joint winners of the Wessex group 10 mile championship with +4:13. Finally, Martin Balk (3C Cycling) won the Chalky White Lantern Rouge Trophy.

SURREY/SUSSEX

Andy Critchlow (with very late changes made by the editor)

The Surrey and Sussex Group celebrated their award winners on Feb 4 at a lunch held at the Normandy Centre in Horsham. Special guest, Tony Farrell made the long journey from the North West to attend the

event and hand out a special prize to the group chairman Keith Wilkinson. Unfortunately due to ill health, Keith was unable to attend on the day but he was represented by his wife Judy and his son Tim.

Keith was bestowed the Bricknell Award for outstanding services to the VTTA; he has been a stalwart of the VTTA in Surrey and Sussex down the years. Already a recipient of the Distinguished Life Membership award, Keith has performed many committee roles over the 30 years of his membership, including Treasurer of the group and most recently Chairman and press secretary. In addition to these responsibilities, Keith has been an active member of the London South District CTT committee for over a decade and had served as chairman.

A lifelong cyclist, at times Keith single-handedly ensured the Surrey/Sussex group remained a going concern, constantly filling in to cover vacant roles, such as social secretary and recorder, or organizing the group throughout the difficult period of Covid. Surrey/Sussex Group for many years depended upon his knowledge of the history of the group, its processes and the VTTA rules and regulations.

A keen racer himself, Keith was a previous winner of the group's BAR competition and regularly achieved his time standards, but he would often put running of the group and its events ahead of his own ambitions on the bike. He continued to play a central role in all regional VTTA activities including organizing the group 25 despite suffering in recent years from very poor health. Speaking at the lunch, Tony Farrell said: "This is a guy I have known about for a long, long time and I have never heard one negative comment about him. He has been in cycling a long, long time and I am going to say that without Keith standing in at certain times this group (Surrey/Sussex) would possibly not exist now."

Very sadly it must now be reported that Keith passed away on 20th February, following his long battle with cancer. The funeral will be held at Surrey and Sussex Crematorium, Balcombe Road, Crawley, RH10 3NQ on Tuesday 12th March at 10 am, followed by the 'wake' at Smallfield Church Hall, Smallfield. We know that many of his cycling friends will want to give him a respectful farewell.

Keith embodied the spirit of the VTTA and the group was delighted to see him honoured as a recipient of the prestigious Bricknell Award.

WEST

Brian Griffiths

I am more than pleased to say that I am back in business and riding on my bike after five weeks in hospital, with a kidney stone almost as big as a golf ball, so many thanks to Paul Winchcombe for sending in an excellent WestVet report at short notice on my behalf.

A lot has gone under the bridge whilst I have been battling with my medical problems but I have been kept well informed with news about the group's performances and also with some of the interesting things that have been discussed nationally.

Using data from the VTTA website Rob Hutchinson tells me that West Group members have ridden 651 open time trials. He tells me that 55% of them were on local courses in the West and South West districts whilst 29% were on nearby South Wales and London West courses. Our busiest rider rode 37 events, covering 819 miles, whilst eight other members completed 20 or more events. It is interesting to note that we have five over eighty year olds competing and a further seven who are over seventy, so it looks as though we could do with some more younger members turning out at the weekends. How does this compare with other groups with about 135 members?

We would all like to congratulate Kim Barfoot-Brace on winning the CTT National 12 hour Championship with a dazzling 263.13 miles. What a truly amazing performance.

At the AGM, despite a decline in membership to 135, our treasurer said we could retain subscriptions at £20-00 for the year ahead, although it is almost certain to go up in the very near future. The committee remain unchanged as far as I am aware.. Don't forget to get your subscription paid to our treasurer if you want to continue to receive your magazine.

It may come as no surprise that nominations for the most meritorious racing performance were overwhelmingly in favour of Brian Lewis for his magnificent performance in the UCI Gran Fondo Time Trial World Championships.

Our annual prize presentation this year will be on Saturday 27th April and as usual will be at Goss Croft Hall at Upper Seagry SN15 5HD. We are holding our ten mile time trial for the Harry Marsh Cup prior to the presentation. The hall will be open from 13.00 hours. Directly after the time trial you can enjoy a chat in the

hall, which will be followed by an excellent tea, then after a suitable interval the prize presentation will take place. Our secretary Gordon Scott would very much appreciate names and numbers prior to the event so we are well prepared to cope with food requirements. This in particular applies to competitors..

It will be interesting to see how running events that separate specific time trial bikes from road bikes in the coming season. It interests me to see how we will define exactly what is a road bike because to me there are some decidedly grey areas. For instance will road bikes be allowed tri-bars? *(The answer to that and other road bike related questions is cunningly hidden on the CTT website - Editor)*

Our WestVet editor has just completed his fifth year and I think everyone will agree that he does an excellent job so that we can all appreciate a variety of good articles and some excellent colour pictures. A lot depends on members contributing suitable material. We all have stories to tell so why not get your pen out on these cold winter nights and send him your experiences.

George Keene (Bristol South CC)

West members were saddened to hear of the recent death of George Keene. We knew he had medical problems but he always seemed to cope well and without complaint.



George was born in London in May 1932 and came to Bristol with his family about eight years later. He started cycling when he was sixteen and has raced ever since or at least into his mid-eighties. He rode time trials, track, road races and lots of cyclo-cross and was above average in most of these pursuits.

George was a long term member of Bristol South CC and often rode successfully as a member of the club team in their distinctive red and yellow vests. As a club member he introduced many youngsters to the sport, especially his children and grandchildren.

He has three sons and was particularly proud when son Dave won the World Tricycle Championship.

He spent a lot of his life working at Bristol University, all to do with his keen interest in photography.

George was a popular character wherever he rode and this was evidenced by the number that attended his funeral from far and wide! George will be much missed in cycling circles around the West for some time.

YORKSHIRE

Chris Goode

"Crook Man Steals Gold In Yorkshire" could have been the Northern Echo headline after Russ Richardson (Zurbaran Racing) won the VTTA National 25 Championship, which our group organised last April. After winning that championship he went home proudly wearing his champion's jersey and it is now framed and on display there. He made the short journey from Crook, Co Durham, accompanied by his wife to be Guest of Honour at our Annual Lunch at the Bridge Inn, Walshford, recently, when he received his VTTA national champion's gold medal from National Editor Mike Penrice, and he presented awards to our members.

