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VETERAN



Hannah Fawcett (f) and Brigid Night (r) setting competition record and a national age record in the VTTA 12 hour championship

THE VETERAN

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Veterans Time Trials Association

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THE VETERAN

THE QUARTERLY MAGAZINE OF THE VETERANS TIME TRIALS ASSOCIATION

Founded in 1943 to promote cycle time trialling for those aged 40 and over

Number 83

September 2024

Welcome to the September edition of The Veteran. It is very much a bumper edition, due to the large number of championships in this quarter, all deserving of full reports, results and photographs. There have been some fantastic achievements by our members in these events and it is always pleasing to see different names topping the list, whether they are new to time trialling or a long standing competitor. Retirement from work really does permit a serious improvement in performance - just look at those in their 60s and early 70s excelling in age adjusted time trialling and proving that competitive cycling really can be for life.

All this activity does create an editorial dilemma when budgets dictate number of pages, at least for the printed magazine. So should I not include full results for the championships, but focus just on the elite? We all try equally as hard, coping with whatever life throws at us as we get older, so even the slower riders are just as worthy of being listed as the elites in the results. Stuart Philipson, Geraint Catherall, Dan Reuter, Lewis Lawton, Robin Dale and Ken Rayson all finished way down the championship results but they are all an essential part of the VTTA and deserve credit for their participation.

The editorial decision was to include full results, sensible readable size text and enough photographs from around the groups to provide further interest. It's more pages than intended but I hope you enjoy reading your magazine, now that the 2024 season is drawing to a close.

As I write this the UCI Gran Fondo Worlds TT Championships are in progress in Denmark, hopefully there will be many VTTA successes to report in the December Veteran.

Mike Penrice

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PRESIDENT'S PIECE



As we approach the end of another season of competition I place our logo at the top of this piece simply to emphasise the quality of riders in our association. Last year as a nod to our 80th anniversary year we acknowledged riders over that age who actually competed in 2023. Thirty-one certificates were sent to those individuals.

This season it has been a pleasure to see the achievements of Kath Smith with her 12 and 24 hour triumphs. In the 24 hour event Kath improved on what must be one of the longest standing records, that of Janet Tebbutt from 2004. Staying with our female riders recognition must be given to Michelle Lindley on winning the CTT Championship in this event and improving on Lyn Biddulph's record from 2019. Then along come Linda Dewhurst and Sarah Matthews with exceptional rides, creating national age records with times that many of our open riders would be happy to achieve. Hopefully by the time this is read, Sarah will be a World Champion once again.

Congratulations to all our record breakers and riders, Competitive cycling is for life!

At the time of writing there are two championship events remaining - 100 miles and 25 miles. I will have been at the latter championship, hopefully catching up with old friends and rivals, and new crowning champions.

Away from competition this edition of The Veteran contains the obituary of Jim Ogden a stalwart amongst the VTTA for many years. Jim's family were most fulsome with their contributions at the celebration of his life and in cooperating with requests for information about Jim. It is intended to host an informal get together at one of Manchester's cycling cafes to enable fellow cyclists to share many of the anecdotes of both his competitive and personal life.

On a personal note I am writing this in Spain where the weather is consistently in the 30 degree plus temperatures and on occasions the high 30s. Riding in such conditions usually means a very early start when even pre 7am the temperature is in the mid 20s. It brings to mind the riders in the Tour de France riding in the mid-day sun and those competitors in the Vuelta which started yesterday. The forecast temperature for the stage from Ubeda to Cazorla is 38 degrees and one can only imagine the effect of such heat and the necessary liquid and food that needs to be taken by the riders. My 80 kilometres in this heat at a steady pace can be a struggle towards the end but I justify my state with the knowledge that they have youth on their side and I know they will grow out of that!

As you are aware NEC is still searching for a volunteer to take up the role of National Administrator. Further details are available on the Website and any enquiries to Andrew Simpkins would be welcome. It would not be an onerous task and the lucky person would be working with some very good enthusiastic colleagues.

Be a part of your Association!

Safe and healthy riding to all.

Tony Farrell

**HAPPY 80TH BIRTHDAY MR PRESIDENT ~ YOUR NEW
AGE ALLOWANCE IS 06:05 ~ YOUR VTTA FRIENDS**

CHAIRMAN'S THOUGHTS ON AGE ADJUSTMENTS

The CTT are currently developing a new website and we are working closely with them to ensure continuity in terms of the integration of our website with theirs. One new feature we are working on is to provide CTT, and other third parties such as ResultSheet, with real-time access to our age adjustment tables. This would allow CTT to add the age adjustment for every veteran rider to a start sheet and then to calculate the age adjusted time automatically when the actual result is entered. The age adjusted time (AAT) would be provided for all veteran age riders.

Why would we, as the VTTA, want to do this? Is it giving away our 'unique selling point' as an organisation? There are potential benefits to both CTT and VTTA. We are both faced with the challenge of declining numbers taking part in time trials – around 20% from 2021 to 2023. Veteran age riders continue to provide about 60% of the entries in open time trials. Anything we can do to add features that make the sport more interesting and challenging for veterans, and to encourage greater participation, is a plus for both organisations. Giving wider visibility to age adjustments will, hopefully, encourage some of the veteran riders who are not VTTA members to consider joining us. Their age adjustments as members will then give them the opportunity to gain standard awards and to feature in our group and national competitions. The aim is a win/win situation for CTT and VTTA.

Since introducing age adjustments into our national events and competitions three seasons ago, the NEC has received almost unanimous feedback in favour of this method over the traditional plusses and minuses. Age adjusted times are more intelligible to riders and allow simpler comparability between veterans and indeed with younger riders. The challenge is to maintain the ongoing credibility of the age adjustments when we see, as is the case this year, new age record benchmarks being set in some age and gender/classification categories. A brief reminder may be useful on how we do this.

At the end of each season, we request an anonymised download of all veteran results from the CTT database and add it to our own rolling 10 year database of veteran results. From this we extract the top 10% of 'elite' performances in order to 'plot' what is the decline in average speed by age at the various distances. We use the 'elite' subset because we have found this gives a more reliable and consistent picture than if we included every result, which would give a 'muddier' outcome. The insightful innovation of the late Steve Lockwood, a former National Recorder, was that you could represent the 'age decline curve' by a statistical formula or algorithm. This 'Lockwood' formula essentially enables us to generate the age adjustment tables for open/female, bikes, trikes and tandems, and for any distance (and 12 and 24 hours). Our current resident mathematician, Jon Fairclough, continues to run this review and update process each year.

Of course, as in any statistical system, the result is only as good as the data you feed into it and one of the challenges is that we have much more data for some age/gender combinations than others. You also get 'outlier' performances. For example, a few years ago Ron Hallam and Peter Horsnell were setting new levels of performance for men in their 80s. This year we are seeing impressive age record rides by women in their 60s, notably Linda Dewhurst and Sarah Matthews. Such performances will feed into the update process and, where appropriate, will bring about changes to the age adjustment tables. It's something of a 'catch-up' process but it reflects the positive reality that we continue to see 'marginal gains' in time trialling performance from better bikes, clothing, aerodynamic position, nutrition and training methods.

Andrew Simpkins

THE I.T. MANAGER'S UPDATE

After the AGM, Mark Bradley, Andrew Simpkins, and I have developed a specification for a website system that enables members to pay their membership subscription automatically by direct debit each year. We expect the benefits to be avoidance of "accidental lapsing", which causes administrative effort and inconvenience to members. Xncreations has started on the implementation and we aim to get the system in place by the end of the year.

CTT's decision to implement a new platform has caused us to design an Application Programming Interface (API) which will enable CTT, ResultSheet and other results producers to get age adjustments and standards from the VTTA website. An API is better than the file download used currently, as organisers would always get the current standards for any distance or time, including non-standard distances.

My cycling goal this season was to complete the Audax Land's End to John O'Groats event, which has a distance of 1400km and about 14000m of climb. There is a time limit of 116 hours and 40 minutes. First held in 2022, it is a small but growing event, about as hard as the older and more famous London-Edinburgh-London which I completed in 2022. If time trialling is the art of riding fast, audaxing is the art of riding slowly. This means conserving your energy, being prepared for all eventualities, and just keeping going, day and night. Above all, you need to eat a lot and frequently. There is no prize for finishing first, it is all about finishing within the time limit. For the LEJOG 1400 the requirement was to ride about 300km a day for 4 days and 200km on the last day. Most people ride at a speed of 20 to 22 kph and sleep for two or three hours a night.

I passed my 70th birthday this year and I was a little apprehensive about the ride. To train for it, I completed the Audax Super Randonneur series: 200km, 300km, 400km and 600km all within time limits, in the three months before, as well as riding time trials at 10, 25, 50 and 100 miles. I find time trialling builds strength and speed and audaxing builds endurance.

When I lined up with the other 90 starters at Land's End at 7am on July 28th I felt I had done all the preparation I needed to do to finish in the 5 days. The weather forecast was good for the event. Summer had arrived. Day 1 was 300 km Cornwall and Devon in a day, with all its short steep hills, ending near Weston-Super-Mare. I arrived at the control in the early hours of the morning and found a vacant mattress to sleep on for a few hours amongst scores of motionless bodies that had got there before me. Everyone started moving about 5am to start day 2, another 300 km to Warrington. This was the easiest day, but it was hot. During the hottest part of the day I decided it would be good to use the time to get some of the thousands of calories I needed, so I opted for an air conditioned pizza restaurant. My brother met me at Market Drayton at 9 pm with pasta and tried to tempt me from my mission by offering me a bed for the night. I had to turn that nice offer down and continue on my way. I was born and brought up near Warrington and riding in the early hours of the morning through what is now a metropolis of brightly lit shops after fifty years was an eerie feeling.

Up at 5am again for day 3, another 300km leg to Peebles, near where I now live in Scotland. My wife met with a proper dinner in Langholm. After downing that I had to ride through the night through the very cold Scottish Borders. I say "I" because most of the time I ride these events on my own. My cycling rhythm is different to most other Audax riders. When there is an opportunity to go fast, the time triallist in me kicks in and I am down on the tri bars trying to go as fast as possible without wearing myself out. When I want to stop and have a biscuit and admire the view, I stop. If I try and keep up other younger riders on the hills I burn out. I let them go and spin the pedals. I got to the control near Peebles in the early hours. Unlike earlier controls with riders sleeping on mattresses, there was not enough capacity for everyone and there were riders sleeping in their kit on the floor. It looked like a hospital

Continued on page 55

WELCOME TO NEW MEMBERS JOINING MAY/JUNE/JULY 2024

East Anglian Group - VTТА (East Anglia Group)

Terry Doughty (Godric CC), David Cheshire, Robert Boyle (both Newmarket Cycling & Triathlon Club),
Deborah Coyle (Shaftesbury CC)

East Midlands Group - VTТА (Notts & E.Mids)

Charlotte Dadd (Melton Olympic CC), Carl Shaw (Race Hub),
Michael Weaver (Rockingham Forest Wheelers), Mark Redwood (Velo Club Long Eaton)

Kent Group - VTТА (Kent)

Martin Kober (Abellio - SFA Racing Team), Peter Crofts (Southborough & Dist. Whs)

London & Home Counties Group - VTТА (London & Home Counties)

Darran Eggleton, Matthew Burton (both Amersham Road Cycling Club), Gerard McCann (Greenwich
Tritons Tri Club), Pippa O'Brien (RT PODA), Steven Hughes (Thames Turbo Triathlon Club)

Manchester & North West Group - VTТА (Manchester & NW Group)

James Rees (Audax UK), Andy Melvin (3C Test Team), Susan Satchithananda (Crewe Clarion Wheelers),
Gillian Shaw (Seamons CC), Richard Marshall (Team Wheelguru)

Midlands Group - VTТА (Midlands)

Paul Anderson (VTТА (Midlands)), John Mallen (Oldbury & District Cycling Club), Jude Mansfield
(Birmingham Midland Cycling Club), David Lynes (Droitwich Cycling Club)

North Group - VTТА (North)

Chris Elves, Mike Little (both # I have no club), Paul Daly (Manilla Cycling),
John Davidson, Brian Johnson (both Riefen Racing), Stuart Wearmouth (Zurbaran Racing)

North Lancashire & Lakes Group - VTТА North Lancs and Lakes Group

Derek Schofield (Rossendale RC)

North Midlands Group - VTТА (North Midlands)

Janine Day, Stuart Day (both Crewe Clarion Wheelers), Shaun Robinson (Lindsey Roads Cycling Club),
Steven Howe (Rutland Cycling Club), David Shepherd (Sheffield Triathlon Club)

Scotland Group - SVTTA

Douglas Clark (SVTTA), Jodie Smith (# I have no club), Steve Wallace (Dunfermline CC),
Raymond Wilson (GTR - Return To Life p/b Streamline)

South Wales Group - VTТА (South Wales group)

Daniel and Emma Wyatt (both Hereford & Dist Whs CC,
Kevin Parry (Hereford Cycle Hub Cycling Club), Owen Burgess (UF Rowe & King)

Surrey/Sussex Group - VTТА (Surrey/ Sussex)

James Smee (Chichester City Riders), Jacqui Lane (Eastbourne Rovers CC), Adam Jones (Woking CC)

Wessex Group - VTТА (Wessex Group)

Adam Puckett, Darren Anderson (both Fareham Wheelers CC), Gavin Draper (North Hampshire RC),
Michelle Lindley (Poole Wheelers Cycling Club)

West Group - VTТА West Group

Alan Stidwell (Duchy Velo), Anthony Green (Kernow Racing Team),
Gary Fouracres (Yeovil Cycling Club)

Yorkshire Group - VTТА (Yorkshire)

Richard Nicholl (Banbridge Cycling Club), Matthew Hermann (City RC (Hull)),
James Poulson (Orien.cc), Paul Dwyer (Wetherby Velo)

A GRAND DAY OUT IN YORKSHIRE! VTTA NATIONAL 12 HOUR CHAMPIONSHIP

Sunday 9th June 2024

Report by NEC Representative Mike Penrice

After many years of the VTTA 12 Hour Championship being run in conjunction with the CTT championship it was run independently on 9th June, incorporated into the recently revived Yorkshire 12, now in its second year. In doing so it attracted some serious veteran competitors from far afield, Wessex Group fielding a strong team.

The predominantly flat but only lightly trafficked roads of East Yorkshire provided a fitting venue for some epic rides. The day started very cold and although it warmed slightly there remained a persistent westerly breeze and the threat of localised showers. A typical summer's day in Yorkshire! The prolonged period of wind had clearly deterred a few entrants so that from an entry of 45 solos (26 VTTA) and one all female VTTA tandem there were 5 non-starters and a few who climbed off early, although these were still credited with their mileage to that point.

Early leaders were Malcom Cox (VC St Raphael/Wessex Group, age 57), Kris Whitelaw (Vector Racing/North Group, age 41) and Lee Williams (FTP RT but not quite a vet yet at 39); all these were inside 2 hours for 50 miles and riding consistently for 100 miles inside 4 hours. Youthful Alex Royle (Manchester BC) was also riding strongly just below the 25 mph threshold. Whitelaw and, to a lesser extent, Williams faded slightly as the wind and the miles took their toll and the overall event



ALL THE MEDALLISTS

Greg Elwell Christian Geldard Peter Tomlin Malcolm Cox
Joanna Cebrat Kath Smith Brigid Night Gretchen Zoeller Hannah Fawcett



Malcolm
Cox



Christian
Geldard

win turned into a two horse race with Cox eventually beating 30 years old Royle by a mere 0.09 mile on actual.

When the age adjustments were added they revealed the strength of the Wessex Group riders. Cox took the open (men's) title with 313.59 miles AAD, his compatriot Peter Tomlin (North Hampshire RC) was in silver with 299.12 miles AAD (253.01 actual) and Christian Geldard (also North Hampshire RC) supported them with 277.15 miles AAD (267.43 actual). Wessex comfortably won the group team award.

The three solo women competitors all rode with great stamina and all earned their medals. East Midlands group riders have topped the medals list in several championships this season and so it was again. Kath Smith (Sleaford Wheelers) covered 217.77 miles for an AAD of 292.65, a ride beaten only by the top two men and a comfortable 13 miles ahead of prolific medallist Joanna Cebzat. Kath is a lifetime cyclist - she joined the VTTA on her 40th birthday but then waited 30 years to win a championship, although she was VTTA women's national BAR in 2004 and 2007 and also a former 24 hour age record holder. Her ride earned her much praise and is a national age record by 5 miles.

However this was not the only record broken in this 12. In 2023 Merseyside's Hannah Fawcett (Liverpool Braveheart) and Brigid Night (Frodsham Whs) got together to ride their local 12 and were surprised and delighted that with only 140 miles 'practice' together they covered 245 miles, only 4 miles short of competition record. So their ride in Yorkshire became a serious assault on the record and they did not disappoint. Their 252.82 miles actual gave them a 3 miles beating of the 25 years old women's competition record (and was also obviously another age record) - a great achievement on a windy day but one which confirms the potential of the current course.

Congratulations to all medal winners and record breakers and well done to everyone who finished. Thanks to organiser Steve Burrows and wife Sandra, and indeed all the many Yorkshire cyclists who supported them in this Vive le Velo/Yorkshire DC promotion.



Kath Smith

Championship images courtesy of
Kimroy Photography 

AWARD WINNERS - VTTA 2024 NATIONAL 12 HOUR CHAMPIONSHIP					
Awards (On AAT)	Name	Club	Group	AA Dist.	Medal
1st Open	Malcolm Cox	Velo Club St Raphael	Wessex	313.59	Gold
2nd Open	Peter Tomlin	North Hampshire RC	Wessex	299.12	Silver
3rd Open	Greg Elwell	VTTA (Yorkshire)	Yorkshire	281.86	Bronze
1st Woman	Kathryn Smith	Sleaford Wheelers CC	East Midlands	292.65	Gold
2nd Woman	Joanna Cebtrat	360cycling	Manchester & NW	279.78	Silver
3rd Woman	Gretchen Zoeller	Born to Bike	Yorkshire	247.05	Bronze
Club Team Champions	No club team entered				3 x Gold
Group Team Champions	Malcolm Cox	Velo Club St Raphael	Wessex	889.83	3 x Gold
	Peter Tomlin	North Hampshire RC			
	Christian Geldard	North Hampshire RC			
Tandem Champions	Brigid Night	Frodsham Wheelers	Merseyside	291.70	2 x Gold
	Hannah Fawcett	Liverpool Braveheart BC			
First man and woman on Age Adjusted Time also each receive a champion's jerseys and cap.					
Malcolm Cox is also awarded the Jim Painter Cup (for one year) as fastest overall on AA Distance.					

FINISHING ORDER - VTTA 2024 NATIONAL 12 HOURS CHAMPIONSHIP (SOLOS)									
<i>(Women in red italics)</i>									
AAD Pos	Name	Club	Group	Age	Mc	Age Adj.	Act. Dist	Act. Pos.	AAD Result
1	Malcolm Cox	Velo Club St Raphael	Wssx	57	TT	23.47	290.12	1	313.59
2	Peter Tomlin	North Hampshire RC	Wssx	67	TT	46.11	253.01	6	299.12
3	<i>Kathryn Smith</i>	<i>Sleaford Wheelers CC</i>	<i>E Mids</i>	<i>70</i>	<i>TT</i>	<i>74.88</i>	<i>217.77</i>	<i>13</i>	<i>292.65</i>
4	Greg Elwell	VTTA (Yorkshire)	Yorks	50	TT	11.18	270.68	3	281.86
5	Andrew Gallacher	Vanelli-Project GO	Scot	56	TT	21.52	258.70	5	280.22
6	<i>Joanna Cebtrat</i>	<i>360cycling</i>	<i>M&NW</i>	<i>45</i>	<i>TT</i>	<i>29.30</i>	<i>250.48</i>	<i>7</i>	<i>279.78</i>
7	Christian Geldard	North Hampshire RC	Wssx	49	TT	9.69	267.43	4	277.12
8	Kris Whitelaw	Vector Racing	North	41	TT	0.71	274.29	2	275.00
9	Andrew Askwith	Vive Le Velo	Yorks	59	TT	27.55	239.26	10	266.81
10	Gary Simpson	Yorkshire Road Club	Yorks	56	TT	21.52	242.56	9	264.08
11	Martin Gargett	Halifax Imperial Whs	Yorks	51	TT	12.73	246.26	8	258.99
12	Jez Willows	Sherwood CC	E Mids	59	TT	27.55	226.52	11	254.07
13	<i>Gretchen Zoeller</i>	<i>Born to Bike</i>	<i>Yorks</i>	<i>45</i>	<i>TT</i>	<i>29.30</i>	<i>217.75</i>	<i>14</i>	<i>247.05</i>
14	Mark Brownless	Darlington CC	North	52	TT	14.36	220.97	12	235.33
15	Cliff Degraff*	Velo Club Cumbria	NL&L	59	TT	27.55	183.96*	16	211.51
16	Matthew Hermann	City RC (Hull)	Yorks	44	RB	3.43	183.98	15	187.41
17	Christopher Green*	Drighlington BC	Yorks	64	TT	38.73	131.40*	17	170.13
18	Paul Russell*	Springfield Fin'c'l RT	NL&L	57	TT	23.47	131.40*	17	154.87
19	Neil White*	Ambion RT	E Mids	56	TT	21.52	131.40*	17	152.92

AAT Pos	Name	Club	Group	Age	Mc	Age Adj.	Act. Dist	Act. Pos.	AAD Result
20	Tim Baggs*	Sherwood CC	E Mids	54	TT	17.81	131.40*	17	149.21
21	Chris Dugher*	Selby CC	Yorks	49	TT	9.69	131.40*	17	141.09
22	David Glossy*	Elysium Kalas RT	L&HC	51	TT	12.73	105.12*	22	117.85
23	Andy Whitehead*	Rockingham CC	N Mids	58	RB	25.48	52.56*	23	78.04
24	Stuart Phillipson*	Velo Club Cumbria	NL&L	51	TT	12.73	52.56*	23	65.29
DNS-A	David Nichol (Ferryhill Whs / North); Stuart Day (Crewe Clarion Whs / N Mids)								
*	Riders marked stopped early at TK1 on completion of large laps								

FINISHING ORDER - VTTA 2024 NATIONAL 12 HOURS CHAMPIONSHIP (TANDEMS)

AAD Pos	Name	Club	Group	Age	Age Adj.	Act. Dist	Act. Pos.	AAD Result
1	<i>Brigid Night</i>	<i>Frodsham Whs</i>	<i>Mer</i>	<i>59</i>	<i>38.88</i>	<i>252.82</i>	<i>1</i>	<i>291.70</i>
	<i>Hannah Fawcett</i>	<i>Liverpool Braveheart BC</i>		<i>44</i>				

FACEBOOK FEEDBACK

Mark Brownless

What an absolutely cracking event yesterday!!! Last year we had to deal with extreme heat! Yesterday it was the wind and wet! And yet strangely enjoyable! ouch!

Thank you to organisers/marshalls/helpers etc.. A well oiled machine and much appreciated!!

Thank you

Hannah Fawcett

Thank you everyone for an amazing event. Brilliantly organised and everyone so welcoming and kind. I think in my delirium I left my mug which a am very sorry about! Xx

Joanna Cebrat

Thanks again for organising the 12h! If you do other distances in the future on the course I will race for sure.

Gret Zoeller

Completely agree with others. What a great event. The marshals were superb (being told to do another outer lap at the end saw me internally swearing with the headwind though !). My first ever 12 (maybe my last). Thank-you so much for organising it and thanks to the amazing volunteers and people cheering on course. A highlight was definitely seeing the tandem record being broken, well done ladies! Thanks Steve and Sandra for answering all of my beginner questions. See you next year.....maybe!

Marjorie Davison

So grateful to have been able to support this fantastically organised event again this year. Tough weather conditions for all riders and helpers. Well done everyone! There's a lot to be said about how great the TT community is when we show up for each other on such a large scale event!

The Vive Le Velo Yorkshire 12 Hour TT

As we draw a line under this years event and start to think about next, this is worth sharing. There are a huge number of Marshals required for a 12, and they're not easy to come by. We can't thank the ones we have enough and it's always wonderful when people step up.

We get various apologies each year but this excuse was probably the best. ("Sorry Steve, I'm starting the Tour de Suisse that day."). Ex Vive le Velo rider Fin Pickering spent today in the breakaway at the Tour de Suisse. We will let him off his stint for this year.

Christian Geldard Steps Up for Gold. Kath Smith's Great Year Continues. VTTA 24 Hours Championship. Saturday/Sunday 27th /28th July 2024

Report by NEC Representative Tony Farrell

It is not often that one can be at a record breaking event but the CTT National 24 Hour Championship, incorporating the VTTA Championship, delivered on a few fronts.

In the VTTA event Kath Smith created another national age record to continue her great season. At age 70 years she posted a distance of 349.63 miles to break the long standing record of Janet Tebbutt from 2004. Speaking with her afterwards she did not look like a rider who had spent 24 hours on a bike on what was one of the hottest weekends so far this year.

Not to be outdone on the record front new member Michelle Lindley, riding for Poole Wheelers, recorded a distance of 429.19 miles at age 50, beating Lynne Biddulph's 2019 national record of 404.42. Michelle was also a member of the winning group team, Wessex, alongside Christian Geldard and Chris Hopkinson.

Two VTTA tandem pairs entered (plus one "under age" couple) and Scotland's experienced Flying Kippers of Duncan McLean and Mark Leadbetter took the gold medal with an AAD of 438.15 miles (actual distance 374.45 miles) from the local 24 hour novices pairing of Brigid Night and Sarah Murray who covered 356.90 miles for an AAD of 418.39 miles. Both tandem pairs set new national



All the solo bike medallists (L to R) - Chris Shaw, Michelle Lindley, Kath Smith, Christian Geldard and Chris Hopkinson

24 HOUR CHAMPIONSHIP GALLERY



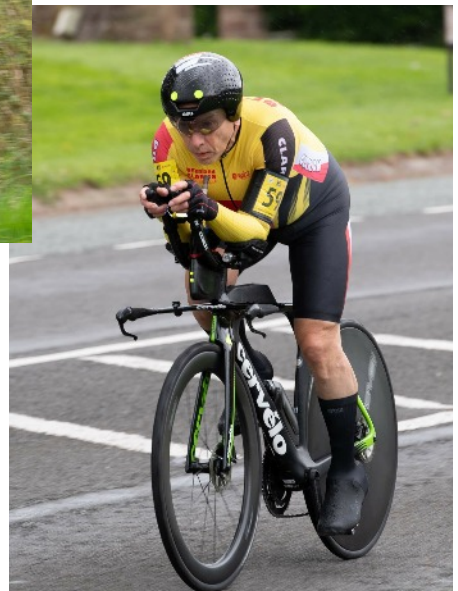
Chris Hopkinson (API/Anglia Sport) finished third in the open category

Championship images
courtesy of
**Kimroy
Photography** 

Scottish pair Doug McLean and Mark Ledbetter (Flying Kippers) became Tandem Champions



First timer Michelle Lindley (Poole Wheelers) took silver in the VTTA female section but came out as top female in the CTT championship



Chris Shaw (Fenland Clarion) took the silver in the open category

age records, but Sarah and Brigid's distance also established a new CTT competition record as the first and only all female tandem pairing to complete this gruelling challenge.

In conversation with Brigid post event she appeared remarkably relaxed and very happy with their performance. Sarah did seem a lot more energetic!

A very successful day for our female riders, especially following only 7 weeks after both Kath and Brigid had excelled in the 12 hour championship.

In the VTTA Open category Christian Geldard (FTP) took top spot on both actual and AAD, with actual mileage of 469.81 and AAD 489.02, after his second placing in 2023 and second in our earlier 12 hour championship . Christian finished fourth in the overall CTT competition and some miles ahead of Michael Hutchinson. He actually appeared to be the most relaxed competitor awaiting the presentation and has made his mark as a long distance specialist.

Chris Shaw (Fenland Clarion CC) was second with 459.73 miles AAD (396.98 miles actual) and with ultra distance expert Chris Hopkinson (API/Anglia Sport) close behind in third place on 458.09 miles AAD (415.57 miles actual).

VTTA members riding solo bikes numbered 18 on the start sheet with 14 finishing and none looking any the worse for wear. In addition VTTA interest was provided by the two tandem pairings, both able to take some achievement away from the event.

Wessex entered a strong team and three finished in the top 10 of the CTT event. Michelle, however, went one further in recording the best distance in the CTT Championship and taking the Champion's jersey in the Female category in her first attempt at the distance.

It must be mentioned that not only VTTA riders set records, Adam Wild (GS Metro) recorded a new competition record of 546.36 miles.

AWARD WINNERS - VTTA 2024 NATIONAL 24 HOUR CHAMPIONSHIP					
Awards (On AAT)	Name	Club	Group	AA Dist.	Medal
1st Open	Christian Geldard	Fulfil The Potential RT	Wessex	489.02	Gold
2nd Open	Chris Shaw	Fenland Clarion CC	East Anglian	459.73	Silver
3rd Open	Chris Hopkinson	API/Anglia Sport	Wessex	458.09	Bronze
1st Woman	Kathryn Smith	Sleaford Wheelers	East Midlands	481.45	Gold
2nd Woman	Michelle Lindley	Poole Wheelers	Wessex	478.22	Silver
3rd Woman	No third woman				Bronze
Club Team Champions	No club team entered				3 x Gold
Group Team Champions	Christian Geldard	Fulfil The Potential RT	Wessex	1425.33	3 x Gold
	Michelle Lindley	Poole Wheelers			
	Chris Hopkinson	API/Anglia Sport			
Tandem Champions	Donald McLean	Flying Kippers	Scotland	438.15	2 x Gold
	Mark Leadbetter	Flying Kippers	Scotland		
First man and woman on Age Adjusted Time also each receive a champion's jerseys and cap.					
Christian Geldard is also awarded the C W Cooke Cup (for one year) as fastest overall on AA Distance.					

The Mersey Roads 24 hour event is iconic and unique, being the only time trial over that length. Whilst I might wonder at the sanity of the competitors to spend that length of time accruing miles, one only had to listen to the comments from riders about the support, encouragement and a generally positive ambience throughout the day and night to appreciate what the attraction is to keep coming back year-after-year.

As in many events there are some negatives. Only one group entered a team and there were no club teams on the start sheet.

The Mersey Road event as I said is iconic and a survivor from the earlier days of time trialling when we had the roads more to ourselves. It presents organisers Sam and Jon Williams with many logistical problems each year. The district has been badly affected by new builds and road closures during the season and yet they still achieve an event that is praised widely by riders and support teams.

On behalf of the VTTA thank you to both, once more. Congratulations to all.

FINISHING ORDER - VTTA 2024 NATIONAL 24 HOURS CHAMPIONSHIP (SOLOS)									
<i>(Women in red italics)</i>									
AAD Pos	Name	Club	Group	Age	Mc	Age Adj.	Act. Dist	Act. Pos.	AAD Result
1	Christian Geldard	Fulfil The Potential RT	Wssx	49	TT	19.21	469.81	1	489.02
2	<i>Kathryn Smith</i>	<i>Sleaford Wheelers</i>	<i>E Mids</i>	<i>70</i>	<i>TT</i>	<i>131.82</i>	<i>349.63</i>	<i>10</i>	<i>481.45</i>
3	<i>Michelle Lindley</i>	<i>Poole Wheelers</i>	<i>Wssx</i>	<i>50</i>	<i>TT</i>	<i>52.03</i>	<i>426.19</i>	<i>2</i>	<i>478.22</i>
4	Chris Shaw	Fenland Clarion CC	E Ang	61	TT	62.75	396.98	8	459.73
5	Chris Hopkinson	API/Anglia Sport	Wssx	56	TT	42.52	415.57	3	458.09
6	Stuart Day	Crewe Clarion Whs	N Mids	53	TT	31.76	412.32	4	444.08
7	Adam Rogers	Eastbourne Rovers CC	S/S	49	TT	19.21	399.84	7	419.05
8	James Rees	Audax UK	M&NW	46	TT	11.28	403.43	5	414.71
9	Andrew Walsh	Audax UK	E Mids	45	TT	8.96	403.31	6	412.27
10	Rob Rix	Southport CC	NL&L	76	TT	138.36	264.35	14	402.71
11	Rob Powell	Abergavenny RC	S Wls	46	TT	11.28	371.70	9	382.98
12	Cliff Degraff	VC Cumbria	NL&L	59	TT	54.33	302.57	11	356.90
13	Kevin Wright	VTTA West Group	West	63	RB	71.59	272.11	13	343.70
14	Geraint Catherall	Anfield BC	Mer	50	TT	22.14	293.64	12	315.78
DNF	Brian Hygate (Fareham Wheelers / Wssx), Bob Richards (Royal Navy Cycling / West), Stuart Edwards (Royal Navy Cycling / West), Greg Elwell (VTTA (Yorkshire) / Yorks)								

FINISHING ORDER - VTTA 2024 NATIONAL 24 HOURS CHAMPIONSHIP (TANDEMS)									
AAD Pos	Name	Club	Group	Age	Indiv. Age Adj	Combined Age Adj	Act. Dist	Act. Pos.	AAD Result
1	Donald McLean	Flying Kippers	Scot	64	39.60	63.70	374.45	1	438.15
	Mark Leadbetter	Flying Kippers	Scot	57	24.10				
2	<i>Brigid Night</i>	<i>Frodsham Wheelers</i>	<i>Mer</i>	<i>59</i>	<i>40.94</i>	<i>61.49</i>	<i>356.90</i>	<i>2</i>	<i>418.39</i>
	<i>Sarah Murray</i>	<i>Clwb Beicio Egni Eryri</i>	<i>Mer</i>	<i>42</i>	<i>20.55</i>				

Sanders and Moss Win VTTA 50 Championship in South Wales Saturday 13th July 2024

NEC Representative Mark Bradley

Overcast skies greeted riders for the Saturday afternoon event, but being reasonably warm, dry and with low winds it made for some fast times.

The Saturday afternoon conditions were nicely stable in South Wales – a pleasant contrast with last year’s National 50 which took place in scorching temps. The R50/1B course takes place predominantly on dual carriageway, with an interesting ‘sporting’ section on the eastern section between Raglan and Mitchel Troy, all of which is covered twice.

West Group member Mark Sanders took his first VTTA 50 mile National Championship win and the Cecil Paget Cup after a string of good performances, with an Age Adjusted Time of 1:37:12 (1:51:20 actual). The Open podium was completed by Keith Dorling (East Anglian) with 1:38:35 on AAT (1:52:43 actual), and Anthony Jones (South Wales) just 8 seconds back on 1:38:43 (1:42:41 actual).

It was a day for personal bests in the Female category, Deborah Moss (North Lancashire & Lakes) retaining her title from 2023 with an AAT of 1:42:35, and also a personal best actual time of 1:58:54, with Emma Wyatt (South Wales) in second on an AAT of 1:44:00 and a personal best of 1:57:58 actual. Deborah Sheridan (Midlands) completed the podium in third, a further 22 seconds behind on AAT at 1:44:22 (2:14:41 actual).

VTTA group team winners were Midlands (Joseph Costello, Simon Dighton and Steven Loraine) in a combined AAT of 5:03:40, with Legato Racing Team (Joseph Costello, Simon Horsley and Steven Loraine) winning the club team award on 5:00:51; the apparent anomaly in these two team times being due to Simon Horsley being a member of North Lancs and Lakes group.

Best wishes to Haydn Davies for a speedy recovery after being hospitalised following a crash (no



vehicles involved) approaching the Raglan roundabout on the final return leg. He’s recovering well at home now.

We’d like to thank South Wales Secretary Bob Jones and his team of helpers for organising another successful event.

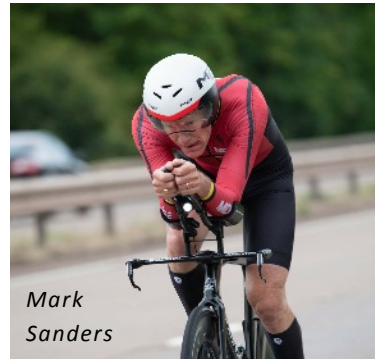
Championship winners Mark Sanders and Deborah Moss clearly enjoyed their trip to Wales

AWARD WINNERS - VTTA 2024 NATIONAL 50 MILES CHAMPIONSHIP

Awards (On AAT)	Name	Club	Group	AA Time	Medal
1st Open	Mark Sanders	Mid Devon CC	West	1:37:12	Gold
2nd Open	Keith Dorling	Team Bottrill	E Anglian	1:38:35	Silver
3rd Open	Anthony Jones	VMCC powered by Y Beic	S Wales	1:38:43	Bronze
1st Female	Deborah Moss	Springfield Financial RT	N Lancs & Lakes	1:42:35	Gold
2nd Female	Emma Wyatt	Hereford & Dist Whs CC	S Wales	1:44:00	Silver
3rd Female	Deborah Sheridan	...a3crg	Midlands	1:44:22	Bronze
Club Team Champions	Joseph Costello	Legato Racing Team	Midlands	5:00:51	3 xGold
	Simon Horsley		N Lancs & Lakes		
	Steven Loraine		Midlands		
Group Team Champions	Joseph Costello	Legato RT	Midlands	5:03:40	3 xGold
	Simon Dighton	Beacon Roads CC			
	Steven Loraine	Legato RT			
Tandem Champions	No tandem teams entered				2 xGold

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

Mark Sanders is also awarded the Cecil Paget Cup (for one year) as fastest overall on AA Time.



FINISHING ORDER - VTTA 2024 NATIONAL 50 MILES CHAMPIONSHIP (SOLOS)								
<i>(Women in red italics)</i>								
AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act Pos.	AA Time
1	Mark Sanders	Mid Devon CC	West	65	TT	1:51:20	13	1:37:12
2	Keith Dorling	Team Bottrill	E Ang	65	TT	1:52:43	15	1:38:35
3	Anthony Jones	VMCC powered by Y Beic	S Wls	51	TT	1:42:41	1	1:38:43
4	Joseph Costello	Legato RT	Mids	65	TT	1:53:12	17	1:39:04
5	Simon Horsley	Legato RT	NL&L	60	TT	1:49:11	8	1:39:24
6	Angus Wilson	Dundee Thistle	Scot	55	TT	1:46:17	2	1:40:01
7	Malcolm Cox	Velo Club St Raphael	Wssx	57	TT	1:48:23	6	1:40:48
8	Simon Dighton	Beacon Roads CC	Mids	61	TT	1:52:48	16	1:42:13
9	Neil Gregory	Port Talbot Whs CC	S Wls	58	TT	1:50:33	11	1:42:16
10	Steven Loraine	Legato RT	Mids	68	TT	1:59:35	24	1:42:23
11	<i>Deborah Moss</i>	<i>Springfield Financial RT</i>	<i>NL&L</i>	<i>54</i>	<i>TT</i>	<i>1:58:54</i>	<i>22</i>	<i>1:42:35</i>
12	Tim Wood	Team Echelon	Mids	50	TT	1:46:50	3	1:43:22
13	Tony Chapman	Frome and District Whs	West	52	TT	1:48:07	5	1:43:37
14	<i>Emma Wyatt</i>	<i>Hereford & Dist Whs CC</i>	<i>S Wls</i>	<i>47</i>	<i>TT</i>	<i>1:57:58</i>	<i>21</i>	<i>1:44:00</i>
15	Mark Hamer	Legato RT	Mids	49	TT	1:47:05	4	1:44:05
16	Mark Bradley	Bristol South CC	West	59	TT	1:53:17	18	1:44:16
17	<i>Deborah Sheridan</i>	<i>...a3crg</i>	<i>Mids</i>	<i>67</i>	<i>TT</i>	<i>2:14:41</i>	<i>36</i>	<i>1:44:22</i>
18	Jonathan Mills-Keeling	Aerologic RT	M'side	51	TT	1:49:53	9	1:45:55
19	Daniel Wyatt	Hereford & Dist Whs CC	S Wls	47	TT	1:48:42	7	1:46:34
20	Neil White	Ambion RT	E Mids	56	TT	1:54:01	20	1:47:06
21	Tim Radley	Gloucester City CC	West	50	TT	1:50:55	12	1:47:27
22	Vincent Douglas	Gloucester City CC	West	54	TT	1:53:44	19	1:48:05
23	<i>Susan Semple</i>	<i>Legato RT</i>	<i>Mids</i>	<i>58</i>	<i>TT</i>	<i>2:07:10</i>	<i>31</i>	<i>1:48:17</i>
24	Sean Quinn	Law Whs	Scot	51	TT	1:52:16	14	1:48:18
25	Anthony Green	Kernow RT	West	40	TT	1:49:55	10	1:49:55
26	Andrew Simpkins	Team Echelon	Mids	70	TT	2:10:18	34	1:50:51
27	Anthony Fidow	Newport Phoenix CC	S Wls	69	TT	2:09:42	33	1:51:24
28	Colin Parkinson	South Western RC	E Mids	62	TT	2:02:59	27	1:51:34
29	Alastair Semple	Legato RT	Mids	56	TT	1:59:29	23	1:52:34
30	Daniel Kempe	Bristol South CC	West	58	TT	2:01:12	25	1:52:55
31=	Paul Winchcombe	Chippenham & Dist Whs	West	64	TT	2:06:59	30	1:53:47
31=	<i>Gretchen Zoeller</i>	<i>Born to Bike</i>	<i>Yorks</i>	<i>45</i>	<i>TT</i>	<i>2:07:23</i>	<i>32</i>	<i>1:53:47</i>
33	Paul Russell	Springfield Financial RT	NL&L	57	TT	2:02:33	26	1:54:58
34	Daryl Stroud	Gloucester City CC	West	59	TT	2:04:57	29	1:55:56
35	<i>Emma Davies</i>	<i>Port Talbot Whs CC</i>	<i>S Wls</i>	<i>55</i>	<i>TT</i>	<i>2:14:43</i>	<i>37</i>	<i>1:57:51</i>
36	Garry Shuker	Walsall Roads CC	Mids	68	TT	2:16:52	38	1:59:40
37	<i>Gabriela MacKinnon</i>	<i>Coventry Triathletes</i>	<i>Mids</i>	<i>63</i>	<i>TT</i>	<i>2:25:54</i>	<i>39</i>	<i>2:01:53</i>
38	Jason Brotherhood	Ambion RT	E Mids	45	Road	2:04:53	28	2:03:31
39	<i>Jill Bartlett</i>	<i>Hounslow & District Whs</i>	<i>L&HC</i>	<i>64</i>	<i>TT</i>	<i>2:33:57</i>	<i>40</i>	<i>2:08:34</i>
40	Dan Laasna Reuter	Virtual CC	West	50	TT	2:12:46	35	2:09:18
DNF	Tom Cox (Saint Piran / Wssx); Haydn Davies (Giant CC Halo Films / West); Dan Kingston (Fulfil The Potential RT / S Wls)							
DNS	Stuart Day (Team Echelon / E Ang)							

VTTA NATIONAL 15 MILE CHAMPIONSHIP

Sunday 18th August 2024

*Report by Race Organiser, NEC Representative and Tandem Competitor Rachael Elliott
(With a few additions by Mike Penrice)*

The VTTA National 15 Mile Championship was promoted on our behalf by the ever proficient Rachael Elliott and her Newbury Velo club mates. The H15/3 course, although single carriageway, is fast thanks to its four mile slightly downhill section from the start, then followed by a traditional 'out-and-back' on the A4 Bath Road, although a niggling westerly wind saw the course running slower than it was for the same event last year. Nevertheless, a slightly chilly late summer morning turned into one awash with sunshine - leading to a fete-like atmosphere at Boxford Village Hall.