Fifty-four members and guests assembled on the last Sunday in January, thanks to the swift and outstanding organisation of Mike Williams. Other notables present were John Watson (RTTC 100 champion in 1967, 12 hour champion in 1969 and 1970, BBAR in 1970), Barry Breedon (RTTC 25 champion in 1964 and 1965, 50 champion in 1965), Margaret Allen (RTTC 25 champion in 1988, 50 champion in 1988 and 1990, 100 champion in 1989 and 1991, BBAR in 1987 and 1988) and Graham Barker (VTTA 24 hour champion in 2004-2007 and 2010).

Betty Philipson was also in attendance and was inundated with congratulations following the announcement of her of the British Empire Medal for services to cycling and the community of East Yorkshire in the most recent New Year Honours. Betty, the doyenne of City Road Club (Hull), has been a stalwart of Yorkshire racing for over sixty years. When I started racing in the mid-1980s Betty was a regular time-keeper and she remains as devoted to the sport as ever. She is now looking forward to the formal presentation of her Medal from the Lord Lieutenant of East Yorkshire and to attendance at a Buckingham Palace Garden Party. Her BEM is totally deserved and a credit to her club and family. It was great to see her and son Mark at the lunch, alongside the many familiar faces. Congratulations Betty.

In his speech to welcome the guests, members and partners Chairman Chris Goode firstly remembered those members who had passed away since the previous dinner: Bob Tate, Arthur Thackray, Barry Jones and John Lancaster. He then thanked the committee for their hard work, especially Karen Taylor and Sue Mc Farlane (Secretary and Treasurer respectively). Tony Stott ensured that the trophies were engraved and presented to the award winners; these were listed in the December Veteran. Betty Philipson and Russ Richardson gave out the trophies. Congratulations to all the prize winners and a big thank

you to our recorder, Jymmy Trevor, for his detailed summary of the season's results.

Mike Penrice has brought Greystone Small (our Group Age Records Secretary) up to speed regarding the Yorkshire veterans' time trial age records. An update of the latest information has been sent to the National IT Manager to be loaded onto the website. Consequently, we are awaiting a re-issue and review of the records to ensure that they are correct and ready to publish. Naturally, we will ask members to check their own personal bests and provide Greystone with result sheets. Good progress is being made and many thanks to Mike and Greystone for their hard work. Some records which remain current have been uncovered from the last century!

The 2024 season will begin for many of us on 2nd March, with the Icebreaker on the V212, just south of Boroughbridge. The organiser is Jymmy Trevor and last year's event was a great success with over one hundred entries. The number of categories on offer is better than you will find at the Paris Olympics. You can choose from tricycle, tandem, Two-up, steel framed or a fixed wheel bike or solo entry on a modern state of the art carbon TT bike.

One of the highlights in Yorkshire racing this year will be the Yorkshire 12 Hour, incorporating the VTTA National Championship, on a course to the east of York on 9th June. The headquarters is at Melbourne Cricket Club, with the 8 miles finishing circuit the same as last year; however the main circuit will now be one of 26.5 miles, as previously used most recently in 2019 for the VTTA National 50 when 1:45:09 was actual fastest. The most predominant landscape feature of the course is that there aren't any - it is all virtually flat! Steve and Sandra Burrows and their team will be asking for volunteers so please offer your help by getting in touch with them by email at burrowssmithycottage@gmail.com.

The Yorkshire group is putting on a double header, near Thirsk, on the last weekend in June. Andrew Vaughan, our new racing secretary is putting on a 10 mile TT on the V210 on the Saturday evening and Jymmy has a fast 25 mile TT, turning at Knayton on the V232, on the Sunday morning. We hope that you will enter and make this weekend one to remember.

We look forward to seeing you in the first half of the season. Keep those wheels turning.



Hard working Chris Goode, Group Chairman, was surprised to receive the Linley Trophy for services to the group from Russ Richardson



THE VTTA VIRTUAL WINTER TEN LEAGUE

By Steve Jenks (Joint organiser with Mark Bradley)

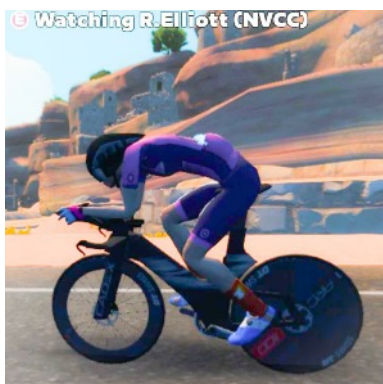
Following the success of the VTTA National Zwift 10 last May, Mark Bradley and I set up the 10 Mile Zwift TT League, starting early January. There were a few issues such as what course to use, whether to vary the course (tricky to analyse when doing league positions) and what day and time to have the events. Once all of that was resolved we opened for entries.

There have been six events so far, with really gratifying attendance – you never know what the uptake will be with something like this. Each event had an average of 142 riders signed up and around 60 VTTA members finishing. All groups except one have had representatives with East Anglian having the most with eighteen riders. In total 120 different VTTA members have competed, 48 of which have completed the four events necessary to feature in final league positions.

Fastest overall on real time is national committee member Rachael Elliott (London & Home Counties) with a stonking 20:38, with fastest male being Kev Fowler (West) with 20.53. Fastest overall on age adjusted time is also Rachael Elliott with an amazing 17:47, chased by Judy Brown (East Anglian) on 18:09. Fastest male on age adjusted time is Kev Fowler on 19:11, then Hugh Davies (South Wales) on 19:35 and Andrew Simpkins (Midlands) on 19:57; Andrew may be national chairman but he's no sofa slouch. In the overall league standings (aggregate of best four results) leading is Judy Brown (East Anglian) on 1:15:13, closely chased by Kev Fowler on 1:17:17 and Hugh Davies on 1:18:40. Liz Ball (Scotland) on 1:18:58 rounds off the riders under 1 hour 21 minutes.

As I write there are two more events for members to have a go at, to see how they can fit in to their training schedule and keep contact with other club members over the off season – you can keep up with how the league progresses on the main VTTA Facebook page [here](#).

Watch out for a VTTA Virtual BAR during the summer months, consisting of a 25 mile, 50 mile and 100 mile TT. The organisation of these events is in its infancy so any comments people might like to make on the main VTTA Facebook page about best days of the week, courses etc will be most welcome.



ANDY CRITCHLOW REVEALS ALL

Andy Critchlow of Surrey/Sussex Group became the first VTTA member ever to achieve a clean sweep of winning all three of our season long competitions (BAR, 3 Distance Competition and the Short Distance Competition); in all of these he finished as fastest man both on age adjusted speed and on actual speed (and he was fastest overall on age adjusted in all except the Short Distance). He set two age 49 national age records and also became the oldest ever winner of the prestigious CTT BBAR Championship. Perhaps even more significantly he became a world champion in the UCI World Championship Gran Fondo Time Trial in the very competitive 45-49 age group.

All of this was an incredible season and Andy has now kindly agreed to share some of his experiences and a few secrets of his success.



Andy Critchlow receiving the magnificent BBAR trophy at the recent CTT presentation from End-to-End record holder Christina Mackenzie

Q1. Let's start at the beginning. How long have you been riding competitively and in what disciplines?

I've been racing bikes since I was 16 on and off. I started in late 1989, a friend of mine called Richard Hedges who was a very good road racer, lived in the same village in County Durham and he got me into it. We would ride everywhere together and he got me doing Ferryhill Wheelers' club 10s near Sedgfield. Since then I've raced pretty much every discipline possible in the sport - I've raced on the road at international level, I've raced mountain bike and I have raced on the track and was British Universities pursuit and points race champion in the 90s. I've raced gravel and did Unbound XL in Kansas a few years ago. I love it all really and like to have a go at everything. But I think I have always been best at time trialling. In some ways I wish I had just focused on this instead of trying to do everything.

Q2. When did you take up time trialling seriously and begin achieving an ever higher level of performance?

My coach and mentor when I was 16 was Andy Cosgrove and he got me to focus more on time trialling, but even then he used to say it was an "old man's" sport! I did a 52 minute 25 mile time in probably my second ever race, which was on the old Catterick course on the same day that Pete Longbottom broke the comp record that had been held by Alf Engers for ages. I also won both time trial stages of the ESCA international stage race that year, beating Chris Newton, who would become my nemesis. The following year I went faster and came second in both the junior national 10 and

25 mile championships, which I remember really annoyed me but these results helped to get me noticed and I got a place on the GB junior squad. The following year I podiumed for GB in the TT stage of the Basse Goulaine international stage race in France and I was in the junior team that beat Germany by a second in the TTT stage of another international stage race alongside Jez Hunt and Roger Hammond. But later that year I packed in and joined the Army and the rest as they say is history!

Q3. Did you have any specific goals for 2023 and how did you set out to achieve them?

My main goal was to qualify and win the ITT at the UCI masters world champs in Glasgow. I didn't really set any goals outside this but I quickly realised that I had decent form. I did a short 49 on the Bentley course in April beating James Boyman and at the HQ he told me I should start to focus solely on TT for the rest of the year and maybe go for one of the national championships. Then a few weeks later I did another 49, this time on the Steyning course, and beat Michael Hutchinson's course record which had stood for ages. But I only really started to think the BBAR could be possible after the ECCA 50 in May. I won it in 1.35:36, which was a new course record on Cambourne. This is why I entered the national 100 champs, which I hadn't planned to do because it was on the day after I was due to get home from a week long holiday surfing in Biarritz. I hurt my neck surfing and didn't have a great ride and came sixth in a 3:37. After that I kind of forgot about any hopes for the BBAR and just focused on the UCI Masters Worlds, which I won. Then I saw that none of the BBAR contenders had done faster 50s and they were running out of opportunities so I decided to go all in and entered the Welsh 12-hour champs at the beginning of September. I only had a few weeks to train for the distance. I rode from Reigate to Stonehenge and back, which took me about 11 hours. That was my preparation basically. I knew that I had to beat Chris Gibbard in the 12 hour but to be honest I didn't really think about it too much and just raced as hard as I could. I had no idea where I was by the finish because I had blown my doors off. Luckily, I did just enough riding a bit over 298 miles to win the BBAR. To be honest I thought my days of being able to realistically win a national title were long gone so to finish the season with 12 open CTT wins and sweep the VTTA BAR competitions was a dream.



On his way to victory on the closed roads of the World Masters TT at Dundee 2023

Q4. Other than the achievements listed in the above introduction are there any other cycling achievements of which you are particularly proud?

I am just proud to be still racing a bike in my 50th year on this planet. Most guys I see at my age let themselves go and are almost resigned to getting old before their time. I have come to realise you have to do more, not less, the older you get. I fell into that trap 20 years ago and ended up fat and pretty unhappy with high cholesterol and no mates. That's why I got back on the bike and started

racing again. It has taken 8 years of very hard graft to get back to the level I want to compete at but that's what it takes and I love the process of getting fit. There have been plenty of downs along with the ups but I love the challenge and I am proud of knowing all the people I do in the sport, some going all the way back to when I first started when I was 16.

Q5. How do you train and do you use a coach?

I am coached by Jez Hunt. He was a top pro in the 90s and 2000s and we were GB junior team mates. He is old school and gets my mentality. He has given me the self-belief to win, which I always lacked. For me the psychology is the most important thing about a coach. Jez knows what to say to me before a big race and I have bought into his philosophy. He says you have to train as hard and fast as you need to race if you want to win. If you can't do the speed, or distance and watts you need to win in training then don't suddenly expect it to happen when you pin a number on your back on race day because it won't. I go better off long slow distance training instead of intervals, which is hard because I also work quite long hours and my job can be quite stressful. Anyone who follows me on Strava will see that I am often out at 5am training and sometimes even earlier to get in the miles before heading into the office in the City of London. My wife Geraldine has also played a massive role. Without her support and encouragement I would be lost.

Q6. What sacrifices have you had to make to perform so well?

Where do I begin? I have to burn the candle at both ends. I rarely get more than 6 hours sleep because I have to get up sometimes as early as 4:30am to get the miles in. If for whatever reason that doesn't happen then I have to train late at night after work, which completely ruins my schedule and equilibrium. This winter has been especially hard because the weather has been miserable. Going out for 3 hours on the bike in the rain when it's dark at 5am in the morning takes a special kind of masochism. On the positive side training early means I don't have to worry about it for the rest of the day and it is burning into my time instead of anyone else's.

Q7. What is your favourite race and/or course and why?