Both the open and women's events saw incredibly close age adjusted results. In the women's event last year's champion, 65 years old Linda Dewhurst (Ride Revolution Coaching/London & Home Counties), rode a stunning time of 34:26 - a new age record - which equated to an age adjusted time of 26:50. This was enough for her to retain her title. The silver medal, with an age adjusted time of 27:29, went to recent 10 mile age record breaker, Sarah Matthews (...a3crg /Wessex) - just a year Linda's junior. The bronze medal went to 67 years old Lucia Borradaile (CC Weymouth/Wessex) with an age adjusted 29:17. A special mention to the fastest woman of the day: local rider Melanie Sneddon (TORQ Performance/London & Home Counties) rode an excellent 33:33, with her age-adjusted equivalent putting her in fourth place.

AWARD WINNERS - VTTA 2024 NATIONAL 15 MILES CHAMPIONSHIP

Awards (On AAT)	Name	Club	Group	AA Time	Medal
1st Open	Richard Oakes	Team Ohten Aveas	East Midlands	27:15	Gold
Equal 2nd Open	Mike Twelves	Team Ohten Aveas	East Midlands	27:41	2 x Silver
	Michael Lythgoe	Kenilworth Whs	Midlands		
1st Female	Linda Dewhurst	Ride Revolution Coaching	London & H Counties	26:50	Gold
2nd Female	Sarah Matthews	...a3crg	Wessex	27:29	Silver
3rd Female	Lucia Borradaile	CC Weymouth	Wessex	29:17	Bronze
Club Team Champions	Richard Oakes	Team Ohten Aveas	East Midlands	1:23:01	3 x Gold
	Mike Twelves		East Midlands		
	Andy Critchlow		Surrey/Sussex		
Group Team Champions	Linda Dewhurst	Ride Revolution Coaching	London & H Counties	1:23:21	3 x Gold
	Gareth Williams	Twickenham CC			
	Anthony Turner	Mickey Cranks CC			
Tandem Champions	Norman Harvey	Sotonia CC	Wessex	26:20	2 x Gold
	Mary Corbett				

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



Linda Dewhurst - female champion, overall fastest on AAT and leader of the winning L&HC group team



Richard Oakes - open champion and leader of the winning Team Ohten Aveas club team



Norman Harvey and Mary Corbett - tandem champions

In the open event, it was Team Ohten Aveas who dominated the proceedings, as they do in many of our shorter championships. Last year's winner, Richard Oakes (Team Ohten Aveas/Notts & East Midlands), took the crown once more and was the only rider of the day to clock a 28 minute ride, with his 28:59 equating to an age adjusted 27:15. For the final two podium positions we ended up in the unusual position of a tie - Oakes' teammate Mike Twelves, rode an age adjusted 27:41, with Michael Lythgoe (Kenilworth Wheelers) riding exactly the same adjusted time. This means we have the pleasure of awarding two silver medals in the open category and it is believed to be the first VTTA national medal for the Kenilworth rider.

In the tandem event, it was the Sotonia CC pairing of 91-year-old Norman Harvey and 67-year-old Mary Corbett who took the gold medals riding their tandem trike. Their 42:04 equated to an exceptional 26:20, beating off rivals Ian Greenstreet and Rachael Elliott (Newbury Velo/London & Home Counties) whose 30:00 time equated to a 26:57 on AAT. Despite the passing of another year Harvey and Corbett had closed their actual time deficit on Greenstreet and Elliott by 30 seconds since last year's championship, and so scored a rare beating of their rivals. As Norman commented, "At 91 years of age, a gold medal is something very special indeed".

In the club team category, it was of no surprise that it was Team Ohten Aveas who took the gold medals, with Oakes, Twelves and Andrew Critchlow taking the honours with a cumulative AAT of 1:23:01. However with Critchlow being a member of Surrey/Sussex, Ohten Aveas were unable to double up with the group team gold medals, so it was the "home" group of London & Home Counties who took the honours, with strong performances by Gareth Williams, Anthony Turner and, of course, Linda Dewhurst, who took the top spot with a cumulative 1:23:21.

We would like to thank all those who chose to ride the championship, and would like to extend our thanks to the members and friends of Newbury Velo whose volunteers were instrumental in the successful - and most welcoming - event that it was.

Official photographs were taken of competitors passing the historic Halfway Lodge and Inn, provided by David Clifford and these can be viewed and purchased [here](#).

SOLOS FINISHING ORDER - VTTA 2024 NATIONAL 15 MILES CHAMPIONSHIP

(Female in red italics)

AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos.	AA Time
1	<i>Linda Dewhurst</i>	<i>Ride Revolution Coaching</i>	<i>L&HC</i>	65	<i>TT</i>	<i>34:26</i>	<i>37</i>	<i>26:50</i>
2	Richard Oakes	Team Ohten Aveas	E Mid	55	TT	28:59	1	27:15
3	<i>Sarah Matthews</i>	<i>...a3crg</i>	<i>Wssx</i>	64	<i>TT</i>	<i>34:40</i>	<i>39</i>	<i>27:29</i>
4=	Mike Twelves	Team Ohten Aveas	E Mid	60	TT	30:23	6	27:41
4=	Michael Lythgoe	Kenilworth Whs	Mids	74	TT	34:24	36	27:41
6	Neil Mackley	...a3crg	Wssx	61	TT	30:40	11	27:44
7	Peter Main	34 Nomads CC	E Ang	59	TT	30:29	7	27:59
8	Andy Critchlow	Team Ohten Aveas	S/S	50	TT	29:03	2	28:05
9	Steven Cottington	Bath Cycling Club	West	62	TT	31:19	16	28:10
10=	Andrew Meilak	VeloRefined Rule 5	Kent	58	TT	30:32	8=	28:15
10=	Gareth Williams	Twickenham CC	L&HC	58	TT	30:32	8=	28:15
12	Anthony Turner	Mickey Cranks CC	L&HC	54	TT	29:50	3	28:16
13	Chris Dyason	Cambridge CC	E Ang	76	TT	35:51	44	28:21
14	Simon Smart	Drag2Zero	Mids	55	TT	30:12	4	28:28
15	Mark Vowells	San Fairy Ann CC	Kent	71	Trk	37:43	53	28:40
16	Simon Horsley	Legato RT	NL&L	60	TT	31:24	17	28:42
17	Nik Allen	Team TMC	S/S	53	TT	30:21	5	28:57



The medal winners (L to R) ~ Lucia Borradaile, Sarah Matthews, Gareth Williams, Linda Dewhurst, organiser Rachael Elliott, Richard Oakes, Mike Twelves, Andy Critchlow, Michael Lythgoe, Norman Harvey, Mary Corbett

AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos.	AA Time
18	Kevin Tye	VeloRefined Rule 5	Kent	62	TT	32:07	24	28:58
19	Steven Loraine	Legato RT	Mids	68	TT	33:50	32	29:06
20	Simon Dighton	Beacon Roads CC	Mids	61	TT	32:03	23	29:07
21	Peter Youngusband	Petersfield Tri Club	Wssx	59	TT	31:42	21	29:12
22	Paul Jones	Primera-Teamjobs	Wssx	53	TT	30:37	10	29:13
23	<i>Lucia Borradaile</i>	<i>CC Weymouth</i>	<i>Wssx</i>	<i>66</i>	<i>TT</i>	<i>37:20</i>	<i>50</i>	<i>29:17</i>
24	Peter Tomlin	North Hampshire RC	Wssx	67	TT	33:58	33	29:32
25	Ed Moss	Beacon Roads CC	Mids	54	TT	31:07	14	29:33
26	<i>Jen Clegg</i>	<i>Team Bottrill</i>	<i>E Mid</i>	<i>70</i>	<i>TT</i>	<i>39:23</i>	<i>64</i>	<i>29:34</i>
27	John Lacey	Hemel Hempstead CC	L&HC	60	TT	32:20	25	29:38
28	Mark Bradley	Bristol South CC	West	59	TT	32:23	26	29:53
29	Stuart Hourigan	VeloRefined Rule 5	Kent	48	TT	30:43	12	30:01
30	Jake Prior	Velo Club St Raphael	Wssx	61	TT	33:00	29	30:04
31	Mark Hamer	Legato RT	Mids	49	TT	30:55	13	30:05
32	David Glossy	Elysium Kalas RT	L&HC	51	TT	31:17	15	30:11
33	Tony Chapman	Frome & District Whs	West	52	TT	31:33	19	30:18
34	Sean Quinn	Law Whs	Scot	51	TT	31:27	18	30:21
35	Dave Nolan	trainSharp	Yrks	51	TT	31:41	20	30:35
36	<i>Gillian Reynolds</i>	<i>Willesden CC</i>	<i>L&HC</i>	<i>75</i>	<i>TT</i>	<i>42:40</i>	<i>69</i>	<i>30:53</i>
37	Neil White	Ambion Racing Team	E Mid	56	TT	32:49	28	30:54
38=	Nick James	Aerologic RT	E Ang	50	TT	31:55	22	30:57
38=	<i>Jo Spencer</i>	<i>Swindon Whs</i>	<i>Wssx</i>	<i>40</i>	<i>TT</i>	<i>34:44</i>	<i>40</i>	<i>30:57</i>
40	<i>Susan Semple</i>	<i>Legato RT</i>	<i>Mids</i>	<i>58</i>	<i>TT</i>	<i>36:24</i>	<i>46</i>	<i>31:01</i>
41	Angus MacInnes	Charlotteville CC	S/S	59	TT	33:38	31	31:08
42	Paul Winchcombe	Chippenham & District Whs	West	64	TT	35:02	41	31:24
43	Francis Treanor	Amersham Road CC	L&HC	57	TT	33:31	30	31:25
44=	Martin Stanley	Didcot Phoenix CC	L&HC	50	TT	32:41	27	31:43
44=	Andrew Simpkins	Team Echelon	Mids	70	TT	37:04	48	31:43
46	Daryl Stroud	Gloucester City CC	West	60	TT	34:32	38	31:50
47	<i>Jo Wilkie</i>	<i>Cheltenham & County CC</i>	<i>Mids</i>	<i>46</i>	<i>TT</i>	<i>36:05</i>	<i>45</i>	<i>32:05</i>
48	Cliff Voller	VTTA West Group	West	73	TT	38:30	60	32:09
49	Alastair Semple	Legato RT	Mids	56	TT	34:07	34	32:12
50	Vincent Douglas	Gloucester City CC	West	54	TT	34:08	35	32:34
51	Stu Carver	North Hampshire RC	Wssx	59	TT	35:09	42	32:39
52	John Hargreaves	Swindon Whs	Wssx	61	RB	35:40	43	32:44
53	David Welling	Farnham RC	Wssx	70	TT	38:07	57	32:46
54	Paul Rogoll	PDQ Cycle Coaching	West	68	TT	37:37	51=	32:53
55	Alan Allcock	Newbury RC	L&HC	69	TT	38:02	55	33:00

AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos.	AA Time
56	Christopher Davis	Giant CC Halo Films	West	69	RB	38:03	56	33:01
57	<i>Helen Roby</i>	<i>Ride Revolution Coaching</i>	<i>L&HC</i>	<i>57</i>	<i>RB</i>	<i>38:14</i>	<i>58</i>	<i>33:04</i>
58	Peter Wilson	Bath CC	West	90	TT	48:31	75	33:09
59	<i>Kirsty McSeveney</i>	<i>...a3crg</i>	<i>Wssx</i>	<i>43</i>	<i>TT</i>	<i>37:08</i>	<i>49</i>	<i>33:15</i>
60	Jymmy Trevor	City RC (Hull)	Yrks	52	Trk	37:37	51=	33:24
61	<i>Michelle McGuinness</i>	<i>Didcot Phoenix CC</i>	<i>L&HC</i>	<i>52</i>	<i>TT</i>	<i>38:00</i>	<i>54</i>	<i>33:34</i>
62	<i>Sue Smith</i>	<i>Swindon Whs</i>	<i>Wssx</i>	<i>54</i>	<i>TT</i>	<i>39:06</i>	<i>61</i>	<i>34:25</i>
63	<i>Mary-Jane Hutchinson</i>	<i>Bristol South CC</i>	<i>West</i>	<i>67</i>	<i>RB</i>	<i>43:11</i>	<i>71</i>	<i>34:38</i>
64	<i>Rachel Green</i>	<i>Cheltenham & County CC</i>	<i>West</i>	<i>62</i>	<i>TT</i>	<i>41:19</i>	<i>67</i>	<i>34:51</i>
65	Gary Chiverton	Bournemouth Jubilee Whs	Wssx	63	TT	38:25	59	35:01
66	Robert Hutchinson	Bristol South CC	West	71	RB	40:48	65	35:08
67	<i>Emma McDermott</i>	<i>Oxonian CC</i>	<i>L&HC</i>	<i>46</i>	<i>TT</i>	<i>39:09</i>	<i>62</i>	<i>35:09</i>
68	John Tracey	Ambion RT	Mids	49	TT	36:25	47	35:35
69	Jeff King	Oxonian CC	L&HC	70	TT	40:59	66	35:38
70	<i>Pippa O'Brien</i>	<i>RT Poda</i>	<i>L&HC</i>	<i>63</i>	<i>TT</i>	<i>42:48</i>	<i>70</i>	<i>36:00</i>
71	Jerry Cooper	Wightlink RT	Wssx	62	RB	39:17	63	36:08
72	Vernon Schutte	Farnboro' & Camberley CC	Wssx	70	RB	41:33	68	36:12
73	David Steel	Hereford & Dist Whs CC	Mids	77	TT	45:42	74	37:48
74	Robin Johnson	Brighton Mitre CC	S/S	76	TT	45:24	73	37:54
75	Karl Corpez	Charlotteville CC	S/S	58	RB	43:49	72	41:32
76	Lewis Lawton	Swindon RC	Wssx	72	TT	50:30	76	44:30
DNF	Mark Malin (Ambion RT / E Mid), Issy Zimmerman (Regents Park Rouleurs / L&HC), Gordon Scott (CC Weymouth / West), Rob Vessey (...a3crg / Wssx)							
DNS	David Hanson (North Cotswold CC / L&HC), Robert Gilmour (Hounslow & District Whs / L&HC)							
DNS A	Rob Muzio (Team Ohten Aveas / E Mid), Stu Wright (API/Anglia Sport / E Mid), Paul Smith (VeloRefined Rule 5 / Kent), Joseph Costello (Legato RT / Mids), Cris Coxon (Brighton Mitre CC / S/S), David England (Crabwood CC / Wssx), Keith Dorling (Team Bottrill / E Ang)							

TANDEM FINISHING ORDER - VTTA 2024 NATIONAL 15 MILES CHAMPIONSHIP

(Female in red italics)

AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos.	AA Time
1	Norman Harvey	Sotonia CC	Wssx	91	Trk	42:04	3	26:20
	<i>Mary Corbett</i>			67				
2	<i>Rachael Elliott</i>	Newbury Velo	L&HC	46	TT	30:00	1	26:47
	Ian Greenstreet			60				
3	Murray Kirton	A5 Rangers CC	Mid	83	TT	39:33	2	28:55
	David Stockley			84				
DNSA	David Shannon & Richard May (Islington CC / L&HC)							

VETS NORTHERN ALL COMERS 10 MILE CLOSED CIRCUIT CHAMPIONSHIP



CROFT MOTOR CIRCUIT - WEDNESDAY 19TH JUNE 2024

NEC Representative Mike Penrice

The Northern Vets 'All Comers' Closed Circuit Championship at Croft has become a 'must ride' event for many vets from the local area and from much further afield. So it was for multiple World Veterans' Champion Richard Oakes, who once again was the hot favourite. Sadly it ended with a no show apology for Richard following a team pursuit crash at Derby track the previous evening. This did not deter the excellent entry of 75 vets (including non-VTTA members in this 'all comers' championship) and a perfect mid-summer evening with only a light wind provided some keenly fought competition.

First away were the riders in the female road bikes category, where Gemma Mitchell, local elite road racer for Team Boompods, was a convincing winner. Unfortunately Yoko Okado, who is a newcomer to CTT time trials but a talented runner and triathlete, was DQ-ed later from the silver medal spot for failing to appreciate that clip-on tribars are contrary to the road bike rules.

Next up was the female TT bikes category, where Angela Hannon-Flaherty (Seacroft Wheelers) took the gold by a comfortable margin over local rider Louise Hamilton (Zurbaran Racing).

Interest in the open (ie men's) road bike competition continues to grow, with 5 more entrants than in 2023. The tussle for the gold was very tight and was confined to members of Reifen Racing. 56-year old Lee Ridden claimed victory with 22:20 AAT from 23:36 actual; although 5 years older his clubmate John Davidson rode 24:19 but his age adjusted time fell 3 seconds short of Ridden's AAT.



Mike Penrice

Michael Vaniksaar

John Davidson

Russ Richardson

Lee Ridden

Karen Taylor

Philip Kennell

Angela Hannon-Flaherty

Yoko Okada

Gemma Mitchell

Deborah Capewell

Adrian Dent

Louise Hamilton

Gavin Russell

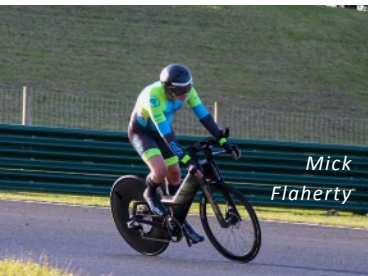
In the absence of Richard Oakes the open class (ie men's) open machine (ie TT bikes) open event (ie any CTT registered rider can enter) became a three way fight between the top north-eastern riders. Age seniority was reflected in the medal positions with 2023 VTTA National 25 Champion Russ Richardson (Zurbaran Racing) triumphing with 19:48 AAT; this was 4 seconds faster on AAT than Adrian Dent (Team Ohten Aveas) and 7 seconds faster than 2023 VTTA National 30 silver medallist Philip Kennell (GS Metro).

A welcome initiative at this year's championship was the awarding of VTTA Northern Champion's jerseys in addition to the medals.

The accompanying 'Come and Try It' event was part of CTT Teesside's easily accessible series of 10 mile TTs held on this safe Croft circuit. The mid-summer evening had attracted 85 riders, aged from 6 to 79 and on any type of machine. As a great opportunity to learn to ride enjoyably and at a good pace times ranged from 21 to 49 minutes.

Thanks to Gavin Russell and his well rehearsed team of CTT Teesside and VTTA (North) officials for another impeccably organised event and especially for the refreshments ladies. Whilst some diehards may resist the idea of time trialling on closed circuits there can be little doubt that the Croft team have found the right formula to ensure that our sport increases in popularity in their area.

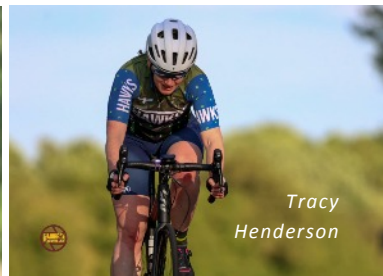
Photographs kindly provided by James Murray. To view these and many more, all able to be downloaded, go to [James Murray Photography Facebook](#) page.



Mick Flaherty



Jez Willows



Tracy Henderson



Helen Chalton



Paul Dawson



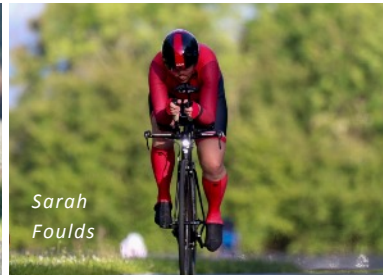
Roy Oakes
(Richard's dad)



John Barnett



Lee Ridden



Sarah Foulds

AAT Pos.	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
OPEN CATEGORY TIME TRIAL BIKE CHAMPIONSHIP							
1	Russ Richardson	Zurbaran Racing	North	67	22:44	14	19:48
2	Adrian Dent	Team Ohten Aveas	North	63	22:06	8	19:52
3	Philip Kennell	GS Metro	North	57	21:18	3	19:55
4	Simon Horsley	Legato RT	NL&L	59	21:44	11	20:05
5	Marcel Schubert	Zurbaran Racing	North	42	20:11	7	20:06
6	Ray Hall	Protech Velo	North	63	22:26	9	20:12
7	Wayne Coates	Team Bottrill	North	65	23:09	29	20:35
8	Kris Whitelaw	Vector Racing	North	41	20:45	2	20:43
9	Jonathan Robinson	Army Cycling		54	21:52	6	20:50
10	Mick Flaherty	Seacroft Whs	Yorks	62	23:15	16	21:10
11	Stephen Adamson	Fietsen Tempo		51	21:57	13	21:14
12	Allistair Moffat	Velo Club Cumbria	NL&L	41	21:28	1	21:26
13	Roy Oakes	Team Ohten Aveas	E Mids	79	27:26	27	21:39
14	Shaun Wakes	Ferryhill Whs	North	56	22:57	28	21:41
15	Simon Emsley	Team VC		52	22:52	5	22:03
16	David Hird	Hambleton RC		48	22:34	10	22:06
17	Lee Morley	Hartlepool CC	North	53	23:09	4	22:14
18=	John Main	Cleveland Whs		67	25:25	14	22:29
18=	Ian Hutchinson	Cleveland Whs		68	25:36	26	22:29
20	Dougan Collins	Zurbaran Racing	North	59	24:26	12	22:47
21	Bryan Harding	Durham Tri Club		65	25:53	22	23:19
22	Drew Donaldson	Glasgow United CC	E Mids	65	25:57	21	23:23
23	Duncan Smart	Scarborough Paragon CC	Yorks	55	24:35	17	23:26
24	Gordon Johnson	Clifton CC York		59	25:12	25	23:33
25	Terry Parvin	Ferryhill Whs	North	64	26:24	24	24:00
26	Andy Delaney	Northumbria Police CC	North	55	25:27	19	24:18
27	Andy Biggs	Durham Tri Club		56	25:36	20	24:20
28	Darren Chapman	Darlington CC		60	26:40	18	24:53
29	Carl Taylor	Cleveland Whs		59	27:01	22	25:22
30	Doug Harris	Cleveland Whs	North	67	28:48	32	25:52
31	Paul Dawson	VTTA (North)	North	63	28:12	31	25:58
32	Andrew Harland	Darlington Tri Club		56	27:29	30	26:13
DNF	Matt Hill (Zurbaran Racing)						
DNS	Paul Wynne (Kinross CC), Oliver Clissold (Cleveland Whs), Richard Oakes (Team Ohten Aveas), Brad Armstrong (Velo Club Rutland), Darren Robson (Muckle Cycle Club)						

AAT Pos.	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
OPEN CATEGORY ROAD BIKE CHAMPIONSHIP							
1	Lee Ridden	Reifen Racing	North	56	23:36	3	22:20
2	John Davidson	Reifen Racing		61	24:19	4	22:23
3	Michael Vaiksaar	Valley Striders CC		47	23:28	1	23:05
4	Stuart Wearmouth	Zurbaran Racing	North	47	23:31	2	23:08
5	Paul Daly	Manilla Cycling	North	43	24:20	5	24:12
6	Graeme Carter	Stockton Wheelers CC	North	50	24:51	7	24:13
7	Ian Gaskins	Zurbaran Racing	North	49	24:58	8	24:25
8	Jez Willows	Sherwood CC	E Mids	59	26:10	13	24:31
9=	Damien Riley	Teesdale CRC		43	24:45	6	24:37
9=	Clifford Featherstone	Reifen Racing		71	28:21	16	24:37
11	Richie Grant	Hartlepool CC	North	58	26:24	14	24:53
12	Paul Felce	Team VC		52	25:48	11	24:59
13	Russell Wright	Manilla Cycling		40	25:03	9	25:03
14=	Andrew Donald	AIMS Cycling	North	53	26:09	12	25:14
14=	Steven Moody	Teesdale CRC		43	25:22	10	25:14
16	Phil Wright	Hartlepool CC	North	69	28:59	17	25:40
17	Mike Chalton	Manilla Cycling		53	27:09	15	26:14
18	John Leach	Rosendale RC	NL&L	79	32:39	20	26:52
19	John Barnett	Otley CC	Yorks	69	31:32	19	28:13
20	Robin Dale	Darlington Tri Club		43	29:04	18	28:56
DNF	Mark Bailie (Tyneside Vagabonds CC)						
DNS	Mike Jefferies (AIMS Cycling), Dave King (VC Briganti), Mark Fayers (Richmond CC), Paul Roberts (Hambleton RC)						
FEMALE CATEGORY TIME TRIAL BIKE CHAMPIONSHIP							
1	Angela Hannon-Flaherty	Seacroft Whs	Yorks	55	25:14	1	22:02
2	Louise Hamilton	Zurbaran Racing	North	54	26:22	2	23:16
3	Karen Taylor	Springfield Financial RT	Yorks	57	27:19	4	23:53
4	Sarah Foulds	Team VC	North	43	26:45	3	24:10
5	Jo Scott	Darlington CC	North	60	28:32	5	24:39
FEMALE CATEGORY ROAD BIKE CHAMPIONSHIP							
1	Gemma Mitchell	Team Boompods		44	25:30	1	22:54
2	Deborah Capewell	Team Ohten Aveas	Mids	58	28:40	2	25:06
3	Helen Chalton	Manilla Cycling		52	29:39	4	26:43
4	Tracy Henderson	Hetton Hawks CC		48	29:27	3	26:44
5	Deborah Jefferies	Manilla Cycling	North	43	30:45	5	28:10
DQ	Yoko Okada	Durham Tri Club		41	26:33		24:01
DNS-A	Sarah Minto (N Tyneside Riders CC)						

VETS SOUTHERN ALL COMERS 10 MILE CLOSED CIRCUIT CHAMPIONSHIP

GOODWOOD MOTOR CIRCUIT
WEDNESDAY 26TH JUNE 2024



Report by NEC Representative Ian Greenstreet

A GOLDEN GROUNDHOG DAY AT GLORIOUS GOODWOOD

The Southern Circuit Championship took place on a perfect summer evening, featuring warm temperatures and light winds, providing ideal conditions for competitors. Remarkably, the results mirrored last year's winners, making it feel like Groundhog Day.

In the Open TT Bike Category Chris Lord of Brighton Excelsior delivered an outstanding performance, recording an actual time of 22:22 at the age of 71, translating to an adjusted age time (AAT) of 18:38 and securing first place. Andy Langdown achieved the fastest actual time of the night, clocking in at 20:27, good enough for second place with an AAT of 19:18. Newly crowned VTTA 12 Hour Champion Malcolm Cox of Velo Club St Raphael took third place with an AAT of 19:46.

The pre-race favourite, Sarah Matthews of ...a3crg, won the Female TT bike category with an AAT of 19:04. Alexa Forbes (London Dynamo) secured second place with a time of 20:52 whilst Deborah Sheridan of ...a3crg took third place,

The Open Road Bike Category was won by Cris Coxon of Brighton Mitre with an AAT of 20:36. Graeme Stirzaker of ...a3crg secured second place with a time of 22:36. With third place going to David Robbins of Petersfield Tri Club with an AAT of 22:47.

Ruth Whiddett of ...a3crg took the jersey in the Female Road bike category with an AAT 21:25. Denise Stuart of GS Mossa secured second place with a time of 23:05. Third place went to Rachel Tomkins of Farnborough & Camberley CC with an AAT of 23:52.

The Southern Circuit Championship was a display of exceptional talent and competitive spirit, highlighting standout performances and impressive times across all ages and categories. It was certainly a good evening for the promoting ...a3crg, who secured podium places in all four event categories. Congratulations to all the winners and participants for making the event a success.

Special thanks to David Collard- Berry and his team from ...a3crg for organizing this well-run event, enjoyed by all competitors. The event was part of a series held at Goodwood, providing a wonderful traffic-free venue for time trialling.



Unfortunately a delay in finalising the results meant that only Sarah Matthews and Chris Lord were still present to receive their champion's jerseys and medals

Images kindly provided by Sheena Booker Photography can be viewed [here](#).
If downloading please also 'buy her a coffee' [here](#)



*Andy
Langdown*



*Chris
Lord*



*Malcolm
Cox*



Graeme Stirzaker



*Cris
Coxon*



*David
Robbins*



*Alexa
Forbes*



*Sarah
Matthews*



*Deborah
Sheridan*



*Denise
Stuart*



Ruth Whiddett



*Rachel
Tomkins*

AAT Pos.	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
OPEN CATEGORY TIME TRIAL BIKE CHAMPIONSHIP							
1	Chris Lord	Brighton Excelsior CC	S/S	71	22:22	10	18:38
2	Andy Langdown	...a3crg	Wssx	55	20:27	1	19:18
3	Malcolm Cox	Velo Club St Raphael	Wssx	57	21:09	4	19:46
4	Howard Bayley	...a3crg	Wssx	49	20:35	2	20:02
5	Peter Younghusband	Petersfield Triathlon Club	Wssx	59	22:10	9	20:31
6	Bryce Dyer	Bournemouth Cycleworks		49	21:08	3	20:35
7	Larry Wiltshire	Chichester City Riders	L&HC	51	21:29	5	20:46
8	Mike Anderson	CC Moncontour	Wssx	66	23:34	17	20:49
9	Adrian Talley	Velo Club St Raphael	Wssx	51	21:40	6	20:57
10	Robert Gilmour	Hounslow & District Whs	L&HC	72	25:19	30	21:22
11=	Simon Berogna	Velo Club St Raphael		50	22:08	7=	21:30
11=	Paul Tippett	Destination Bike RT	S/S	50	22:08	7=	21:30
13=	Steve Skinner	Southdown Velo	Wssx	69	24:57	26	21:38
13=	Shaun Smart	Southdown Velo		60	23:25	15	21:38
15	Marius Kwint	Velo Club Venta		59	23:20	14	21:41
16	Rob Vessey	...a3crg	Wssx	61	23:47	21	21:51
17	Mike Marchant	Southdown Velo		67	25:04	28	22:08
18	Paul Martin	NAUT Cycling		53	23:10	13	22:15
19	Marcus MacHell	Hastings & St. Leonards CC		51	22:59	12	22:16
20	Mike Garner	...a3crg	Wssx	70	25:49	33	22:18
21	Paul Jones	Portsmouth North End CC		56	23:41	20	22:25
22	Gianni Shipp	Portsmouth Triathletes		40	22:39	11	22:39
23	Malcolm Daly	Hastings & St. Leonards CC		63	24:56	25	22:42
24	Ben Thomas	South Western Road Club	S/S	75	27:27	41	22:47
25	Mike Boyce	...a3crg	Wssx	68	25:55	34=	22:48
26	Tim Peters	Horsham Cycling		51	23:38	19	22:55
27	Neil Langley	Hampshire Road Club	Wssx	49	23:32	16	22:59
28	Robert Watson	Hampshire Road Club		64	25:25	32	23:01
29	Mike Hannay	Lewes Wanderers CC		62	25:07	29	23:02
30	Christopher Redmond	Petersfield Triathlon Club		56	24:25	24	23:09
31	Keith Lear	Horsham Cycling		44	23:36	18	23:25
32	Keith Jarrett	GS Vecchi		63	25:57	36	23:43
33	Richard Keevil	GS Stella	S/S	55	24:59	27	23:50
34	Graeme Browning-Martin	New Forest CC		41	24:00	22	23:58
35	Matthew Dowle	...a3crg		47	24:24	23	24:01
36	Simon Craig-McFeely	...a3crg	Wssx	65	26:39	37	24:05
37	Alan Kirby	Farnham RC		67	27:07	39	24:11
38	George Windsor	VTTA (Surrey/ Sussex)	S/S	82	30:58	44	24:14
39	Steve Dines	Wight Tri		68	27:25	40	24:18
40	Michael Chadwell	VC Godalming & Haslemere		63	26:56	38	24:42
41	John Mottershead	Portsmouth North End CC		55	25:55	34=	24:46
42	Gareth Purves	Hastings & St. Leonards CC	S/S	44	25:20	31	25:09
43	Angus Fileman	Fareham Wheelers CC		61	28:21	42	26:25
44	Martin Whitty	...a3crg	Wssx	56	30:06	43	28:50
45	Ken Rayson	...a3crg	Wssx	77	42:26	45	37:14

AAT Pos.	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
DNS-A	Simon Dighton (Beacon Roads CC), Derek Dowden (Hampshire Road Club)						
DNS	Simon Palmer (Tuff Fitty Tri Club), Martin Tickner (Horsham Cycling), Darren Anderson (Fareham Wheelers CC), Angus MacInnes (Charlotteville Cycling Club)						
OPEN CATEGORY ROAD BIKE CHAMPIONSHIP							
1	Cris Coxon	Brighton Mitre CC	S/S	47	20:59	1	20:36
2	Graeme Stirzaker	...a3crg		57	23:59	3	22:36
3	David Robbins	Petersfield Triathlon Club		62	24:52	7	22:47
4	Richard Miles	Inspire-Chichester		67	25:48	10	22:52
5	Adam Jones	Woking Cycling Club	S/S	46	23:50	2	23:31
6	Pete Masson	Hart Evolution Race Team		49	24:09	5	23:36
7	Chris Wallis	Blazing Saddles		45	24:04	4	23:49
8	Mark Kennerley	Fareham Wheelers CC		43	24:12	6	24:04
9=	Jeremy Page	Southborough & Dist. Whs	Kent	62	26:29	13	24:24
9=	Stephen Summers	Worthing Excelsior CC		56	25:40	9	24:24
11	Phil McNamara	Full Gas Racing Team		56	26:10	11	24:54
12	Adam Puckett	Fareham Wheelers CC	Wssx	42	25:20	8	25:15
13	Nolan Rogers	Chichester City Riders		51	26:15	12	25:32
14	Vernon Schutte	Farnborough & Camberley CC	Wssx	70	29:15	15	25:44
15	Karl Corpez	Charlotteville Cycling Club	S/S	58	28:59	14	27:28
16	Gordon Richardson	Portsmouth North End CC		60	29:33	16	27:46
17	Chris Parker	Hastings & St. Leonards CC	Kent	68	31:38	17	28:31
18	Eamonn Sheridan	Warwickshire Road Club	Mids	70	34:22	19	30:51
19	Roy Bentley	Three Counties Triathletes		57	32:51	18	31:28
DNS	Lee Holdaway (Hastings & St. Leonards CC)						
FEMALE CATEGORY TIME TRIAL BIKE CHAMPIONSHIP							
1	Sarah Matthews	...a3crg	Wssx	64	23:49	1	19:04
2	Alexa Forbes	London Dynamo	L&HC	63	25:22	2	20:52
3	Deborah Sheridan	...a3crg	Mids	67	26:41	4	21:02
4	Christina Dove	...a3crg	Wssx	57	26:31	3	23:05
5	Rowena Rogers	Petersfield Triathlon Club		48	28:23	5	25:40
6	Pippa O'Brien	RT PODA	L&HC	63	30:20	6	25:50
7	Belinda Chapman	Hastings & St. Leonards CC		52	31:57	7	29:01
DNS	Ruth Jones (Farnborough & Camberley CC)						
FEMALE CATEGORY ROAD BIKE CHAMPIONSHIP							
1	Ruth Whiddett	...a3crg	S/S	51	24:45	1	21:52
2	Denise Stuart	GS Mossa		53	26:06	2	23:05
3	Rachel Tomkins	Farnborough & Camberley CC		48	26:35	3	23:52
4	Kym Harvey	...a3crg	Wssx	59	28:49	5	25:06
5	Hannah Lucas	Farnborough & Camberley CC		43	28:08	4	25:33
DNS	Kathryn Pillar (Petersfield Triathlon Club)						
DNS-A	Rose Beddington (Petersfield Triathlon Club)						
DNF	Angela Carpenter (...a3crg)						



EAST ANGLIAN

Andrew Grant

Let's begin with congratulations to Keith Dorling on second place in the VTTA National 50. His 1:38:35 on AAT (1:52:43 on actual, on a tough course) was a fine ride and his silver medal an overdue reward for years of consistently high level performance. He followed it up soon afterwards with a win in his age group in the RTTC National 25 championship, so bearing in mind that the age group in question is the one that wins you a free bus pass, Keith might be seen as scoring a hat-trick this year.

Within the Group, other national level performances have come from Chris Dyason who has been making life harder for any 76 year old members hoping to get their name in the record books. Hard on the heels of his new National Age record in the Cambridge CC 15 earlier in the year, he set a new National 10 mile record of 22:16 in one of the Group's June evening 10s on the E2/10. He also updated the Group 25 age record to 58:03 in the Verulam 25 and the 50 to 2:04:27 in the Finsbury Park event, (both on variants of the F2).

Drag2Zero's Matt Smith has also been taking advantage of fast evening conditions on the E2, to revise the age 45 Group 10 record down to 18:03, whilst 34 Nomads' Peter Main made the long trek down to the P612 for his 19:27 at age 58, then, making strategic use of a mid-year birthday, recorded 30:29 in the VTTA National 15 on the H15/3 to update the group record for 59 years.

Shaftesbury CC's Louise Robinson has been flying, with new Group 48 year records of 20:44 in the ECCA 10 championship on the E2 and a superb 1:50:56 in the Viking 50 on the F2, where Sole Bay Cycle Sport's Denise Hurren also updated the 59 years record to 2:03:23.

Also on the E2, in the ECCA event, Easterley RC's Julia Freeman improved the Group 60 years time to 23:58 and VC Baracchi's Kate Churchill recorded 24:31 at 65 in a Group evening 10.

Finally, at 63 and on the far less speedy B15/8, Newmarket C&TC's Judy Brown set a new Group 15 record with 41:01.

Group promotions over the summer focused on the aforementioned June/July series of evening 10s, on either the E2 or F2, and, as indicated above, produced some fast conditions. With the exception of the first in the series, where Linda Dewhurst rocked up and obliterated the opposition on AAT, results at the sharp end fell into a familiar pattern with regular cross border raider Kevin Tye (VeloRefined Rule5) recording a 30mph+ time, quite unseemly at his age, and edging out Chris Dyason by a handful of seconds on AAT. Varying combinations of Matt Smith, Martin Reynolds or Michael Allen were all edged out in their turn for third place.

Another notable feature of the fast conditions was that Matt Smith suffered the unaccustomed indignity of also being edged out of fastest on actual time, by Cambridge CC's 30-something, six-foot-something, ex-rower, astrophysicist and aerospace engineer Piotr Zulawski, whose command of space-time precision had him recording exactly 17:53 two weeks on the trot. He's gone faster since, of course and also carried off the RTTC closed circuit championship, so Matt needn't feel too downcast, but Cambridge CC are hoping that in a few years and with a bit more maturity and experience, Piotr could become quite a quick veteran to support Chris Dyason, Martin Reynolds, Bob Watson et al.

Whether there will be any fast courses left by then, though, is a moot point. London East have taken the entirely responsible decision that the E2/25 may be used only on a Sunday morning, starting at silly-o'clock and finishing by silly + 3hrs. 50 mile events and above will be required to start the previous day. Ironically, the evening traffic counts for the E2/10 have been well within CTT guidelines. Meanwhile road works preparatory to the extended dualling of the A428 are becoming an increasing issue at Caxton Gibbet on the F2, of a scale that even the redoubtable Chris Dyason cannot overcome. Nothing daunted, he has produced a variation of the 25 course that turns short of the Gibbet and passes through ten (I think) roundabouts, rather than the existing five. That should generate substantial pelotons on both carriageways, mid-race. We look forward with dizzy anticipation to the F2/50 variant.

LONDON & HOME COUNTIES

John Hoskins

It is with much sadness I have to report the death of one of our 4 Distinguished Life Members, Jack Armstrong. He is survived by his wife Sylvia and his son Paul.

Many members, not only from the London & Home Counties but from across the VTTA, will remember both Jack and Sylvia with fondness. It is unlikely that the Group would have been successful as it now is without the work put into its administration by Jack. Few events were promoted by the Group without the presence of Jack and Sylvia (always doing the teas of course) over many decades. Jack continued to live at Greenford up to his passing and I was a frequent visitor to his home. On more than one occasion over the past few years Jack and Sylvia were honoured guests at our Annual Luncheon, taking a keen interest in the current members and their achievements. There will of course be a full obituary in the December Veteran.



Distinguished Life Members all - Roy May, Jim Burgin, Jack and Sylvia Armstrong

The L&HC Group has promoted five events already this season, seemingly coming at a huge rate of knots, and as one event is staged and wrapped up, another begins being prepared. In an attempt to provide a varied range of events we promote two mid-week tens on a traditional non dual carriageway course, two Sunday 10s on a fast course (F11) and a 25 on a fast-ish course in the heart of our area with mixed single/dual carriageway roads. Of course the high spot this season was the VTTA Championship 15,

promoted by Rachael Elliott with the Newbury Velo on our behalf and they made an excellent job of it too. This event was only held a day or two before this issue copy deadline, so no long report from me here but no doubt the full result will be appearing elsewhere in this issue. However for the L&HC it was very gratifying for a "home" win in the group team award and our very own Linda Dewhurst leading the women's prizes with another outstanding ride and another national age record!

With our first event reported on already, we then held our first mid-week 10 under the organisation of the Newbury Velo, led by Rachael Elliott, on the deceptively fast H10/3r, just west of Newbury on the A4. It could be said to be a traditional course but with course records of 18:12 (open) and 20:45 (female) it deserves some attention. The fastest rides on the day were Matthew Buckley (20:29) from the men and Melanie Sneddon (23:06) from the ladies. Getting nearly fifty riders for a mid-week event NOT on a super-fast course is a direct result of the standard of organisation in all of the L&HC events. It may also be that the group's reputation for cakes (particularly for our two mid-week events) has an influence on the entry level!