The Porthole Grand Prix TT course around Windermere. I came a close second to Gethin Butler there in 1999 and we both were the only riders on that day to dip under the hour. It is such a shame the race no longer exists as the course was brilliant, including the aptly named Devil's Staircase climb. My other favourite course is the Four Dales in North Yorkshire, which includes some tough climbs. This is a bit of a cheat because when I won there it was the Bell's Store Four Dales road race. Now I believe Cleveland Wheelers use it for a TTT course.

Q8. Noting that you have signed for Team Ohten Aveas for 2024, what are your targets or ambitions (or do you prefer to keep things to yourself until achieved)?

I am really excited to be joining the team in 2024 and it is one of the main reasons I didn't hang up my wheels at the end of last season. Richard Oakes invited me to try out for the Team Pursuit squad, with a view to targeting the Master's Worlds in Roubaix this year. I haven't raced on the velodrome since the late 90s and even then I never competed in the team pursuit, which is a very technical discipline. The team have been great bringing me and showing me the ropes. So I am very grateful to be getting the opportunity to try something new and it has certainly taken me out of my comfort zone. Aside from competing on the track with Ohten Aveas I would like to go and defend my world champion ITT jersey in Aalberg and do a sub 46 minute 25 mile TT.

However, I also want to say a big thanks to Paceline RT for all their support in 2023. I have so many friends in the club who helped me achieve what I did in the season, especially Paul Burton.

Q9. What do you do in winter - feet up, gym, Zwift or out stacking the miles in?

Winter training is all about cramming in the miles in horrible weather. I also have been in the gym hitting the weights and getting up to Derby for team pursuit sessions on the velodrome. At my age you have to keep in condition throughout the winter and maintain your top end fitness because it's very hard to get it back once you lose it. But you also need to rest and recover. These days I find it harder some days to climb off the sofa than I do to ride 100 miles so I've started doing a bit of stretching. My big problem in winter is putting on too much weight. I am a bit like a boxer though and I will usually drop any excess weight in a short period of time just before the season starts to put off the pain of dieting. That day is sadly is approaching!

Q10. Tell us about you bikes and specifically you current racing machine.

I only have two! Last year I raced on a Giant Trinity I bought off James Rix two years ago. It was his training bike and I think he had bought it second hand. It was a great bike even if the back brake didn't work. I had it completely dialled in with Wattshop Anemori tri-bars, 62 tooth chainring and a waxed chain. This season I'll be racing on a Specialized Shiv like the one Remco Evenpoel rides, so I am hoping it works as well for me as it has for him. My other bike is a Cervelo CX bike I use for everything from road racing, training to gravel.

Q11. Although we are all veterans do you have any advice for those new to cycling?

Keep challenging yourself and enjoy the process. You can't afford to stand still in life, especially at our age! Don't try and repeat the same goals you had last year, find something new.



Enjoying the podium moment at the Worlds along with silver medallist Jone Ellingsen of Norway and bronze medallist Matt Smith, GB rider and VTTA East Anglian member of note

GRAN FONDO TT ROUNDUP - BRITS IN ANTALYA

By Deborah Sheridan

In 2015 Eamonn and I went to the first UCI World Series Gran Fondo finals in Aalborg, Denmark. I was full of hope and ambition. I had been racing well and had won age group medals at CTT National Championships, but what followed was bit of a shock - Jeannie Longo was in my age group! My husband Eamonn made a cricket reference, "It's gentlemen and players" he said, referring to the amateur Brits and the professionalism of the rest of Europe. Since then we have learned a lot and raised our game and rainbow jerseys on GB and VTTA athletes now abound.

Next year's World Series Final is back in Aalborg so I wanted to return, added to which my ...a3rcg team-mates, Sarah Matthews and Angela Carpenter are likely to be there to defend their rainbow bands. So it was we found ourselves getting off a plane in Antalya, Turkey, to gain qualification.

The demise of Tour of Cambridgeshire meant that qualifying for Denmark would involve going either to the Isle of Man or to one of the European qualifiers. We had been to Gran Fondo Antalya in 2022 and Eamonn and I had ridden the TT there. It was a great experience so it was an easy decision to go back. The course is straight forward, out and back, on a closed dual carriageway with an excellent road surface. Turkey are keen to promote sports tourism and Antalya also has an Ironman event. This year was the 100th anniversary of the foundation of modern Turkey and the event hotel was resplendent with Turkish flags and big screens promoting the race.

The race venue, the Cosmopolitan, is one of the many vast all inclusive hotels that populate Lara Beach and it was from there that we carried out our two reconnaissance rides. Finding the course is straight forward, you simply follow the UCI signs, past the Delphi, Venezia and the Kremlin!

The TT was on Thursday 16th November. Women start first and as the oldest woman the honour of starting the event fell to me. It's hard to stay focused as cameras flash and a drone whirrs overhead. There's a commissaries car waiting and motor cycle police and camera motos shoot off up the road. The start timekeeper announces one minute and I'm back focused. Starting behind me will be riders from many countries and although I know if I finish qualification is secure I have no intention of being caught. 20km is gone in what seems like no time at all, but the reality is 31:53. I'm a bit disappointed but I think poor sleep has caught up with me. I leave Eamonn to his race and ride back to the hotel with fellow Brits Pippa O'Brien, Esther Hamill and Caroline Trender.



Deborah Sheridan, Judith Brown, Mexican Monica Fernandez, Pippa O'Brien and Caroline Trender

After Eamonn has raced he's also been talking and is late back and seems to think there are quite a few British riders on the podium and that some of them might be VTТА members. Although I have written for the Veteran I don't actually know who is a member and so I rely on editor Mike Penrice responding to emails and Eamonn talking to anybody and everybody. *(I have put Debbie wise now to look for the small VTТА logo on the rider's CTT profile screen, which confirms current membership - Editor)* It is only when we get to the presentation that we realise the extent of the VTТА success.

I have won W65-69, Judith Brown (Newmarket Cycling and Triathlon Club) has won W60-64 and Pippa O'Brien (RT Poda) is 3rd; Sorrel Williams (AeroCoach) is 3rd in W45-49.

Honourable mentions must go to Amy Sole 2nd W45-59, Esther Hamill (Dumfries CC) 4th in W45-49, Natalie Sullivan 2nd in W50-54 and Caroline Trender (Velo Club Blayais, France) 1st W55-59. Not all of them are VTТА but we are spreading the word!