The next event was back on the F11 in mid-July, once again under the guidance of Joy Payne who had already run the previous event there in May. Once again we attracted 150 riders, plus reserves, and of course Joy's attention to detail ensured this was another excellent promotion for the Group. Winner of the open category was Chris Dyason of Cambridge CC with his AAT of 17:53; he also led the Cambridge CC to the club team prize with their AAT aggregate of 56:44. In the female riders it was Linda Dewhurst (Ride Revolution Coaching) who dominated with her AAT of 17:39 which also put her at the top of the AAT listings overall for the event. In the fastest rider categories the winners were Joel Stewart (Team Ohten Aveas) with a scratch time of 18:54 and the ladies were led by Ann Shuttleworth (Cambridge CC) with 24:16. Not surprisingly the tandem event was won by Rachael Elliott and Ian Greenstreet with AAT of 16:39 (18:46 actual) putting 2 minutes on scratch into second place riders David Shannon and Richard May of the Islington CC (AAT 19:33). The Road Bike award went to Mike Debney of the Verulam Really Moving Club with his ride of 20:34 (AAT).

This course (the F11) requires a large number of marshals (for a 10) and the L&HC provided about 20 members and friends to ensure it all went smoothly,

led of course by Joy Payne and husband John. Excellent tea and cakes, provided by Joy, were served by Linda Dewhurst following her winning ride. No idea where she found the energy after her performance! All monies collected by the catering were donated to the Air Ambulance Charity.

Then it was back to the H10/3R for our second mid-week 10 on Wednesday 14th August, this time led by Claire Emons. A full report of this event will be in the next Veteran, but I can report that the fastest ride was under 20 minutes (Matthew Buckley of Velo Club St Raphael with 19:49) without a dual carriageway in sight!

The only remaining promotion of the group for 2024 is the event that is usually our flagship event - the Rocco 25, once again being promoted on the H25/2 ski-slope course (HQ at Marlow). For the first time for many years the event has been put back into October due to clashes with other London West events. But many London & Home Counties members will remember that the first Sunday in October was actually our traditional date for our last event of the season. As most local riders will know this course needs a large number of marshals so any offers of help will be welcomed by the L&HC for this popular event. The details are:

Sun 6th Oct, 7.30am ~ 25 miles H25/2
~ Wolfgang Emmerich (we@acm.org)

This season is proving very successful for many of our L&HC riders. As many of you will know Linda Dewhurst (one of our hard-working committee by the way) has had a fantastic season. Up to July Linda had already established six different group age records, some of which (at 10 and 25 miles) were also national age records. Her winning ways have continued with her success in the VTTA Championship 15, setting another national age record with her winning AAT ride last Sunday. Also Liam Maybank has achieved a national age record at 50 miles and of course Rachael Elliott and Ian Greenstreet on the tandem continue to re-write the whole set of age records over 10, 15, 25 and 50 miles. Roger Porter also deserves mention as he has managed five group age records so far this season.

In our own championships our major trophy is the Jim Burgin Trophy. Based on points over our normal five annual promotions the current leaders (in mid-August) are Joel Stewart topping the list, Roger Porter in second and Philip Porteous in third. Details of all our

season long championships can be found on the group's website at vta-lhc.org.uk. This website has been developed by Wolfgang Emmerich to whom the Group is very grateful. The website is continuing to grow and contains many more details of the group and its activities and more importantly – group Records! All these figures have only been made available for you to see by work done at national level by the VTTA, working in close co-operation with the CTT. There's even pictures of most of our committee so you can identify us!

We also now have a Facebook page to keep everybody up to date and chase up entries (and helpers) for events. You can find us on facebook.com/groups/vttalhc. It costs only a minute or two of your time and it's an excellent way of keeping up to date with the group.

EAST MIDLANDS

Russ Gent

What a season this is proving to be for our group! We are having considerable success in the VTTA National Championships and full reports of these events are covered elsewhere in this edition. However, it is important that we highlight the achievements of East Midland group riders here.

Perhaps pride of place in this edition goes to Kath Smith who at 70 is re-writing VTTA female age records one after another. On the 9th June Kath rode 217.7 miles in the Vive Le Velo 12 hour event to become VTTA National Female Champion and set new national figures. To cap it all Kath had ridden the Melton Olympic 10 on the previous day. At the end of June in the Finsbury Park 50 she produced a 2:10:58 to take some 8 minutes off the existing age record. Finally, on 27th July in the National 24 Hour Championship Kath covered 349.6 miles to beat the existing age record by 36 miles and take the VTTA Female Championship jersey and this was her first 24 in 20 years!

This all comes after a significant setback because Kath suffered a broken wrist in 2020, which was not resolved until 2021. In 2023 Kath rode her first event in 4 years and has certainly hit a purple patch this year. Asked about the secret of her success Kath said "I just ride my bike – getting the miles in during the winter and racing in the summer". Solid 'old school' stuff. Kath plans to ride the VTTA National 100 (Tyneside Vagabonds) on

1st September – our best wishes for a National Age Record there too.

It seems a long time ago now but back on 18th May the VTTA National 10 was promoted by the North Midlands group, in which Richard Oakes produced the fastest actual time of 19:55 and took second place on AAT (18:46). He was backed up by Julian Ramsbottom 20:23 for 3rd fastest and 4th AAT (19:35) and Ian Guilor 21:15 for 9th on AAT (19:59) to take the group team award. It didn't stop there, Matt Uttley produced a 20:50 ride for 16th on AAT (20:17). On the same day Mick Stevens (74) set new VTTA National age record figures of 1:57:09 in the ECCA 50 and another group member, Martin Fisher of Melton Olympic, took 6th on actual time with 1:46:31, no mean feat on a course that attracts top riders.

The Melton Olympic CC 25 on 25th May incorporates our group Jack Watts Memorial Trophy for the fastest group rider in the event. Richard Oakes took this trophy with a 49:46 ride that gave him third overall and first on AAT (46:48). Some excellent rides by other group members saw Mick Stevens 58:46 give him second on AAT (47:15) and Kath Smith (70), demonstrating her early season form, producing a rapid 1:5:28 for 3rd on AAT (48:49). Fast rides also by Matt Uttley 5th fastest with 51:15 and 5th on AAT (49:50), Andy Thomas 6th with 52:27 for 4th on AAT (49:47), Martin Fisher 8th fastest with 53:55 and Eddie Humphrey in 10th with 54:30.

The Witham Wheelers 10 on 1st June was another victory for Richard Oakes (20:17) followed by Julian Ramsbottom second with 21:07 and Ian Guilor 5th on 22:08.

It was good to see Matt Bottrill back on the TT scene in the Melton Olympic CC 10 on 8th June and turning in a 20:01 for second fastest, closely followed by Matt Uttley in third place on 20:07, demonstrating his excellent form this year. Once again Mick Stevens got among the awards with third on AAT.

Riders in our VTTA Ivan Mahon Memorial 25 on 15th June faced some very adverse weather conditions – a wet morning eventually dried up about 2:30 pm allowing the event to go ahead with a 15 minute delayed start. Unfortunately riders starting in the second half of the field were confronted by a very heavy storm resulting in a significant number of abandoned rides. However, group member Matt Uttley produced a 52:46 for 5th place despite starting near the back of the field and Jen Clegg, with a 1:4:04 ride

set a new age group record (70). The next day, on 16th June, Mick Stevens also set an age group record in the ECCA 100 – 4:16:21.

The Finsbury Park 50 on 29th June attracted a number of our top riders. Kath's record breaking ride has already been mentioned and in addition Mick Stevens set a new National age record (74) of 1:57:13 and Kevin Wood, our group BAR in 2023, set new group figures for a 62 year old (1:50:13). Group member Martin Fisher also rode finishing with 1:50:55.

Mid-July saw Matt Uttley make the journey up to Cumbria for the CTT National 100 Championship and he came back with a group age record of 3:40:10. Finally in the Verulam CC 25 on 20th July Mick Stevens broke his own 25 age group record with a fine 57:14 ride.

We must sadly report the untimely death of group member Sean Vincent from prostate cancer at only 54 years of age. The Loughborough crematorium for Sean's funeral towards the end of July was packed with family and friends including a large contingent of cyclists. Sean, while being an excellent time triallist made the transition to track racing in the BMCR Track League at Derby Velodrome (in which he was second in 2022). He transformed himself in a few short seasons into an exceptional 'trackie'. He won Bronze in the National Track Championships and Silver in the 3Km Team Pursuit with fellow VTTA members Colin Parkinson and Ian Greenstreet. Sean will be remembered by all who knew him as a kind and generous individual – and fast on a bike!

We can end on a positive note because Jen Clegg (Team Bottrill) has stepped forward to take on the role of acting group reporter for 'The Veteran' subject to confirmation at our AGM in November.

KENT Tim Carpenter

It has been hard keeping track of the Group Records this year as Mark Vowells, Kevin Tye and Colin Inett keep breaking them. Below is a list of all the Record times set this year showing how they improved each time:

Solo Bike Records

Andrew Meilak (VeloRefined Rule 5), aged 57
50 miles in 1:44:26

Kevin Tye (VeloRefined Rule 5), aged 62
10 miles in 21:13, improved to 20:43, improved to
19:59, improved to 19:23, improved to 19:04
15 miles in 30:29
25 miles in 52:49

Martin Brown (7Oaks Tri Club), aged 63
25 miles in 53:10

Colin Inett (Thanet RC), aged 83
10 miles in 28:03, improved to 27:23

Solo Trike Records

Mark Vowells (San Fairy Ann CC), aged 71
10 miles in 27:27, improved to 24:21
15 miles in 39:39, improved to 37:43
25 miles in 1:05:29, improved to 1:05:01
50 miles in 2:21:31, improved to 2:12:10

More trophies have been competed for and won. The current list is:

Dave Wright Cup (10 Championship) - Group event on 16/6/24 - Kevin Tye (VeloRefined Rule5) AAT 18:30

Charles Robson Cup (30 Championship) - Group 30 - Andrew Meilak (VeloRefined Rule 5) AAT 1:0:36

Morris Crow Trophy - Group event 28/7/24 - Mark Hill (VeloRefined Rule 5) AAT 19:53

McMillan Shield (Team of 2) - Group event 28/7/24 - Simon Henderson and Colin Inett (Thanet RC) AAT 41:53

Aubrey Sheather Shield - Group event 9/6/24 - Simon Henderson (Thanet RC) AAT 53:42

Mick Dansie Trophy - Group event 23/3/24 - Matthew Smith (Gemini BC) AAT 17:00

Currently Simon Henderson Thanet RC is leading the 85 Championship (10, 25 & 50 on Q courses) with an aggregated AAT time of 2:58:04, and has the fastest 50 (on Q or G course) with an AAT of 01:46:02.

I have updated the points competition.

Debbie Percival is the only qualifier so far in the Ladies TT Bike category with 12 points and Eryka Smith the only qualifier in the Female Road Bike category with three points.

This is the current results in the Open category:

Open TT Bike - Simon Henderson 20, Andrew Meilak 17, Kevin Tye 12, Mark Vowells 11, Gary Grayland 8,

Mark Hill 7, Paul Burrows 5, Matthew Smith 5, Anthony Westwood 5, Mathew Lister 4, Martin Brown 2, Huseyin Vardal 2.

Open Road Bike - Paul Burrows 29, Mark Cain 17, Tim Kingston 11, Andrew Meilak 6, Peter Elms 6, Dave Richards 4, Davin Mackey 3, Gary Grayland 2, Mark Hill 2, Chris Parker 2, Martin Brown 1, Jeremy Page 1.

The team position (minimum of two to count):

Thanet RC	58
VeloRefined Rule 5	42
CC Bexley	10

Thanks to Mark for the following update on the 10@10 series - there were only two riders in the August event, Les Humphrey (34:35) and Mark Vowells (24:05). This was Mark's fourth event of the series this year and he appears to have won the Melster Trophy with a combined +19:04 or 21:22 overall AAT, all rides on a bicycle.

The June event was won by Tom Richardson (25:27). I was second (25:46) and Les third (34:57). Chris Parker won in July (32:31) from Les (36:19) - this was Les's 700th time trial!

Bob Giles promoted the '50' championship on 7th July, and as you will have seen above Simon Henderson is Group Champion with 1-45-47 AAT, winning from Paul Burrows. Unfortunately, Mike Coulter (Gravesend CC) crashed in the event and sustained injuries including a broken collar bone; we wish him a speedy recovery.

New members are listed and welcomed elsewhere in the magazine. However it is pleasing to note that Peter Crofts (Southborough) has re-joined after a six year absence. Peter won the VTTA National BAR in 1993 and still lives in Shrewsbury.

A couple of dates for the diary. We have the Group AGM at Lenham Community Centre on 24th November – a notice etc will be distributed in due course. Also, the annual lunch, which will be a combined affair once again with the KCA is booked for Saturday 8th February 2025 at the Weald of Kent Golf Club.

And finally, on Saturday 22nd June, Tom Richardson (San Fairy Ann CC) competed in the European Aquabike championships, held in Coimbra, Portugal, representing team GB in the 65-69 year age group. The event consisted of a 1900m swim followed by 90km on the bike.



He finished in a very creditable seventh place and was the third GB athlete over the finish line. Entrants

were of the highest standard, with Tom being the only one not to have competed on the European or World stage before. This high finish means that Tom automatically guarantees his selection for Great Britain's team for the 2025 event. Congratulations Tom!

MANCHESTER & NORTH WEST Barrie Whittaker

The season is well under way and flying past, with five months down and only two to go. Doesn't time go quickly when you are having fun.

The season started for our group with what we considered to be in the current climate a healthy 125 members, however, to our surprise this number has increased as the season progressed with the addition of six new riders. We have been joined by Mr Krish Raj (unattached), Dr Susan Satchithananda (Crewe Clarion Wheelers), Dr James Rees (Audax UK), Mrs Gillian Shaw (Seamons CC), Mr Richard Marshall (Wheelguru), and Mr Andy Melvin (Cheshire Cycling Club), so we would like to extend a big welcome to our newest members and wish them every success for this season.

As with the increase in overall group membership we have also seen an increase in the number riders who have registered for the standard awards, taking the total number now to 39 for the group, which includes two of the recent members. Again, more than we could have expected.

We also welcome a new member to our group committee, Mr Robbie Harcourt has agreed to join us after organising the group's very successful 15 mile event held on Saturday 29th June.

As with any season we have had large numbers of our group member riders competing both in the local events and of course further afield, in particular travelling some distances to the longer events, which

as we are no doubt all aware, seem to be getting a little more limited.

Our Group events, other than the 15 mile TT have mainly been promoted in conjunction with other district races where the organisers have been kind enough to include M&NW VTТА events within their own promotions.

Saturday 22nd June saw the rescheduled [M&DTТА / M&NW VTТА Group Championship Series 10 mile TT](#).

From a total of 52 rider entries 33 riders were members of the VTТА, 21 of which were members of our group. The overall winner was junior rider Albie Jones (North Cheshire Clarion) with a time of 20:24. Taking the vets honours in the open category was 1st Richard Shaw (Seamons CC) with an actual time 21:24 (20:15 AAT); 2nd Jarod Garrington (Velotik Racing) posting 21:53 (20:25 AAT) and 3rd Alan Chorley (Seamons CC) with 21:59 (20:06). In the road bike section first past the post was Richard Bowditch (Congleton CC) with a time of 23:42 (23:09 ATT). In the female event out of the 10 riders that entered 5 were from Congleton CC with the eventual top two spots being taken by their members - senior Alice Taylor (Congleton CC) with a time of 23:24 and in second place was Claire Harrison (Congleton CC) posting 24:29 (22:00 AAT)

Our [Group \(M&NW VTТА\) 15 mile event](#) took place on 29th June using the J4/32 course, This event also incorporated event 13 of the Cheshire points series. Our thanks goes to Robbie Harcourt for organising the event and he has since been persuaded to join our Group committee. The event did not pass completely stress free for the organiser, Robbie, as the original time keeper unfortunately fell victim to covid, but thankfully Bob Norton stepped in as a finish timekeeper. Of course our thanks go out to Bob for saving the day. The surprising pleasing aspect of this event was that out of the 55 entries 19 riders were members of our VTТА group and a further 9 riders were members of other VTТА groups.

13th July was the [Seamons CC / M&NW VTТА 25TT](#) be run on the J2/9 course; it was Cheshire points competition 16 of 20 with 70 riders entered, twelve of which were members of our M&NWVTТА group. The riders were subjected to a wet and windy day. Results on AAT for our group members were, Alan Chorley 53:59; Stephen l'Anson (Buxton CC) 55:51; Gail Lowe (Congleton CC) 57:25; Richard Marshall (Team Wheelguru) 50:02; Claire Harrison 58:15; Robbie

Harcourt (CiclosMajor.com) 59:26; Chris Wilcox (Stone Wheelers) 1:00:13; Nick Bailey (Congleton CC) 1:00:47; Richard Bowditch 1:01:11; John Verbickas (Seamons CC) 1:02:02; Tim Marshall (Seamons CC) 1:03:17; Lynsey Astles (Congleton CC) 1:03:27; Adrian Fox (Congleton CC) 1:05:17; Fastest on VTTA AAT for the event was Phil Land (Velo6 Racing); taking second on AAT was Alan Chorley with third spot going to Sally Cunliffe (Velotik Racing Team) with 54:06.

The open event was won by Phil Land with a time of 54:45 plus taking the win on AAT with a time of 52:52; Matt Morris (Wigan Wheelers) finishing second with 54:52 and Alan Chorley finishing third on actual with 56:23 plus taking second place on AAT with 53:59; In the female event first place went to senior rider Keri Parton (Team Bottrill) posting a time of 58:24; 2nd was senior Alice Taylor with a time of 1:01:13; In the road bike section Steve Gibson (Peak Road Club) took the honours posting 58:27 followed by Tim Marshall with a time of 1:04:29.

Congleton CC / Manchester & North West VTTA 50 mile TT was held on Sunday morning, 28th July using the J4/9 course; the riders do four laps of a single carriageway circuit combining a mix of both A and B roads. 68 riders entered the event with 42 of these being veterans and as such qualifying for the Age Adjusted Time category. The veterans open was won by David Williams (Velotik RT) with an AAT of 1:45:40; second was Andrew Whiteside (Springfield Financial RT) posting an AAT 1:49:36 and taking third was Mark Lovatt (Congleton CC) with 1:50:20 on AAT. In the female event Joanna Cebrat (360cycling) with an AAT of 1:54:04 was followed in second place by Claire Harrison (Congleton CC) with 1:57:18 AAT and in third Gail Lowe posting an AAT of 1:58:31.

The open event was won by David Williams with 1:47:02; in second place Thomas Garbett (Total Tri Training) 1:49:31 and Andrew Whiteside with 1:53:04.

In the female event Joanna Cebrat finished first 2:07:40; Anna Birrell (Total Tri Training) taking second with 2:10:55; and completing the podium in third place Claire Harrison with 2:12:02.

Mark Lovatt was first in the open road bike section with 1:54:50, with the female road bike section being taken by Alice Taylor with 2:15:49.

A big thank you from our group committee goes to the organisers of these joint events and all the helpers

involved in marshalling, HQ duties and kitchen staff, without whom it would not be possible for the many riders from our local clubs to have the opportunity to compete in VTTA specific events.

The season is not yet complete, with still nearly two months of racing left, however, while the main competitions are still live and personal standards still ongoing there are a few group records that have been achieved so far;

I would like to mention three such riders that have set new group age records this season.

Joanna Cebrat (360 Cycling) age 45:

Rode the Vive Le Velo / VTTA National Championship 12 Hour event on the V381 course and recorded a distance of 250.48 miles.

Rode the RTTC National 100 Mile Championship event on the L10010 Cockermouth course and recorded a time of 4:13:14.

Rode the Finsbury Park CC 50 mile event on F2/50 course and recorded a time of 1:59:15.

Gail Lowe (Congleton CC) age 55:

Rode the Chester Road Club 25 mile event on D25/6A and recorded a time of 1:01:13.

Rode the Congleton CC 50 mile event on J4/9 course and recorded a time of 2:15:23.

Susan Satchithananda (Crewe Clarion) age 53:

Rode the RTTC National 24 hour Championship on D24HR course and recorded a distance of 350.71 miles.

The district has been well serviced with events over the season so far, with local clubs promoting a variety of distances on the local 'J' courses with upward of 14 events to date in addition to our combined events.

Manchester Bicycle Club promoted the RTTC National 25 mile Championship on the testing J2/21 course. The event was over a two day period with the female event taking place on Saturday 3rd and the open event run on Sunday 4th August. This I can only imagine was a very stressful event to promote particularly being events over two successive days, so all credit must go to the organiser, Tim Smith, and his team. The full report will no doubt be published elsewhere but I must mention that our group rider Gail Lowe was placed first in the female age category 55-59 posting a time of 1:04:36 actual.

As I mentioned at the start of the report the end of the season for most of us is just around the corner, but I am sure there are events still remaining that can offer us the opportunity to improve our results tally, so, onward and upwards.

MERSEYSIDE

Brigid Night

It has been a great season of racing so far this year and there's lot to celebrate.

National Success

Very many congratulations to Deb-Hutson-Lumb (Wrekin Sport) on getting the bronze medal at the VTTA National 10 Mile Championship with AAT of 20:13. Deb has also broken a number of Merseyside group age records this season.

In the VTTA National 12 Hour Championship, organised by Vive Le Velo on 9th June, Hannah Fawcett (Liverpool Braveheart) and Brigid Night (Frodsham Wheelers) were delighted to set a new national record and VTTA age record for a female tandem pair, with a distance of 252.82 miles (combined age 103). *(Editor's note - I was there and can vouch for them doing a storming ride, they thoroughly deserve this edition's front cover photo.)*

Two Merseyside ladies, based in Gwynedd, created history in the VTTA National 24 Hour / Mersey Roads 24, in July! 24-hour time trials have been running in the UK since 1882. In all this time, 141 years, no women's tandem pair have completed a 24 hour TT. Sarah Murray (Clwb Beico Egni Eryri) and Brigid Night (Frodsham Wheelers) put a women's tandem result, a national record of 356.9 miles in the record books.

New Group Age Records

A full report of these the will be included in the December Veteran.

Group Events and Trophies

The Merseyside results from the West Cheshire 30, held on 19th May are as follows:

Alan Broadbent (Graham Weigh Racing) 1:07:20/1:05:20; Christopher Riley (Paramount RT) 1:10:01/1:06:25; Barry Murphy (Graham Weigh Racing) 1:08:09/1:07:33; Kevin Larmer (Port Sunlight Wheelers) 1:10:31/1:07:36; Jon Mills-Keeling (Aerologic) 1:10:30/1:08:13; Colin Hayes (Liverpool

Century) 1:13:20/1:09:44; Liam Ferris (Port Sunlight Wheelers) 1:14:12/1:10:36; Ben Love (Graham Weigh Racing) 1:11:28/1:10:40; Mark Liptrot (Graham Weigh Racing) 1:14:11/1:13:55; Martin Sturge (Graham Weigh Racing) 1:22:19/1:17:58; Helen Tudor (Oswestry Paragon CC) 1:28:22/1:18:31; Les Boughey (North Shropshire Wheelers) 1:27:10/1:21:06; Paul Edwards (Graham Weigh Racing) 1:26:10/1:21:49; Geraint Cathedral (Anfield BC) 1:40:53/1:38:53.

Congratulations to Alan Broadbent, who wins the John Clucas Memorial Trophy (Best AAT) and Barry Murphy, who won the George Hayes Trophy (Fastest).

On the 2nd June, at the Chester Road Club 25, Deb Hudson-Lumb won the Colin Rutter Cup (Best on AAT) with 50:43 and Alan Broadbent won the WJ Smith Rose Bowl (Fastest) with a time of 52:36.

The other results are as follows: Barry Murphy 53:32/53:02; Kevin Larmer 54:48/52:24; Mark Jones (Fibrax Wrexham Roads Club) 55:12/51:56; Stuart McCormick (Chester Road Club) 55:23/52:07; Ben Love 56:23/55:44; James Meldrum (Mersey Tri) 57:55/57:25; Brian Woods (Graham Weigh Racing) 1:00:01/58:08; Sarah Murray 1:01:23/1:01:10; Martin Sturge (Graham Weigh Racing) 1:02:11/58:36; Samantha Howard (Mersey Tri) 1:02:33/55:44; Wesley Iyanda (Liverpool Century RC) 1:02:37/60:58; Janet Fairclough (Liverpool Phoenix) 1:05:00/53:28; Les Boughey 1:06:30/1:01:30; Malcolm Giles (Pocomotion RC) 1:07:13/58:05; Paul Edwards 1:08:38/1:05:03; Geraint Catherall 1:17:23/1:15:44; Harry Cowley (Chester RC) 1:19:24/1:08:32; and Moyna O'Neil (RB) (Mersey Tri) 1:21:36/1:13:41.

On the 9th June at the West Cheshire 50, Christopher Riley, with 1:59:34/1:52:39, won the Dick Corris Memorial Trophy (Best on AAT). The Eddie Gradden Trophy (Fastest) was won by Alan Broadbent with 1:57:00/1:53:32.

The other results are as follows: Barry Murphy 1:57:56/1:56:54; Ben Love 2:02:08/2:00:46; Jonathon Mills-Keeling 2:03:15/1:59:17; Kevin Larmer 2:03:19/1:58:15; Mark Fenn 2:14:19/1:58:15; Janet Fairclough 2:28:32/2:04:31; Helen Tudor 2:36:00/2:19:08; and Geraint Catherall 3:01:07/2:57:49.

On the 29th June, at the Port Sunlight Wheelers 10, Deb Hutson-Lumb, with 23:47 and 19:30 won the Oscar Dover Shield (Best on AAT). Janet Fairclough



Alan
Broadbent

won the Hilda Dover Cup (Best Lady on AAT) with 27:36/22:46; and Barry Murphy won the Derek Ireland Cup (Fastest) with 21:40/21:19.

The other results for this event are as follows: Alan Broadbent 21:50/21:12; Ben Love 23:01/22:04; Mark Liptrot 23:34/22:22; Liam Ferris 23:53/22:41; Arthur Winstanley (Liverpool Century RC) 24:30/21:38; Wesley Iyanda 24:54/24:09; Martin Surge 25:22/23:58; Mark Jones 26:09/24:45; Malcolm Giles (RB) 27:07/23:54; Paul A Edwards (Graham Weigh Racing) 26:54/26:07; Paul D Edwards (Graham Weigh Racing) 27:31/26:07; Phil Guy (RB) (North Shropshire Wheelers) 30:21/25:52; Moyna O'Neil (RB) 30:52/27:10; and Geraint Catherall 31:09/30:24.

Very many congratulations for all riders who took part in these events.

The remaining group event of the year is on the 8th September, at the VTTA National 25 Championship, the Joe Brooke Trophy (Best on AAT) and the Gomersal Cup (Fastest).

Dates for Your Diary

AGM to be held on Friday 15th November 2024 at Waverton Village Hall

Prize Lunch Sunday 12th January 2025 at Vickers Cross Golf Club (NOTE This is NOT The Cheshire View)

MIDLANDS Alastair Semple

It's great to see that our Midlands VTTA membership has increased throughout the season and that 64% of members have raced this year in open events, 42% of which have been on our local K course events. It is important to support our local event organisers!

Midlands Points Series 2024

As ever it has been a close run battle in the league table, with points awarded to Midlands VTTA members for their overall position against fellow Midlands VTTA members, plus the number of events they have ridden. So the bigger the field the more points allocated. With just three counting events left this season the current leader table is shown below. With up to six events counting there are a number of riders who could still elevate into the top ten leader board. The final results will be published in October, with the top ten riders been awarded prizes to the value of £500 thanks to the generous sponsorship of Tim Wood - Echelon Cycles and match funded by the Midlands VTTA committee.

Midlands Trophy Events

8 of the Midlands VTTA trophies have been awarded now, with stiff competition in each event amongst our most talented riders. All of these trophies with the exception of the Stoke Cup are awarded for best AAT/Standard.

Birks Cup ~ Simon Dighton (Beacon Roads CC) ~ +6:40 on K11/10T 11th August 2024

Wells Cup ~ Joe Costello (Legato RT) ~ +35:16 at 50 miles ~ R50/1B VTTA National Championship 13th July 2024

Midlands Points Series - Placings After 7 of 10 Events				
Name	Club	Top 6	Points	No. Rides
Mark Wise	Team Enable	872	992	7
Joseph Costello	Legato RT	820	820	5
Leon O'Regan	ABR Cycle Team	751	751	6
Kevin Satterthwaite	Gorilla Coffee CC	702	802	7
Ed Moss	Beacon RCC	697	797	7
Philip Wooldridge	VTTA (Midlands)	671	671	6
Gary Shuker	Walsall RC	630	630	5
Martin Lines	Team Echelon	605	605	5
Diana Egerton-Warburton	Team Enable	594	594	4

Victory Cup ~ Susan Semple (Legato RT) ~ +26:02 at 50 miles ~ R50/1B VTTA National Championship 13th July 2024

Stoke Cup ~ Mark Hamer (Legato RT) ~ 1:47:05 fastest actual at 50 miles ~ R50/1B VTTA National Championship 13th July 2024

Billy Steer Cup ~ Joe Costello (Legato RT) ~ 48:52 AAT at 25 miles – A25/34 VTTA East Midlands 17th Aug 2024

Massie Plate ~ Gary Smith (Stourbridge Velo) ~ +3:36 fastest on standard over 65 on K34/10F 22nd June 2024

Jones Cup ~ Simon Dighton (Beacon Roads CC) ~ +5:35 fastest on standard 50-64 on K34/10F 22nd June 2024

Nomads Cup ~ Keith Satterthwaite (Gorilla Coffee CC) ~ +2:59 fastest on standard under 50 on K34/10F 22nd June 2024

The following are still to be decided:

Bicknell Cup ~ BOS Women 25 miles ~ not awarded as no women rode

Williams Rose Bowl ~ BOS Men 10 miles K48/10 VTTA Midlands Championship 7th September 2024

Bart Cup ~ BOS Women 10 miles- K48/10 VTTA Midlands Championship 7th September 2024

Season Long Trophies – Best All Rounder

Still too early to say who will be our overall winners this year, but as it stands Emma Bexon (Stratford CC) is the best placed to win the Cyclo Shield, for BOS men/women over 25, 50 and 100 miles. In the Short BAR (BOS over two 10s and two 25s) Susan Semple and Steve Lorraine, both from Legato RT, have strong leads for the Bayliss Cup and the Godiva Cup respectively. It is a tight race for the Les Lowe Trophy, for the furthest cumulative distance ridden in open events on K courses, with Kevin Satterthwaite (Gorilla Coffee CC) on 100 miles just ahead of Ed Moss (Beacon RCC) on 94 miles.

Closing Comments

I would also like to mention our fastest vets on actual this year. Simon Smart (Drag2Zero) is having an excellent season setting the fastest times at 10 and 50 miles, finishing with a 19:09 (E2/10) and a 1:47:37 (F2/50). Mark Hamer (Legato RT) is fastest at 50 miles with a 50:36 (R25/7) and our long-distance specialists



Mike Lythgoe (Kenilworth Wheelers) who won silver in the VTTA 15 mile championship and won 70-74 age cat in the RTTC 25 mile championship setting a life time pb

Emma Bexon (Stratford CC) is our fastest at 100 miles 4:36:21 (R100/9) and Peter Horton (Team Bottrill) covering 259.03 miles at 12 hours on the B12/8. Outstanding performances by all I am sure you will agree.

This is normally when the season starts to draw to a close and we begin to set our sights on the challenges and goals we want to set ourselves for spring/summer 2025. Now thanks to Steve Jenks and with the support of the VTTA national team we can continue to race VTTA events safely on Zwift throughout the winter season. Sadly I am no faster indoors than I am outdoors! What I do know is that it provides me and many others I talk to with a positive training tool and stimulus to help me keep and I hope improve my 'form' and add a bit of 'fun' to my winter training. So I hope to see you all in Watopia throughout the winter season.

Stay safe, Stay fit, Stay on your bike.

NORTH Gavin Russell

Achievements: And the story goes on, our current crop of super veterans continue to achieve success in both local and other district events. Russell Richardson, of Zurbaran Racing, continues to win age related awards, with Marcel Schubert, (Darlington CC) and Philip Kennell (GS Metro) continuing to show on results sheets from events across the North.

To keep up to date with the exploits of our North Group VTTA riders, all open event results, including VTTA National Championships, please check out the result section in the drop-down menu under "Events" on the Cycling Time Trials and VTTA website. VTTA Championships are also reported on throughout the year, in the relevant quarterly Veteran magazines.

Events: The group once again hosted, on a pleasant and warm Wednesday evening in June, the Northern "All Comers" 10 mile closed circuit VTTA Championship on the Croft Motor Racing Circuit, with 64 riders entering, which was down from the 90, the previous year. For the first time, the group presented Northern Championship Jerseys, with financial contribution from the North Group, for both the open and women's events. It was extremely pleasing to see Russ Richardson presented with this inaugural jersey. Silver medal went to Adrian Dent of Team Ohten Aveas with the bronze medal awarded to Philip Kennell of GS Metro., With only 5 riders entering, the women's jersey went to Angela Hannon-Flaherty of Seacroft Wheelers. Group member Louise Hamilton of Zurbaran Racing received the silver medal as runner up in this category, whilst Yorkshire stalwart, Karen Taylor of Springfield Financial RT collected the bronze medal.

All the championship results, including the road bike category award (open & women) winners are reported on elsewhere in this edition of the magazine.

Thanks go to all the Croft support team who continue to ensure this event goes smoothly.

Still to come at the time of writing, there is the VTTA National 100 on Tyneside. With a scare of roadworks on the course being addressed, it is all go. A 25 mile time trial is also being organized on the same day on the same local roads. For all remaining VTTA North Group events, please refer to the CTT website details.

Website - VTTA Records: With the tremendous performances that are taking place across all distances, there has been a flurry of age records reported. Phil Wright, our group recorder, who receives the notifications, and maintains good old paper records, is currently verifying these.

Honorary Life Membership (HLM): Earlier in the year the group was able to confirm the Honorary Life Membership on one of its members. This is a key milestone, as it marks the 80th birthday of a member who has also provided support to the group or VTTA

over a period of time. It is with immense pride that we are again in a position where another member has reached this key milestone. Denis Fuller, has after consideration by the group's officials, been awarded HLM status. Congratulations Denis from all group members.

North Group Hill Climb Championship: In 2024 the Group's hill climb championship is again being held as part of the Cleveland Wheelers CC hill climb on Ingleby Bank, just south of Stokesley in North Yorkshire. Held on 29th September 2024 it is hoped that some of our members from up north will make the journey to compete for this championship.

Annual Group Competitions: All the result information from our group events to date is being collated, with the remaining events added as they happen, all in preparation for the awards to be prepared for presentation at the annual luncheon. The 2023 presented awards will need to be returned to Phil Wright in time for the engraving to be completed for their 2024 recipients. Phil will be in touch to agree their return.

Annual Awards Luncheon: After much discussion, the annual luncheon has been booked once again at the Hardwick Hall Hotel, Sedgefield for Sunday 12th January 2025. Full details will be circulated to members later in the year by the group's social secretary, Ruth Crossley

VTTA North Group Annual General Meeting: The meeting will be held on Saturday 9th November 2024. A formal notice together with an agenda will be emailed to all group members approximately 4 weeks before the meeting date. The venue will be notified when attendance numbers have been confirmed.

Further Information: If you require further information regarding any information contained in this report or anything CTT or VTTA, please do not hesitate to contact the writer either by email: gavin_russell@hotmail.co.uk or by telephone on 01642 654419.

NORTH LANCASHIRE & LAKES Richard Taylor

The reshuffled 50, moved to a Saturday morning, was a success for most riders, apart from those who turned up 24 hours later! A damp morning by Bassenthwaite Lake was nevertheless quite still, so some fine times

were posted. Jack Levick from Rose Race Team was clear winner by 3 minutes, in 1:41:01, ex-BBAR Marcel Schubert finished in 1:44:01 with Yorkshire's up-and-coming Stuart Henderson third in 1:44:24.

Group rider Richard Bideau won the event on AAT with a net 1:40:25, also taking the Dobson Trophy, while Debbie Moss was victorious in the women's race. Debbie also led the Springfield Financial to team glory with Matt Stell and Theresa Taylor.

The Group riders were (AAT in brackets):

Richard Bideau (Pendle Forest CC) 1:45:29 (1:40:25)
 Alistair Moffat (VC Cumbria) 1:49:31 (1:49:18)
 Paul Braithwaite (Pendle Forest CC) 1:50:17 (1:47:44)
 Simon Horsley (Legato RT) 1:51:32 (1:42:31)
 Matt Stell (Springfield Financial) 1:56:07 (1:54:23)
 Debbie Moss (Springfield Financial) 2:02:53 (1:46:34)
 Paul Russell (Springfield Financial) 2:04:41 (1:57:06)
 David Rundall (Chorley CC) 2:08:32 (1:43:59)
 Stuart Phillipson (VC Cumbria) 2:11:24 (2:07:26)
 Sue Cheetham (North Lancs RC) 2:15:13 (1:53:34)
 Theresa Taylor (Springfield Financial) 2:21:21 (1:55:58)
 Willie Armstrong (VC Cumbria) 2:22:46 (2:03:19)
 Cliff Degraff (VC Cumbria) 2:23:42 (2:14:41)

Of course, the event wouldn't have got off the ground if it wasn't for the time generously given up by volunteers, braving monsoon conditions on the M6 at an unearthly hour, to stand on a draughty roadside when a weekend lie-in sounds much preferable. With the hasty rescheduling, an HQ was a pipedream, so timekeeper Tracy Moore and husband Brian constructed the gazebo HQ then spent the morning officiating. Shirley and Graham Sheard proved admirable with refreshments and sign on/off under trying conditions, and John Ward, Gethin Butler and Peter Glover completed the invaluable marshalling and push off duties. Many thanks to all involved.

NLTTA 100

The North Lancs 100 was hastily revamped as the RTTC National Championship, so congratulations to group member Nigel Clementson for doing such a sterling job at the last minute. And what an event! Competition record for the distance fell to HUUB

WattShop rider John Archibald with an almost unreal 3 hours 12 minutes and 58 seconds, 31 mph for 100 miles on a largely single carriageway course alongside the only true lake in the Lake District! My claim to fame is that I was the timekeeper who recorded this amazing feat, and believe me it was checked numerous times for accuracy.

The NLTTA event also sees three NL&L group trophies being contested, and both fastest and winner on AAT was Springfield Financial's Andy Whiteside whose 3:45:10 became 3:37:25 after tax to win him the coveted Karrimor Saddle. Paul Braithwaite continued his excellent season with a PB 3:51:08 (3:45:27) whilst Cumbrian Alistair Moffat improved on last year's effort with 3:56:37 (3:56:08) and took the first handicap award.

Other riders were:
 Stuart Phillipson (VC Cumbria) 4:33:49 (4:24:56)
 Dave Hilditch (Springfield Financial) 4:43:44 (3:56:36)
 Cliff Degraff (VC Cumbria) 5:10:40 (4:50:22)

Cliff also won the Crowther Shield for his efforts.

VTTA North Lancs 10

From the sublime to the ridiculous, after the Lord Mayors show of the 100, the group open 10 only attracted 21 riders with six no shows. The positives being the whole shebang was done and dusted within one hour, the negatives being it rained for the duration whilst being dry before and after. Russ Richardson from the north east won the event on AAT narrowly from Simon Horsley and Peter Greenwood from our group. Wigan Wheeler Matt Morris stormed round to take overall honours in 20:43.

Results were:

Act. Posn. / Name (Club) / Act. Time (AAT)

1. Matt Morris (Wigan Whs CC) 20:43
2. David Thompson (Rock to Roll CC) 21:25
3. Simon Horsley (Legato RT) 21:35 (19:48)
4. Russ Richardson (Zurbaran Racing) 22:33 (19:37)
5. Matt Stell (Springfield Financial) 22:39 (22:16)
6. Robin Gillespie (Beacon Wheelers) 22:59 (21:43)
7. Mark Charnock-Bateman (North Lancs RC) 23:33
8. Deborah Moss (Springfield Financial) 23:44 (20:38)
9. Peter Greenwood (Clayton Velo) 23:54 (19:57)

10. Paul Targett (VTTA NL&L) 24:54 (23:15)
11. Sue Cheetham (North Lancs RC) 25:58 (21:54)
12. Richard Belk (Kent Valley RC) 27:13 (23:02)
13. Paul Stupples (Wigan Whs CC) 28:26
14. Brian Moore (Tricycle Association NW) 34:50 (29:05)
15. Derek Black (Wigan Whs CC) 35:33 (30:53)

Deborah Moss retained her own self named trophy as leading lady.

Many thanks to all that helped with the event, there may be a different format in 2025.

The final counting event for the Group Championship will be the NLTTA 50 on Sunday 15th September organised by yours truly, help will be most gratefully received.

The Annual Luncheon will once again be held at the Garstang Golf Club on Sunday 5th January 2025, Tickets will be available at the AGM in late October, or from John Leach. More information later.

NORTH MIDLANDS

Chris Lea

It is with the deepest of regret to report that Margaret Allen, multiple national champion and long time member of the North Midlands Group, has passed away. Margaret's achievements are legendary; many are recounted in the obituary in this issue of The Veteran. Our thoughts are with her partner Graham Barker, also a long time member of the Group.

Since the last issue of The Veteran, group members have raced all distances, up to and including the National 24 hour Championships: Stuart Day (Crewe Clarion Whs), in his first full season of time trialling, finished 9th on actual distance, breaking the 400 mile barrier with a total of 412.32 miles. Chapeau! He did it (and all his other races this year) on fixed gear.....!

Two weeks later Stuart rode the Bristol South Hardriders 100, recording 4:45:23, with only one rider under four hours – such is the unrelentingly hilly nature of the U86/100 course. Chris Lea (Buxton CC) was the first member of the group to complete the distance this year, with 4:09:36 in the Welsh CA event, whilst Tom Thornley (FTP Race Team), Mat Ivings and Miles Haslam (both Buxton CC), tackled the CTT National 100 in cold and drizzly weather in the Lake District, battling the chilly conditions to record 3:40:14, 3:49:53, and 4:41:42, respectively. Well done all.