In the men's event Robert Brown (EH Star and VTТА Scotland) has won M75-79, Nick Giles (Pocomotion RC) has won M65-69 and Gareth Williams (Twickenham CC) has won M55-59.



Mentions must also go to Adrian Lauchlan who I think is a member *(Yes he is - Editor)* for 4th in M65-69, Rodney Smith 2nd in M60-64 and lastly Xavier Disley (AeroCoach), who is too young to be VTТА but whose company, AeroCoach, organise events and support time trialling in the UK. Lastly a mention of Eamonn, who despite the talking actually went quicker than last year.

Now a brief report on the road race. There was success for Nick Giles, Robert Brown, Caroline Willis (Dorking CC) and myself. I flew out with my TT bike and borrowed Eamonn's road bike for the road race. Podium presentations were by former UCI President Brian Cookson, who finished 3rd in his age group and intends to go to Denmark. There was also considerable controversy that led to the eventual disqualification of some female riders from a Russian team for outside assistance and interference. It was a surprise and pleasing that the commissaires were that robust; they were however presented with a considerable body of video evidence.

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Finally VTТА member Lucia Borradaile has qualified for Denmark in Varese, Italy, and is planning the trip to Denmark.

RICHARD'S HOUR RECORD THE PLANNING AND THE PAIN

By Richard Oakes

An hour in the life of a VTTA member! I was sat with Dan Bigham in the café at Derby velodrome back in 2017 discussing how I could help his then fledgling team pursuit team, based at Derby, when he asked me what at the time seemed a very innocuous question...

"Rich, I wonder how fast we could get a 50-year-old to go? Fancy giving it a crack?"

Dan and I had met a few months earlier rather accidentally through the sadly all too well known cancer community. An old friend of mine had set up a Foundation following his wife's fight with the disease and he had reached out to me when he heard I was facing very similar changes with my wife.

"Hey Richard, I know things are a bit rough at the minute, how do you fancy coming along to an event we are doing for the Foundation and you can meet Dan and his team and do a few laps on the track?"

Track racing, especially the team and individual pursuit, had been my favourite kind of racing back in the mid-80s, when I last rode the wooden boards at Saffron Lane track in Leicester. I turned out to be quite a handy pursuiter, winning a national silver medal back in 1984.

So, when Dan and I met it was clear we shared the same passion for world class performance and a hunger to try and rewrite the rules on what is possible in our wonderful sport. Fast forward to that meeting in the velodrome café where Dan and I agreed on a deal. Me and my company, The Ohten Group, would support Dan's team financially and in exchange Dan would bring me into the team's training and technical development processes with the simple goal to see if we could get me to a point where I would indeed be the fastest 50-year-old in the world. We christened the adventure Project 50! I had little idea at the time how the whole thing would create a huge impact in masters track cycling and beyond.

As most readers will know Dan and his team pursuit squad went on to challenge the world's best national teams and then to beat them by rethinking how a team pursuit could be optimised. Dan's story has run and run, with him being scooped up by Team Ineos as their performance engineer, setting a new world hour record and becoming a world team pursuit champion with Team GB.

So at that first meeting to scope out Project 50 we set three goals.

- Be the world time trial champion via the UCI Gran Fondo World Champs.
- Win the world individual and team pursuit titles setting new benchmark times.
- See if we could break Norm Alvis's world hour record, but not go to severe altitude, so as to make the record more "relevant" for everyday riders.

Along the way we picked up some coveted VTTA titles and records and I even managed to get close to the legendary Ron Hallam on standard times and sometimes even beat him.

Goals 1 and 2 were achieved in 2022 at Trento, Italy, when I won the world TT champs and then quickly followed by the world masters track champs in Los Angeles. The previous best sea level time for an over-50 team pursuit was set in Manchester in 2019 at 2:14.001; in 2022 we did a 2:10.3 at the British champs and then a 2:11.4 in LA, to win the worlds by a 5 second margin. That is a huge margin in a 2 km event.

So that left the biggest, hardest and most challenging record until last - the hour record! Whilst on paper I had all the right attributes to get beyond the 50km mark, actually doing it is a whole different ball game. I was a very aerodynamic rider due to all my time spent with Dan and his team plus wind tunnels and track testing ad nauseam. I had both the track craft and the longer time trial pedigree, with a 47 minute 25 under my belt a few months prior to the record attempt. So it all looked like it might work.

Along with Dan in 2019 we had planned a trip to high altitude in 2020 to see how far I might go in comparable conditions to Norm Alvis's record of 49.3km. Sadly the weird events of 2020 put paid to all of that as we were all locked up in our homes for months on end. So the whole thing disappeared from view. Life was injected back into the idea early in 2022 when Dan, then Filippo Ganna, both broke the record at the Tissot Velodrome in Switzerland. Dan then put the idea back on my map by saying Wattshop (one my current team's technical partners) were going to put on a records week at the same Tissot track and I could go along with all the UCI and anti-doping officials present to make an attempt.

Due to work commitments and other things happening in my life I wasn't able to make a decision on whether or not to go for it until about a month before records week. Mike Twelves, a teammate, fellow VTTA member and technical genius and I booked the track at Derby for 60 minutes to see how far we could get. If it went ok we would make the call after that test run. The test went well I got very close to Norm's record straight out of the gate but we all knew making such a late decision wasn't ideal as there is so much that can knock you off course in this record attempt. More on that later!

So we made the call with about 3 weeks to go and my place on records week was secured via my friends at Wattshop and off we went to Switzerland. The preparation was good but felt a little thin for such a hard record in retrospect. I was confident in my physical shape. I had won the world TT title again by a minute so the form was really good. I was however going into the unknown to ride at 50kph plus for an hour in a very hot velodrome. 27 degrees! We did all the meticulous preparation Dan did with ice vests and so on and then there I was - just me and 200 laps of a lonely track ahead of me.

SO WHAT HAPPENED NEXT IS A STORY OF HOW THINGS CAN GO WRONG NO MATTER HOW WELL PREPARED YOU MAY BE!

I am very familiar with riding round the black line of a track. I have done thousands of laps this past 5 years, but something went wrong almost from the start. Most people who have read anything about this record will know it is a fiercely tough mental challenge even if things go well. My attempt began to go wrong in the first 2 minutes, then like dominoes set up in a long row when one falls others follow suit very quickly. And so it was for the next 57 and a half minutes until I crashed heavily, destroying my left shoulder and my shiny new Hope HBT custom made team pursuit bike. (The same as used by Team GB at the Tokyo Olympics). There are some quite dramatic shots of the attempt and the exact moments with about 25 seconds of the hour remaining when I crashed very heavily at 50kph.

So what went wrong I hear you ask? Before I explain it is vital to remind everyone of the two key things that make a fast lap of a track.

1. Your CDA or aerodynamic drag. At these speeds not riding in your optimised position can cost you power and thus energy expended. When you need to hold a specific power output for 200 laps any change in position is a big domino that means you have to put out more power to do the set lap times. More power means more energy expended and more heat generated.

2. The closer you ride to the bottom of the track the less distance you have to ride each lap to cover the 250m the UCI give you for each lap. This sounds a bit trite but if you ride 20 cm or more above the black line it can easily add 4-5m per lap in distance which you have to ride. When you think of 200 laps it means you must ride a km per hour over the target speed to meet your split time. Again that means more power than planned for and more heat generated.

So in summary, ride in your aero tuck and stick to the black line, but from very early on I wasn't doing either. I was a good 20-30cms at least above the black line and I could not get my head down and tucked up. For the technical reader that was probably costing me 20-30 watts of power.

The reason was simple....the foam pads! They have not been used in any other form of track racing for years, but they are used in the UCI hour record to prevent riding too low. In the haste to test and get over to Switzerland we did not ride with them during trials on the track. They distracted me to the extent that in those first 5 minutes I could neither relax nor get my head into the correct spot and ride a tight and low line. Of course physiologically I had the power to ride at the agreed lap splits for the first 20 minutes but I knew in my head that I was neither relaxed, aero nor riding a good line. So this is where the mental side of this record attempt kicks in big time. Add to that the fact we are riding in 27 degrees heat and I had almost no time to do any heat acclimatisation work. The plan, if I was riding as I am able but without the pad,s influence, would see me cover over 25km in the first 30 minutes, well inside my capabilities, and then accelerate a bit more to reach 51km, accepting that I would get very hot in that last 5-10 minutes and things could get nasty! What actually happened is that I had to push out at least 20 watts more for the first 30 minutes to cover those 25km. I knew my body was overheating with 35 minutes to go and that I was going to struggle to hold the current lap times, let alone lift the pace. So at 30 minutes I was literally cooked.

Both Dan Bigham and my coach Jacob Tipper were trackside and know me and my riding style well enough to call it from very early on. Dan actually said to me afterwards that they discussed stopping me as they could see I was in trouble physically, but in the end it has to be down to the athlete on the bike to make that decision. With 29 minutes to go I was in mental turmoil to say the least. I am totally overheating, I have poor aero form and not riding a good line ...and I have to complete the last 15 miles at 19 minute 10 mile TT pace whilst feeling totally empty and psychologically done for. So you might imagine the thoughts entering my head at this stage. What an idiot for not training with the pads! What a waste of resources and time from the countless people who supported me! My wife, family, the fellas at Hope, Wattshop, my teammates, my coach and Dan to top it all off! There is no way I can ride a one and a half 19 minute 10s now I am (insert appropriate unprintable term that means unable to pedal any harder).

So now what? I sat up and shook my head and my coach had the presence of mind to tell me to relax, take a few laps to regroup and see how I felt. All communicated to me as I flashed past still at 50kph. Next time you are out for a ride just try riding 50kph to get a feel for the speed I was having to hold with all this going off in my body and mind. Then something quite odd happened. During all this carnage I had the clearest of internal chats with myself. I can still hear the dialogue now, the voice simply said...

"Richard, you have a simple choice to make...stop and escape this pain and suffering or accept this is going to be the most unpleasant 30 minutes of your life but keep going and see where the chips fall. Oh and one last thing...you may never get the chance to come back and do this again!"

And so It took me about 2 seconds to choose; what made me carry on is a complex cocktail of character, stubbornness, dogged determination but above all a feeling of not wanting to let others

down. That last emotion was the deal clincher, so on we went. It would be hard to put into words the suffering that went on in those last 30 minutes. But for the racing readers imagine you have just given your all in a 15 mile TT on a hot sunny day and you are on total empty. Then someone says, right you must now go and do that again please - oh, and at 50kph or 31mph! I had to find a kind of acceptance in those 30 minutes. No one and nothing is coming to help. This will not get better but if just take this one lap at a time you will get there.

The next thing I can recall is the shouts that I am almost there, just one minute to go. "*Rich, c'mon.*" ...Then bang! I clip one of those foam pads coming out of the last banking before the finish line and hit the ground on the inside of the track so hard it felt like my teeth had been knocked out of my head. I had literally ridden myself into the ground. Because I was on the aero bars I had no time to cushion my fall and my right shoulder hit the track centre so hard it shattered my collarbone into five pieces with a compound butterfly fracture at the base. My brand new Hope bike, the product of almost a year of planning, then months of effort and team work between us, Hope and Wattshop was written off. I was smashed up and had not completed the full hour. So, I had to get back on my bike and somehow complete the final lap to register the full hour and complete my ride. I knew I had hit the ground very hard and my left shoulder was destroyed. So I wobbled very slowly around that final lap and the gun went to signal the end.

So where did it all end up? When I look back at my lap times now for that last 25 kms I have no idea how I finished that record attempt. I believe I was pushed on by the energy of every single person who supported me, gave their time and effort to make the attempt possible. There was just no way after that awful first 30 minutes that I had the energy to carry on. I am convinced that inner dialogue attracted a very different kind of energy. It simply could not have come from me...I get inexplicably emotional when I recall what happened to me that day in Switzerland. Other athletes talk about channelling energy but something outside of me was pushing those pedals round because I was done for at 30 minutes.

The result was I did indeed break Norm Alvis's record set at altitude, which was 49.3 km. I did 49.7km. Yes, it was some way short of the 51km we believed was possible but the record books will always show that I achieved my three goals and that I am a world hour record holder.

What I also learned that day is that we are part of a much wider family, or system of people that support us and maybe we can all take a little something from what powered me for those last agonising 30 minutes. When the going gets really tough we are not alone!

I will continue to push the boundaries of what older athletes can do and would like to thank everyone involved with the VTTA. It is a fabulous organisation that enables so many of us later in life to enjoy that challenge.