North Midlands' Stuart Day (Crewe Clarion) seen riding 24 hours on fixed gear

As we go to press we await the full results of the CTT National 12 Hour Championships, but Tom, Miles and Stuart all completed the race.

At 50 miles, Mat Ivings did an impressive 1:47:06 in the Cambridge CC 'Viking' event on the F2/50. On the same roads, Sarah Harrison (Trek Sheffield) recorded 2:01:58. Miles Haslam also tackled the distance, with 2:09:21 in Congleton CC's race on rough Cheshire roads. Similarly, Stuart Day has thus far this season recorded 2:15:11, and Tracy Gregory (Buxton CC) has also completed the distance, in 2:44:33 – a new group age record.

Of course there are many more rides at 25 miles, and those are outnumbered by the 10. Highlighting a few performances at 25 miles: Andy Thomas' (Lindsey Roads CC) 52:27 and Alan Cooke's (Peak RC) 55:45 in Melton Olympic CC's breezy late May event – in which Simon Warren (Norwood Paragon) won the road bike category in 57:47; Simon's stonking road bike ride of 56:57 in the hail lashed VTTA East Midlands race – in which he tied with Simon Abdy (Barton Whs); Steve Gibson's (Peak RC) 56:31, Trevor Mayne's (Birdwell Whs) 1:00:14, and Martin Nelson's (Out of the Saddle CC) 1:00:21 on the grippy and lumpy V235 to the south of Boroughbridge; and also Mat Ivings' 53:23 in Cumbria.

At 10 miles the main event was the Group and VTTA National Championships held in perfect weather on the O10/1 at Hatfield Woodhouse. A full report and results, albeit very last minute, was squeezed into the June Veteran magazine, but it would be remiss not to mention Ala and Andy Whitehead's (Rockingham CC) fine ride of 22:47 on their tandem and, also, that of the

14 Group members who rode, the slowest on AAT was only a smidgeon outside 24 mph, with 25:05.

In other 10s, at Levens both Nick Latimer (Team Lifting Gear Products) and Mat Ivings rode superbly to go sub-20, with 19:23 and 19:55, respectively; Stuart Wells' and Matt Goodwin's (both Barton Whs) 20:18 and PB 21:22 in Addform Vive Le Velo's 10 on the V7113/1; Andy Thomas' cracking 19:37 (a PB) in the VTTA London & Home Counties 10 and 20:38 for 6th spot in the near gale-force crosswinds of Melton Olympic CC's event; Steve Gibson's impressive battling of strong winds in City Road Club (Hull)'s race to finish 2nd overall in 20:43; Ady Dench's (Team Sheffield) 20:07 on the rapid F11/10, Nick Latimer's 21:44 on the Darley Dale – Bakewell course; David Hayward's (Matlock CC) PB of 26:18 on the far-from-fast O10/1; whilst Mike Allen (Team Enable – MI Racing) has been recording a series of 25+ mph rides, at age 77, with a fastest so far this season of 23:43 on the F11/10.

Up for challenge in the form of hill climbs, have been Nick Latimer, Simon Warren, Tracy Gregory and Yvonne Twelvetree (Sheffield Tri Club) – who has already completed four events. It bodes well for the hill climbing season proper, which is just around the corner.

SCOTLAND

James Skinner

Apologies go out to those who were mentioned in the last edition as having achieved Scottish VTTA age related records. To clarify, SVTTA age records can only be achieved in open events on SC / CTT Scottish courses, with the exception of the 12 and 24 hour events. While standards can be achieved in SC confined or CTT type B events, they do not qualify for age records.

SVTTA members are however eligible for national age records that have been achieved during events, on official courses regardless of which area they are achieved.

Some racers may have noticed that they have not been caught and passed as often in the second half of the season, this is due to Dougie Watson being off the bike for a while. Unusually for Dougie, he was travelling at a very low speed, with a tight turn and subsequent fall resulting in a broken hip. As we go to print, word comes in from Jocky Jonstone, that his neighbour Dougie has been spotted back out riding.

All at the Scottish group wish Dougie a speedy recovery.

News came in about the passing of Bob Finnie during the summer. Riders from Glasgow and beyond would have frequented Bob Finnie Cycles in Maryhill over the many years that he operated the shop. Our thoughts go out to Bob's family and friends.

Another big name to leave us is Hislop Dixon, you can read his obituary in the pages of this issue, Thanks to George McLaughlan for gathering the information and compiling the obituary.

The Fife midweek series has been going strong all season, with the team of volunteers overcoming last minute course changes, and even filling in potholes where required. It's good to see lifelong organiser Mhairi Laffoley pinning on a number and getting good results, Mhairi is currently in third place in League D, (within one result of overtaking husband Brian), and in the top half of the veteran's table overall.

Upcoming dates for your diary are as follows,

The SVTTA AGM will be on Sunday 17th November at McQs, 43 Main Street, Bannockburn FK7 8LX.

The SVTTA prize giving lunch will also take part in McQs in Bannockburn on Sunday 19th January 2025, Doors open at 12:00 for a 1pm start. For tickets priced £15 contact George Skinner

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

SOUTH WALES

Chris Gibbard

There have been a lot of races in the South Wales region to report on since May. Thanks must go to all the clubs and individual organisers who work so hard to keep the region's events calendar so complete. Fields have been strong this year but I know that organising events has not been easy over the last few years.

As I write this I have just returned from my family holiday to France. Unfortunately cycling can be a brutal sport and after a few days of the two week break I had a big crash descending Alpe D'Huez. I have no memory of the event but suffice to say I woke up in hospital a day or two later with a broken cheekbone, bruised lungs and (another) brain injury. Unfortunately this has put a downer on the rest of my season but I

haven't given up hope of riding a few events. I just need to wait for my eyes to both start looking in the same direction!

Back in May Virtual Cycling Club ran a 10 on the R10/17. Steven Cottington (Bath CC) took the age adjusted win with 18:44 (20:49 actual) with Bethan Ouseley (Pemb's Velo) winning the women's event on age adjusted and scratch.

At the end of May another long serving club, Bynea CC, ran their Llandoverly weekend with a 10 on the R10/4 on the Saturday, followed by a 25 on the R25/4 on the Sunday. I rode both events and combined it with a family camping trip to Rhandirmwyn, the site of the very popular gravel event Grifffest. I have to say that there was a really friendly atmosphere with many riders camping overnight and having a club run followed by a meal and refreshments on the Saturday afternoon.

At the end of June the Welsh Cycling Association held their 100 mile championship on the Abergavenny to Monmouth R100/9 course. Great conditions led to some really close racing with Claire Emons (...a3crg) taking the win from Emma Bexton (Stratford CC) and Gretchen Zoeller (Born to Bike - Bridgetown Cycles). In the men's event Anthony Jones (VMCC Powered by Y Beic) took an expected victory with Mark Sanders (Mid Devon CC) and Karl Norris (360 VRT) taking second and third.

The order was changed a few weeks later in the VTTA 50 Champs with Sanders taking the win and Jones having to settle for third place on Age Adjusted Time. In the women's event Emma Wyatt (Hereford and District Wheelers) took an excellent second place and as you will see this was a sign of things to come with this particular rider's season.

The week after saw Ross-on-Wye & District CC run their excellent weekend of racing with a 10 on the fast R10/17 on Saturday followed by a 25 on the R25/7 on Sunday. This course must be one of the fastest current 25 courses in the country. In Saturday's 10 I took the win with a +6.31 and Emma Wyatt won the Women's race with +5.51. On Sunday we both had to settle for positions outside the top three as riders from outside the district dominated. Steven Cottington took the men's event and Linda Dewhurst (Ride Revolution Coaching) won the women's event with a quite excellent 42:41 age adjusted time. The men's race saw a close battle for the podium. Cottigton was well ahead with 46:34 AA, Steven Lorraine (Legato Racing

Team) second with 47:16 AAT but 3rd was Simon Dighton (Beacon Roads CC) with 48:11 AAT, 6 seconds ahead of Mark Sanders and 29 seconds ahead of yours truly.

The last event of my roundup is the Welsh Cycling Association 10 mile championship. I actually missed this event due to my holiday although I know that Pontypool RCC are long time excellent organisers and the event is very well supported. The men's event was very close with serial winner Steven Cottington winning the men in 18:37 AA from Hugh Davies, 18:57 AAT (Port Talbot Wheelers CC) and David James Williams, 19:07 AAT (Velotick Racing Team). In the women Emma Wyatt was convincing winner in 20:06 AAT followed by Emma Davies, 20:46 AAT (Port Talbot Wheelers CC) and Bethan Ouseley 20:58 AAT.

These championship events really form the highlights of my season and with the Welsh 12 hour on 1st September and the traditional season closer of the 50 mile TT at the end of the month there's still a lot to play for.

SURREY/SUSSEX

Robin Johnson

The Surrey/Sussex Group's Championship "10" held back in mid-April on the single carriageway East Sussex course on the A22, the G10/87, saw a convincing win by Cris Coxon of Brighton Mitre CC, in 19:43 with an AAT of 19:20 from Simon McNamara, Sigma Sports RT, 20:12, AAT 19:39 and 3rd place Adrian Ford, also Brighton Mitre CC, 20:39. Third placed VTTA member was David Clark (Eastbourne Rovers CC) with AAT of 20:48. Winning team was Brighton Mitre CC with your temporary scribe just missing the Lanterne Rouge but more than good enough to make a team.

The Group's Championship "50", based on Dial Post in West Sussex and incorporated into the Sussex CA event, saw Cris Coxon second in the field of 34 riders with 1:53:22 but his AAT of 1:51:16 at age 47 was only good enough for third place in the Group's standings with Dave Pollard (VTTA (Surrey/Sussex)), promoter of the April "10", doing a fine 2:00:33 at age 67, first on AAT 1:44:25, with Paul Thatcher (Brighton Mitre CC) 1:57:31, second on AAT with 1:46:56. The result does not reveal that Cris Coxon had ridden a "50" the previous afternoon on F2 in 1:38, had a difficult drive home in 6 hours; it would normally take about 2 hours.

Maybe not the best preparation but he then rode the Sunday's "50" on his road bike. Here you may see a pattern developing in that I was again next to Lanterne Rouge but enough to be in the winning VTTA team. The Sussex Cyclists' Association "50" in June 2025 will celebrate that Association's centenary and be the VTTA National Championship.

Next was the Group's Championship "100" incorporated with the Southern Counties Cycling Union's event in mid-July, the only remaining "100" in London South DC. An excellent ride by Peter Baker (Lewes Wanderers CC) in 4:41:52, AAT 4:07:36 at age 66 and I can recall when Peter was a junior! A close second on AAT was local DC secretary, Ian Cheesman (Worthing Excelsior CC) 4:21:51 at age 55, AAT 4:07:48.

The week after was the Sussex C.A. "30" and the Group's "30" Championship with again Cris Coxon making the most of his weekend with a 48:38 on F2 before more driving home and some sleep and then a stunning win on an unremarkable morning in a new course record by 6 seconds in 1:02:43, shaving Colin Ward's record set 6 years ago in car wash conditions. Cris' AAT was 1:01:29, ahead of Nik Allen (Team TMC) 1:05:49, AAT 1:02:54 at age 53. Third was local DC chair and secretary for open tt's, Mark Jones (GS Stella) 1:12:47, AAT 1:05:14 at age 64. The winning team was again Brighton Mitre CC with Don Parker AAT 1:08:14 and myself in my usual third slot.

Mid-August saw the Group's Championship "15" with the Sussex C.A. "15" and in conditions good though not special, a crushing ride by Cris Coxon again in 30:46, AAT 30:11, in what would have been a course record but for a string of vehicles backed up in the final half-mile behind another rider - always a problem on single carriageways despite good seeding. Second on AAT with 31:43, actual 36:09 at age 67 was Dave Pollard and third was Adrian Blacker, also VTTA (Surrey/Sussex), with an AAT of 31:51, actual 34:33 at age 60. No team qualified for the VTTA award.

Probably in common with many areas, no new dual carriageway courses are possible in London South DC, which is Surrey and Sussex, with pressures from traffic, housing and 20 mph limits.

WESSEX Malcolm Cox (mainly)

Wessex Group continue to struggle with no member volunteering to write a quarterly report of group activity for this magazine. It's not a big job, so could someone please put their hand up. They are sure to get the support of the group committee members. In the meantime Group Secretary Malcolm Cox has provided some notes:

Group Championship Results

Chichester City Riders 10 ~ P901/10 ~ 4th August
1st fem: Sarah Matthews (...a3crg) 17:53
AAT
2nd fem: Kirsty McSeveney (...a3crg) 21:23 AAT
1st open: Neil Mackley (...a3crg) 18:48 AAT
2nd open: Paul Jones (Primera Teamjobs) 19:15
AAT
3rd:open Howard Bailey (...a3crg) 19:16 AAT
VTTA L&HC 15 (VTTA National Championship) ~
H15/3 ~ 18th August
1st fem: Sarah Matthews (...a3crg) 27:29
AAT
1st open: Neil Mackley (...a3crg) 27:44 AAT

New Wessex / National Records

Tandem trike (mixed) records (all national records)

Simon Hall & Mary Corbett ~ combined age 120
31st May Hounslow & Dist Whs 100 ~ 5:12:28

Mary Corbett & Norman Harvey ~ combined age 158
29th June F2/50 Finsbury Park CC ~ 2:27:13
7th July Westerley 25 ~ 1:12:25
4th August Chichester City Riders 10 ~ 28:31

Solo records

Claire Emons (...a3crg) ~ age 54
R100/9 Welsh CA Champs 100 Mile ~ 4:10:41
F2/50 Finsbury Park CC 50 Mile ~ 1:57:00
RTTC National 100 mile Champs 100 Mile ~ 4:08:09

Sarah Matthews (...a3crg) ~ age 64
P917/10 ...a3crg 10 Mile ~ 24:23
P881L/50 ...a3crg 50 Mile ~ 2:04:16
F2/50 Cambridge CC ~ 1:58:37 (National record)
P612/10 Sotonia CC ~ 21:25 (National record)

Lucia Borradaile (Weymouth CC) ~ age 66
H10/3R VTTA - (LHC) 10 Mile ~ 25:22

Peter Tomlin (North Hants Road Club) ~ age 67
H100/88 Hounslow & Dist Whs 100 Mile ~ 4:13:39
L10010 RTTC National 100 mile Champs ~ 4:11:38

Racing Achievements

- Michelle Lindley (Poole Whs) age 50. 24hr 426.19 miles RTTC Women's champion (7th overall on scratch) & VTTA 2nd on standard.
- Malcolm Cox won the VTTA 12hr National Championship. He wrote an excellent ride report and this has been included with the main championship report and results.
- Christian Geldard won the VTTA 24hr National Championship..

Norman Harvey and Mary Corbett, riding their tandem trike Bonnie Bagheera, won the VTTA National 15-mile tandem championship. (11th Aug) (VTTA LHC, H15/3), in 42:04 (AAT 26:20). This also set yet another National mixed tandem trike age record, (combined ages 158). As Norman says, "At 91 years of age, a gold medal is something very special indeed".

Sarah Matthews (.a3crg) was silver medallist in the women's event with 34:40 (AAT 27:29) and bronze also went to Wessex, with CC Weymouth's Lucia Borradaile recording 37:20 (AAT 29:17).

This event did also produce the following new Wessex solo bike records:-

Neil Mackley M 61 30:40
Peter Tomlin M 67 33:58
Sarah Matthews F 64 34:40
Lucia Borradaile F66 37:20

Also the previous week, Lucia Borradaile knocked another one second off her own 10-mile F66 Wessex record! 25:21 in VTTA LHC event on 14th August.

WEST **Brian Griffiths**

The spring and summer seem to have passed quickly by and with very variable weather depending to a great extent in what part of the country you live. The chance of it reaching a more stable state is not being given much hope either.

From my point of view I am noting the fall off in the number of time trial entries. National committee are of course very concerned, but by the same token we

must all be putting our minds to this problem. Is it because of the wide diversity of machines being ridden putting riders off or do you think that the Americans introducing gravel bikes to our racing scene is having the serious effect many believe? Certainly the volume of sales seems to indicate this could be possible.

It is often difficult to find courses; there seem to be fewer and fewer hundred mile and twelve hour events, which is disturbing to me. Soon there will be no need for a BAR!

We in the West are sorry to hear of the passing of two of our well known current and former members - Ian Rogers of the Bath CC and Margaret Hill from the Bristol South.

I am pleased to say that many of the start sheets I have seen show our members have been making up the numbers in early season local events. New member Karl Norris seems to have had a particularly successful time. I have noticed that many of our local events were run on odd distance courses, which is a bit of a mystery to me. Perhaps someone can explain?

Most of you will have been watching the Olympics in Paris and will have noted some truly amazing performances. In some respects I have been a little disappointed with the coverage of cycling events but perhaps that is because they have so many events to show us and anyway I have always thought that perhaps we are not one of the BBC preferred sports. However we certainly must admire the quality of the venues provided by France for these Games.

Much to my disappointment for the first time in thirty-one years I was not available to help marshal



Karl Norris (Davey Jones image)

the Mersey Roads "24". So that was again my disappointment because I missed seeing what must be a competition record being smashed when Adam Wild did an absolutely amazing 546 miles. The last time I rode Roy Cromack won by becoming the first person to exceed 500 miles and we all thought that was pretty good.

Now that I am out and about again but still waiting for a golf ball sized stone to be removed from my left kidney. I hope to get out to the remaining local events and pick up some news, which seems to be lacking.

YORKSHIRE Chris Goode

Many of our members were sad to hear of the passing of Margaret Allen on 9th June. She will be sorely missed by her family, the cycling community and by those that attend York Rally. She was a regular at our annual prize presentation, with Graham Barker. Margaret was always friendly, cheerful and a pleasure to spend time with. Her funeral was very well attended and the decorated wheels in the church porch were touching, as were the eulogies by members of her family. Margaret was a great person, mother and cyclist.

Another loss, in August, is Don Asquith from Scarborough Paragon CC. He was active as a veteran, alongside Brian Musson from the mid-1970s. Don put a lot into the sport, particularly with organising club events; his dry sense of humour was delivered with aplomb. He will be missed.

We also were alerted to the death of Stan Rowntree (Bronte Wheelers) who was an Honorary Life Member. He was a good rider in the 1980s and 1990s and lived in Siilsden, near Keighley; we lost contact with him in recent years, as he suffered from Parkinsons. He was born in 1935 and died in May of this year.

Our thoughts are also with Andrew Askwith (Vive Le Velo) who lost his brother, Bob, suddenly in April. Although not racing himself, Bob was great supporter of Andy, particularly in long distance events.

Steve and Sandra Burrows organised the Vive le Velo/Yorkshire District 12 hour on the V381 on Sunday 9th June, which hosted the VTTA National Championship 12 hour. A team of 60 people helped with the organisation of this event. Special thanks go to all of them making this event a success once again.

A field of 47 riders including a tandem faced the clock. See the full championship report and results elsewhere in these pages. The mileage team award went to Selby CC with veterans Mark Rowland, Jimmy Willoughby, Steve Woolcock and Chris Dugher receiving this new award, but as they were not all VTTA members the VTTA club team championship was not awarded. The day was a resounding success for Yorkshire time trialling - see you all in 2025 on 8th June.

During the last weekend of June, the Yorkshire Group organised 10 and 25 mile time trials in the Thirsk and Boroughbridge areas of North Yorkshire on consecutive days.

The 10 was on the V210 Dishforth course; Marcel Schubert (Zurbaran Racing and VTTA North) was fastest overall in 19:11 (19:06 AAT) whilst the quickest woman was Trek-Sheffield senior rider Josie Smith in 22:04. North group rider Sarah Foulds (Team VC) was top female on age adjusted 24:25 actual/21:50 AAT; next was Yorkshire's Marjorie Davison (Ravensthorpe CC) with a massive PB 26:47 actual/24:12 AAT.

In the open category the fastest age adjusted rider was North Midlands' Andy Thomas (Lindsey Roads CC) 19:48 actual/18:39 AAT. Yorkshire riders were: 2nd Neil Cleminshaw (Addform Vive Le Velo) 20:05 actual/19:03 AAT, 6th David Taylor (Huddersfield RC) 22:44/19:37, 7th Andrew Miller (Addform Vive le Velo) 20:02/19:43, 8th Dave Nolan (trainSharp) 20:44/20:01, 9th= Andy Wond (Sowerby Sunday Club) 22:12/20:07 and John Eric Potter (VTTA Yorkshire) 23:38/20:07.

Richard Nicholl joined our group as he was on holiday from Northern Ireland, having last ridden the Dishforth



*Yorkshire's Jymmy Trevor - ace trike rider, race organiser and Defender of the Universe
(Image by David Clifford)*

course when a junior about 40 years ago whilst visiting the long defunct Harrogate Festival. Welcome Richard, we hope you enjoyed your 26:41 actual and the trip down memory lane. Also worthy of note was North Midlands' Alan Sides (Rotherham Wheelers) completing his first successful ride (32:31 actual/26:44 AAT) after a run of DNF and DNS(A) and after turning 80 earlier in the month.

There were season bests for Jymmy Trevor (who also achieved a Yorkshire Age record of 24:00), Mark Philipson (25:16) and Andrew Vaughan (23:38). Well done to all riders.

The 25 mile event was the following morning on the 'Red Wall' course.