These are the records set by Richard:

Track Records - Men solo indoor bike	5 km	6:05.92
Richard Oakes	5 mile	9:42.80
Age 54	10 km	12:06.96
Venue - Tissot Velodrome, Grenchen, Switzerland	10 mile	19:19.77
Date - 15/09/2023	20 km	24:06.36
	25 mile	48:29.56
	1 hour	30.882 mi

INDOOR AND OUTDOOR TRAINING DIFFERENCES

Dr. Alan Chorley

The indoor turbo was often considered to be the last resort during winter and bad weather, but with the advent of smart turbos, power meters and training/racing apps the turbo has become a mainstay of year-round training for most cyclists. However, many myths and misunderstandings still exist regarding indoor training and how it compares to riding outdoors....

Equipment and power measurement

Look through forums and you will see many comments about how it does not matter if your power meter is not accurate so long as it's consistent. Well, would you accept that rationale for the speedometer in your car? Manufacturers spend a lot of time and money developing their products accordingly, so they aren't cheap to buy but you're paying for that accuracy.

Many sports science studies have validated manufacturer's accuracy claims for power meters and smart turbos. Indeed, it is now acceptable practice to use such equipment for peer reviewed studies. That doesn't mean every single power meter is accurate though. Faulty equipment does exist and issues with turbo trainers can lead to large differences in measurements, which in turn can affect your training plan, or make you a world class Zwifter! Also, dumb trainers which estimate rather than measure power can be wildly inaccurate and inconsistent, so really should be avoided for serious power based training.

The upshot is that your power meter readings should be pretty much the same indoors and outdoors. Power measured at the rear wheel (i.e. turbo) should be about 2% lower than at the crank due to drive train losses, and the manufacturer's tolerances of up to 1-2% which 'could' be added, but the point is your power readings should be transferrable across devices and surroundings as well.

Motivation and confidence

If all other things are equal, many people cannot perform as well indoors as they do out on the road, although a smaller number of people are the opposite and can perform better indoors. Again, we're talking exclusively about power outputs, which should always be the focus of your training; indoor speed calculations are derived from algorithmic estimations that simply cannot account for all parameters.

Motivation is undoubtedly higher in a race with a number on your back, than when sat inside going nowhere. Outside there are distractions such as hazards, turns etc., which are all things that take away the thought of how much this time trial hurts. During an indoor session, be it a race, interval training or even a lab study (for those who have been so lucky) the overriding thought is often how much longer can I tolerate this level of pain, where seconds feel like minutes and minutes feel like hours. As a result, many often find they can work harder outdoors than inside.

Conversely, a smaller number do better indoors - physiological explanations for this are limited to position differences, but confidence, either in bike handling or through the fear of 'blowing up' mid-race can inhibit a rider's efforts outside.

Heat accumulation

One big difference between indoors and outdoors that can have an adverse effect is environment, specifically where it relates to heat. When we work hard, we generate heat. Cycling is only about

22-25% efficient, so for every Watt through the pedals there is about 3 W of heat generated within the muscle. Blood is pumped around the body, distributing that heat away from the muscle, which after a while begins to build and needs to be dealt with. Sweating starts, although that only provides cooling when it evaporates and without airflow indoors it drips into lovely large pools on the floor, offering no cooling benefit.

At lower intensities blood is diverted near to the skin to facilitate its cooling at the surface. However muscle demands take precedence at higher intensities, limiting the blood flow that can be spared for cooling. When the brain senses blood temperatures approaching dangerous levels, it protects the body organs in core by down-regulating muscle function to reduce heat generation and power output. You will feel hot before this happens, but the down-regulation simply 'feels' like fatigue. You'll think you are working at your limits, but those limits have been capped below your normal physiological limits.

Heart rate

Without the heat generation and additional blood flow demand for cooling, heart rate is a good proxy of oxygen uptake ($\dot{V}O_2$). Heart rate and $\dot{V}O_2$ for the most part rise linearly with power output. i.e. it takes about 10 ml/min of oxygen to be metabolized to produce every Watt. That means heart rate can be used to cross reference power outputs and validate your own readings and comparisons between indoor and outdoor rides. In other words, whilst riding at a steady state if your heart rate is 150 bpm and you are producing 250 W outdoors, you should be producing 250 W indoors at 150 bpm.

If heat build-up has already accumulated, then this can skew heart rate but otherwise using heart rate to validate your indoor training is a relatively simple technique.

Riding position

Another potential difference that is often cited as a reason for performing better indoors is the riding position. In a TT you may be tucked into an uncomfortable aero position, but with no aerodynamics at play indoors, a more upright posture may allow more power to be generated. These differences can exist but are likely to be smaller than expected.

A number of studies have looked at the differences in riding position, finding that trained amateur cyclists can produce on average 6% - 8% more power in an optimal upright position compared to a TT position. However, these differences due to position were largely eliminated in triathletes who did most of their training on the aero bars. Positional differences affect muscle recruitment, with upright position engaging the glutes more than the TT position, which in turn places greater demands on the quads.

Again, heart rate can be used to qualify these positional differences as power does not come free just because of a change of position. The oxygen cost (and by proxy the heart rate) needed to produce a certain wattage will remain largely unchanged. If your heart rate and power in the TT position is lower, then as demonstrated by those triathletes, training in your race position causes the muscle oxygen uptake to adapt accordingly. So, if

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time trials are your primary goal, think about spending more of your training time in race position in order to reduce those differences.

Functional Threshold Power (FTP)

Should you have different FTP settings for indoor and outdoor training? ignoring the validity of FTP as a genuine physiological threshold (*I'll save that one for another day*), FTP is intended to represent a maximal aerobic steady state, from which you can base your training intensities, from easy rides through to interval sessions. The point here is that it is a **maximal physiological** state, If you cannot ride indoors at the same intensity as outdoors (or vice versa) then ask yourself why? Whether it,s motivation, confidence, positional, heat accumulation etc, then if you are only riding at 95% of your limit then you are only getting the training stimulus of a ride at 95%.

If you have identified a discrepancy between your power meters then yes, set FTP accordingly, but otherwise, try and identify what's causing the difference between indoor and outdoor riding, as pushing your legs in circles should not be affected by whether there are four walls around you.

Summary

There really is little difference physiologically between riding indoors and out, and for training purposes there should not be any of note. A few Watts here and there is not going to make much difference but, if you can produce 50 W more for your 20 minutes test indoors than outside then something is amiss and you should aim to identify and correct the issue. Conversely, heat accumulation and/or motivation can prevent indoor performance matching your race efforts, but the differences can be reduced and doing so will bring you better quality and certainty from your training sessions.

- Power meters – validate your power measurements between trainers and bikes.
- Heat – eliminate or minimize heat build up with fans, air con etc.
- Heart rate – Use it to cross validate your efforts indoors, outdoors, prone, upright.
- Position – train in your race position so you can race at your physiological limits.
- Aim to have no differences between indoor and outdoor training ability.



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

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

Contact editor@vtta.org.uk



OBITUARIES



JACK RAMSDEN

Middleton Cycling Club and VTTA Manchester & North West Group 28th October 1928 - 9th February 2023

Middleton Cycling Club has said its final farewell to Jack Ramsden; their President, founder member from 1941, and comrade-on-wheels. He lived in Chadderton, Oldham, and passed away following an illness and a stay in a retirement home.

Throughout his life, cycling was one of Jack's main interests; he was regarded as the soul of the Middleton club and helped to shape its history and heritage with his stamina - a quality he brought to the club in droves. He commented how much pleasure he had taken from cycling in general, and membership of Middleton Cycling Club in particular - in return he put a lot back into the sport and pastime of cycling. The remaining club members know how fortunate they were to have known Jack and will miss him greatly.

In accepting the honour of being elected as President of the club Jack, typically, downplayed his contribution as a modest one. But in his 82 years membership his 'modest contribution' included serving ten years as General Secretary, five years as Racing Secretary, one year as Treasurer, Clubman of the year in 2007 plus two five year terms as President.

Jack competed in time trials until his early 70's and was often supported by his late wife Nellie, who drove around many courses shouting words of encouragement and supplying him with food, drinks and wet sponges. Jack and Nellie were not blessed with their own children but Jack's great

friend in Middleton CC, Alan Brooks had a son, Nigel, to whom Jack was proud and happy to be a Godfather.

Jack's racing career spanned 48 seasons, winning many Middleton CC trophies, including four vets' championships, three handicap championships, club champion twice and 25 mile champion.



After retiring from racing Jack continued to ride his bike whenever possible, noting his mileage on a daily log. He continued meeting lifelong friends and attending club dinners and prize presentations.

Sadly M&NW Group didn't learn until very late in 2023 that Jack had passed away. On reaching the age of 40 in 1968, he joined our Group; Jim Ogden, our Group President, knew Jack from their racing days, recalling that he was elected onto the Group committee. He later proposed that the courses recognised as M&NW 'home courses' should also include 'V' courses, as these were among his favourites. Jack reasoned that for himself and others in his locality, the Yorkshire courses were almost as easy to reach as those bearing J, D or L prefixes. On reaching the age of 80 Jack was awarded Honorary Life Membership - at 95 he was our Group's oldest member.

I must thank Middleton's Cliff Rowe and also Nigel Brooks for their help with this tribute.

Ken Workman

JOHN LANCASTER

Ravensthorpe Cycling Club and VTTA Yorkshire

2nd October 1952 - 10th December 2023

John was widely known and respected by his fellow cyclists in Yorkshire and beyond. Tragically he succumbed to an undiagnosed heart condition, not apparent due to his lifelong fitness, but he had lived life to the full and his passing was sudden.

He was born in Blackburn but following the early death of John's mother he moved to Huddersfield, aged 10, when his father remarried. He lived a settled childhood, did well at school then entered the engineering industry and became a draughtsman; he stayed within engineering all his working life. It was at his first job that he became friendly with the late Melvyn Gibson, mainstay of Huddersfield CTC, who encouraged him to take up cycling and it had been at the forefront of his life ever since. In about 1970 John joined Huddersfield Star Wheelers so that he could race with them and he then rarely missed a winter club run, or in summer the twice weekly chain gang and the club 10. Weekends soon became devoted to time trials at all distances. His slight build belied the fact that he was a very strong and determined rider; either alone or in a group he could put himself through the wringer, although riding alongside him on the front of a bunch was not for the faint hearted!

Being from a CTC background he enjoyed going on the infamous Star Wheelers Christmas tours, Easter tours and 2 weeks awheel in summer, when he toured in Norway and various main European countries, on one particular occasion having to return home from Italy alone by train after his bike and all his personal possessions were stolen.

In 1975 he had punished himself for 245.67 miles in the North Midlands CF 12 hour but 1976 was possibly John's best year. His still current, but non-aero equipped, personal best 10 miles time of 21:39 was only just over a minute off competition record and in that same year he set his 50 miles PB

of 1:50:44 and 100 miles of 4:08:56. In 1981, when King Alf's legendary 49 minute 25 miles remained unbeatable John set his PB of 53:37. At that time he was one of the fastest time triallists in Yorkshire.

In mid-life John's interest in racing waned somewhat, but he kept riding for pleasure and commuting to work. In 1988 he married Yvonne and she took an interest in club organisation. Being of a technical nature John was also interested in astronomy, photography and steam trains (often combining the two latter) and had a thirst for knowledge. He was a sociable person, always up for a conversation and Yvonne remembers him for his beaming smile and silly sense of humour.



But time trialling never left John. He moved to Ravensthorpe CC so that he could race with others, he organised events for Huddersfield CA and Yorkshire CF and was always a willing helper at VTTA Yorkshire promotions, having joined them in 1998. His abilities as a time keeper's clerk were much valued. On his occasional racing forays he proved that there was still life left in the old dog when he again began regularly churning out 22 minute tens.

John retired from work, and it seems from racing, in 2017 and he and Yvonne moved away from Huddersfield. They went to Gillsland, near Hadrian's Wall in Cumbria, for the village life, quiet cycling roads and stunningly dark night skies, which were perfect for his star gazing. They were readily accepted into their new home and John then also joined the local Brampton Walking Club. The pedals still kept turning however and John embraced riding on both Strava and Zwift, meticulously recording all his sessions and maintaining his lifetime fitness.

I have known John and regarded him a close friend for well over 50 years; it has been an honour to have known him.

By Mike Penrice



*David Hargreaves of North Lancashire RC,
VTTA 100 mile champion 2016, 3 Distance champion 2019 & 2020
and current age record holder at 50 and 100 miles,
who sadly has passed away recently (See NL&L Group report)*

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