Samantha Bissell's strong debut season, as a veteran and riding for City RC (Hull), continued with an impressive 1:02:08. she was fifth on AAT (55:46) and fastest woman overall. Next, in sixth place on AAT (56:06) and in second placed woman was Angela Hannon-Flaherty (Seacroft Wheelers) on 1:04:14. Third place went to Pam Edgar (City RC) 1:07:29.

Overall fastest was Sam Ward (Otley CC), a recent but not current Yorkshire member, in a sizzling 52:58 and David Nichol (Ferryhill Wheelers and North Group) was best on AAT with 52:54 (1:02:40 actual). Aidan Adams (Yorkshire RC) was second fastest in 55:34 (4th on AAT 55:04). Next fastest in the group and 5th overall was Mick Flaherty (Seacroft Wheelers) with 58:40 (2nd on AAT 53:17).

Samantha Bissell's strong debut season as a veteran and riding for City RC (Hull), continued with an impressive 1:02:08, which earned her fastest woman overall and fifth on AAT (55:46) and. Next in sixth place (AAT 56:06) and in second place was Angela Hannon-Flaherty (Seacroft Wheelers) in 1:04:14.

Thanks are due to all involved with the organisation of these successful promotions, notably Jymmy and Will Trevor, Andrew Vaughan and the Yorkshire committee. Excellent catering was provided by Jennifer Weston, Hazel Stott, Karen Taylor and with contributions from group members; if anybody would like some easy cook rice please get in touch as I have 8 kg spare.

Other achievements for group members include Angela Hannon-Flaherty (Seacroft Wheelers) getting a gold medal and the winner's jersey, whilst Karen Taylor (Springfield Financial RT) got a bronze medal at Croft in the VTTA Northern All Comers 10 miles

closed circuit championship. There is a full report elsewhere in the magazine on this event. Karen commented that "it was a great night of racing, with everybody so friendly ...Gavin always puts on a super event and I was really pleased to get a bronze medal for my efforts". Mick Flaherty was 10th on AAT with 21:10 (23:15) and Duncan Smart (Scarborough Paragon CC) was 23rd with 23:36 (24:35 actual). John Barnett in the open road bike section was 19th 28:19 (31:32)

Selby resident Stuart Henderson, riding for Addform Vive Le Velo, has been a consistently good performer since joining the Yorkshire vets in 2021. He was pleased to secure his first open event victory recently when he won the Seacroft Wheelers 10 in 20:34. This event was on the little used but potentially fast Selby by-pass course and afforded him the luxury of changing and race preparation at home before rolling the one mile to the HQ to sign on and then the few hundred yards to the start line. Stuart is obviously at the top of his game; recently he set a Yorkshire group age 48 record with 1:44:24 in the VTTA North Lancashire 50 mile TT on the Cocker mouth course. So far this is his only group record, but watch this space!

Stuart's team mate, Neil Cleminshaw's palmares has grown by 13 wins so far this season (4 open victories and 9 club events), including a lifetime personal best over 25 miles of 50:46 (also a Yorkshire Group record at 54 years). Neil tied with the evergreen Julian Ramsbottom on 20:14 in the Sowerby Sunday CC event in June, on the V210, at Dishforth. A Yorkshire age record was also achieved with 19.47 in the Vive le Velo event in June.

Another notable ride was Gary Simpson's 246 miles in the CTT National 12 hour in August. He was our sole representative and improved on his 242.56 in the Yorkshire 12 in early June. Fantastic rides.

Other Yorkshire group records set this year include:

Angela Hannon Flaherty's great season includes a Yorkshire age record (55) for 15 miles of 38:15.

Jymmy Trevor has broken club and Yorkshire Group tricycle records from 10 to 100 miles: 37:37 at 15 miles, 61:19 at 25 miles (all at the age of 52) and a rapid 2:11:57 at 50 miles (aged 51). He has also beaten 5 hours at 100 miles.

His friend and rival, Chris Goode recorded 28:27 (aged 58) at ten miles at Hatfield Woodhouse (in the Tricycle Association NE/ Tickhill Velo) event to Jymmy's 25:52.

Mickie Hornby has recently celebrated her 90th birthday and enjoyed a feast with friends and family at the Bridge Inn, Walshford. Mickie is a great supporter of the group, organised the lunch for over 15 years and, alongside Geoff, helps at the HQ for our events. She is still a national record holder at ten miles (7 years ago). Many thanks for your contribution to the smooth running of the group.

We are now planning our events for 2025 season; thank you to Jymmy Trevor and other members of the committee who are working behind the scenes to make things happen. Our group AGM will be on Saturday 9th November, start 9.30am, at Collingham Village Hall and we need as many members as possible to attend and to help shape our future activities. Enjoy the autumn and the relief from not having to mow your lawn or cut the hedge. Keep pedaling.

VTTA ZWIFTERS' UPDATE

By Steve Jenks

Final results for Zwift 5 mile league

After 25 weeks of racing the final winner was declared. We started off with quite respectable fields but, as expected, the numbers dropped as 'in real life' events began but we still had as many VTTA members as fourteen in events early on. With the scores being 100 for first place going down in ones, the later races would see the best opportunity for high totals and gave Midlands rider Richard Watson the chance to total the highest possible score for best eight results of 800. Close behind was Malcolm Cox from Wessex, only five points behind, and Mick Flaherty from Yorkshire rounding out the podium on 787. Mick's wife Angela Hannon-Flaherty was first lady in fourth overall on 778. Special mention to John Mallen of the Midlands who made a return to racing after many years off, after discovering Zwift and starting to compete indoors. He came in fifth in 774 after starting in event 13 and competing in every event except one.

East Anglia's Wayne Hill and Yorkshires Richard Durham who were the other two riders to complete the full eight counting rounds. These two also deserve mention for being the riders who competed in most events – 13 each.

Finally massive thanks to Mark Bradley for all his work number crunching each week. Sorry to anyone who missed out on being 'unexpected star rider of the week' and thanks to James Bailey of Zwift for enabling it all to happen.

Future events ;

V-BAR

As mentioned earlier in the year negotiations are currently underway for the V-Bar which will be a three event series with the provisional dates being a 25 on 13th September, a 50 the following week and a 100 with a recovery gap two weeks later on October 3rd. Details of times (provisionally 1.00 each Sunday) and courses will be posted on the VTTA Facebook pages as they are finalised, as well as how we decide the winner's overall positions.

10 miles series.

Following the great success of the ten mile series earlier this year which regularly drew fields of over 100, we will start the autumn series shortly after the V-BAR. Again details to follow on Facebook.

A CHAT WITH MARK SANDERS THE NEW 50 MILES CHAMPION

Mark Sanders has been in the sport for many years, always performing at a high standard. However his victory in the recent VTTA National 50 was his first national championship win, taking some notable scalps in the process. He has also been an efficient administrator and event organiser, was CTT National Treasurer from 2003 to 2022 and was awarded their Badge of Honour in 2023. Here Mark answers some questions about his path to becoming a national champion.

1. *Did you have any particular aspirations to target the 50 specifically, knowing that the South Wales course is quite fast and can attract some good competition?*

Answer: I had ridden the Welsh 50 a number of times and had enjoyed the course largely due to the variety of roads and terrain. I entered it with the hope of doing well although not thinking a win was likely. However, in the build up to the race I was encouraged by some recent results and so my race plan to go hard on the first lap (25 miles) and maintain my position during the second lap as much as I could, and all went according to plan. There were some great rides on the day and I managed to PB the course, so on finishing I thought I may have done well but I didn't think I would win a National title.

2. *When and how did you come into cycling and time trialling?*

Answer: I was formerly a club runner but following an injury I started cycling more, having always owned a race bike. At the time I was working in London and some colleagues talked about doing the LEJOG. Although I had only ever ridden a few sportives I said I was keen and we duly trained and completed that in the summer of 1997. Much of the training consisted of commuting into work – a round trip of 30 miles. The following year I continued commuting to central London from Ewell and I was joined by a member of Epsom CC and we rode in together occasionally – in conversation he said I should come along to a club time trial. So, I entered my first time trial as a 'come and try' and having fitted some clip-on bars to my road bike I set off for the G10/56 near Redhill. Unfortunately I turned early on a roundabout so had to rejoin the circuit but still did a long 25 minutes. After this inauspicious start I was hooked and did a few more TTs in 1998 and just missed out on getting under the hour in an open 25 event. Since then, I have competed every season, having joined Mid Devon CC when I returned to Devon in 2002.

3. *What have you done differently this year in order to become a championship winner?*

Answer: I have completed more longer rides and generally been more specific with training, including more intervals. Also, I undertook jogging in the winter months to promote different muscles and bone strength and also specific weight training for core strength to prepare for the 2024 season.

4. *What do you consider your best achievements competitively (apart from your recent 50 championship of course)?*

Answer: Since 2017 I qualified in the UCI Masters Gran Fondo (except covid) and will be competing in Denmark this year in both the time trial and road race. I have also now won the CTT Classic Series for the third time overall for 'Vets on standard' so I am proud of that. I have also ridden every TT distance event – even a 24 hour. Back in 2001, I finished 3rd in the VTTA

3 Distance BAR Competition (I think that was when it was 12 hours plus 100 miles and 50 miles) so maybe things are coming around again!

5. *How do you train? Do you use a coach?*

Answer: As one gets older it's key to build in the right training along with rest days, so with my coach we plan the week ahead depending on the upcoming races and try to taper a little for the race itself. It is difficult sometimes to get that right as I love riding my bike, especially with the Mid Devon ride groups that go out on Thursdays and Sundays.

My Coach is Conrad Moss of Velopower Performance Coaching – he has had a very successful year training national champions and he's not bad on a time trial bike himself as he holds a national vets age record for the 25 miles.

6. *Do you have to make any sacrifices to perform so well?*

Answer: I think the main sacrifices are giving up weekends to travel to events, so I have to be a little selective as to what races to enter, due to family commitments. I also have to train more smartly as I get older, by doing hard shorter sessions in the season and maintain my body with different exercise.

7. *Any targets or ambitions with your time trialling?*

Answer: As I reached 65 this year I wanted to do a 100 mile TT under 4 hours and I achieved that. I think the VTTA group age records are an incentive for me to try and see if I can do my best against those records so I will be targeting some more. I will certainly be entering a few more VTTA events as it seems there is strong competition in the older age categories, which maintains the motivation not to lose too much speed (or should that be Watts!).

8. *Have you any other leisure interests? How do you relax?*

Answer: I still enjoy jogging and do some park runs in the winter. I enjoy watching all sports and also follow Torquay United when I can. I also enjoy travelling and reading, particularly books on explorers e.g. Ernest Shackleton. My wife added that I like being waited on, cooked for and relaxing in general!

9. *Many members will know you as a CTT National Treasurer as well as a rider. Having retired from that I know you still organise events in Devon. What have you got lined up?*

Answer: Yes I have organised a number of time trials and last year we ran the CTT National Circuit Championships in memory of Ken Robertson, a stalwart of the District. For 2025 Mid Devon CC are planning to run a number of events including the VTTA National Championship 25 on our Buckfastleigh course in July. It will be on fairly fast roads but will include some climbing – typical of Devon roads! It will be a good opportunity for riders to try a different area and combine with an extended stay near to Dartmoor.

WANTED BY COLLECTOR

**OLD RACING CYCLES,
FRAMES & COMPONENTS**

1920-1990 VINTAGE

Can collect from most areas if
required

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REFLECTIONS ON THE 12 HOUR BY OUR NEW CHAMPION

By Malcolm Cox (VC ST Raphael - Waite Contracts)

Since my return to testing in 2021 I have been riding events on a gravel bike with road wheels; this included a couple of 12's (2022 Wales - 249 miles and 2023 Shropshire - 250 miles). My actual PB was set 26 years ago at the Poole 12, covering 279.981 miles. This year I decided to go full TT again and built a bike in April based on a second hand Giant Trinity frame. This event was my sixth outing on the bike.

Now I learnt a few lessons from the 2022 and 2023 12's around support crew. My oldest son and my daughter supported me in Wales - after a hundred miles I was becoming concerned I hadn't seen them. A message was shouted that they had broken down and as I neared where they should have been there was only an AA van; with the car fixed they decided they needed lunch and so cleared off to McDonalds! Luckily there was a man handing up melon slices and so I survived for the first seven hours on fruit.

Last year my wife supported me, she had a fairly relaxed approach - I had to fend for myself till mid-morning then had a couple of hours support, then she went back to the B&B for lunch before returning for the last few laps of the finishing circuit. This year we booked a B&B near the HQ and on the main circuit, so there was no need for a support car until nearing my finishing time and no disappearing for lunch, she just needed to pop out of the B&B every hour and throw up a bottle. That was me sorted and supported every hour on the hour - she did a cracking job.

My schedule was to ride at 25 mph average for at least the first 100, then hold it if possible but live with the slowing and look to protect 24 mph overall. The killer for me was the rain at around midday, my heart rate dropped and I got really cold, it took me ages to warm up again. For the next few hours I was dropping a point per hour on average but managed to lift myself for the last quarter to maintain it above the target 24 mph.

In terms of bottles - I lost one from behind the seat mount early on and so didn't bother to carry any more there, just leaving the one frame mount. I was taking a bottle every other hour. Regarding food, I had three gels, two SIS gummy bars, a can of coke and a handful of jelly babies. All in all I stopped twice, no longer than 60 seconds total. I was contemplating stopping on the finishing circuit for more jelly babies but didn't (and so glad I didn't given the gap between first and second, which was approximately 13 seconds).

The road surfaces were a mixture of heaven (re-surfaced and smooth) and hell (broken up and pot holes). Luckily more heaven than hell. After eight laps of the main circuit I thought I might be directed to the finishing circuit - I wasn't and I did a further two laps of the main circuit. I must have been a little delirious as I found myself apologising to my bike as I took her down the farm track on the far side of the circuit for the ninth and tenth times. Although on reflection the extra laps on the main circuit were preferable to extra finishing circuit laps (in my view in any case).

Now, an unwritten rule is not to try out new kit during a race for the first time. So I ignored that and used my fancy Nopinz hypersonic skin suit, base layer and overshoes for the first time - all behaved nicely (I think a slightly distressed nether region is inevitable for such event so don't blame this on the new skinny). It was my new helmet's second outing, my neck didn't fare so well as it's big beast and the neck was feeling the strain at about half distance. It got to the end however, hopefully now conditioned for future events.

A big shout out to the Vive Le Velo team, the other riders and their helpers. There was plenty of support all day and that certainly helps lift the spirits. In terms of performance - I was super pleased, a PB (290 miles), VTTA National Champion and overall win (but only just - a stop for more jelly babies would have scuppered that) and the Wessex team won the group award.

I.T. MANAGER'S UPDATE

(Continued from page 6)

overflowing with patients after a disaster. Fortunately for me someone got up as I arrived, releasing a comfortable cushioned bench to sleep on. At 6am I was up again for day 4, the hardest stage of the event, through Edinburgh, Perth, Braemar to Inverness. I got to Braemar by 9pm, and by this time I was beginning to get a pain in my neck that got worse as I cycled over the four major Cairngorms climbs on the way to Inverness. When I had done Paris-Brest-Paris and London-Edinburgh-London I had got the same problem – neck pain – on day 4. On those rides I had been lucky enough to find a physio supporting the event who could take the pain away long enough for me to finish. No such luck in the Cairngorms at 7am, so I had to say goodbye to my riding partner, John Watts, who had patiently waited for me to rest and recover increasingly often during the night. I told the organiser, Andy Corless, that I was dropping out, and called my wife, who was travelling to John O'Groats to meet me for a lift home.

A week later, neck recovered, I drove to the point where I stopped and rode the remaining 228km to John O'Groats. Total time for the two rides was about 107 hours. This does not count for Audax, but it does for me! I have raised about £3000 for Prostate Cancer UK from the 50 donors who supported my ride.

Travelling the length of the UK on a bicycle in a few days was an experience of the country I live in that I won't forget.

Jon Fairclough



OBITUARIES



MARGARET HILL Bristol South CC and VTTA (West) 13th May 1934 – 29th June 2024

Margaret, along with a group of friends and future husband David, formed Kingswood Road Club in 1951. In addition to cycle touring Margaret started to compete in time trials. In 1961 she held all the Time Trial records from 10 to 100 miles and came 7th in the national BBAR, becoming the first 'West Country Girl' to exceed 22mph in the competition. She also won the Evening Post ladies cycling trophy and was described at that time as the fastest woman cyclist the West of England has ever had.

After her successes in 1961 retirement was put on hold and she raced on. Unfortunately in 1962 she suffered a broken collar bone which curtailed her season. She did however manage a tenth place in the National "100", promoted by Kingswood RC and won by Beryl Burton. She competed in 1962 with a 13th place in the BBAR and then retired from racing.



Margaret returned to racing in 1986 when her daughter Liz started riding time trials with the Bristol South RC. She bettered all the records that she held in the 1960's and held the Bristol South CC club records for 30 and 50 miles (which stood for 22 years) and won the club BAR trophy from 1991 to 1995. In 1988 she almost managed to break the hour for a 25 mile two-up with Rod Collins, recording a time of one second over the hour. In 1989 she won the Welsh Open National Championship 100 mile time trial. In the early 90's she held the West Vets records for 25 and 30 miles.

She retired from racing finally in 1994 and returned to touring, climbing the Col du Tourmalet and Mont Ventoux along with other famous French climbs. She eventually hung up her wheels at 83 years young.

JAMES PADGETT (JIM) OGDEN

Altrincham Ravens CC and VTTA (Manchester & North West)

6th February 1930 - 14th May 2024

Jim Ogden, a time trial star of the 1950s and later of the VTTA, died peacefully at the age of 94. He was born in Oxenhope, Yorkshire, and graduated in civil engineering. A lifelong cyclist, his early days were with Yorkshire club Bronte Wheelers; he then came to national prominence as a member of the Midland Clarion team alongside Geoff Morris and Colin Clarke. Together they won the British Best All Rounder team award for three consecutive years in 1955, '56 and '57. 1957 also saw Jim take individual honours with third in the men's BBAR behind winner Ray Booty. These were the years when this competition was so prestigious that the prize presentation was held at the Albert Hall in London.

Despite these accolades, Jim always counts the Bath Road 100 on a wet August Bank Holiday Monday in 1956 ([video here](#)) as one of the highlights of his time trialling career. That was the day his friend Ray Booty became the first rider to beat 4 hours for a hundred. Jim was 7th that day with a 4.17 and led the winning team.

Jim took a racing 'career break' in 1961 when he accepted a job in Malawi (then Nyasaland) as a Civil Engineer, responsible for roads and bridges. He and his family remained there until 1971, when they returned to England. As a 40 year old he qualified as a Vet in cycling terms, then joined VTTA Yorkshire whilst still in Africa. Upon returning to Britain he began working as a traffic engineer for Cheshire County Council and lived in the Macclesfield area; he resumed his cycling career, this time with the Altrincham Ravens and VTTA Manchester & NW. Together with Val Palk, Graham Morris and Roger Little, the Ravens

team became the team to beat both for individual and team honours. In fact the team won the National 3 distance team award for five consecutive years from 1995 to 1999.

Alongside his competitive involvement in cycling, Jim made enormous contributions to the administrative side of the sport. He organised the Ravens Medium Gear event in Cheshire for well over a decade, the first 25 mile event for the NW region. On top of that he was an active member of the VTTA Manchester & NW over the years and was Chair for 47 years, also serving as Group News Correspondent for 45 years and National President from 2005 to 2009. In recognition of his work for the VTTA, Jim was given the Ted Bracknell Memorial Award in 1998 for outstanding services to the Association.

Jim was, until very recently, present and active at the Group events as result recorder, signing on/off. Always very smart and distinguished looking mainly as a result of his preference for cravats.



Listening to the family reminiscences at his funeral service, Jim was the ideal father. Attention to detail was his hallmark. Family journeys were organised leaving nothing to chance, much like his approach to his competitive career. His children Louise, Peter and Josephine each raised some cheer with their personal memories of a true legend. Jim will be sadly missed by his three children, five grandchildren and his new great granddaughter.

MARGARET ALLEN

Rockingham CC and VTТА (North Midlands)

25th January 1945 - 9th June 2024

Margaret Allen, a winner of 30 national individual and team RTTC/CTT time trial titles between 1967 and 1994, has died suddenly at the age of 79. She was on holiday at Alford, Lincolnshire, when she was taken ill with a suspected thrombosis, and died in hospital at Boston.

Margaret Allen (née Larkin) was the youngest of three sisters. Born in January 1945, she started riding at the age of 11 when she first met future world champion Beryl Burton, eight years her senior, although being from a well known South Yorkshire cycling family she was probably always destined to be a lifelong cyclist.

Her first competitive rides were with South Elmsall Social CC in 1961, and at 19 she finished second to Beryl in the national 100-mile championship and third in the British Best All-Rounder competition. Switching to Birdwell Wheelers, she took second place to Beryl in the national 50 in 1965.

She then transferred to Morley CC, where in 1967 she backed Burton in the winning team at 25, 50 and 100 miles. She gained 11 championship and BAR team awards before she retired to raise a family. She returned to the sport in 1982, leading Barnsley RC to 15 national team prizes.

Allen's best year was 1987, when she won the women's BAR title with an average speed of 25.687mph over 25, 50 and 100 miles, retaining the All-Rounder title in 1988 and taking the team title with the backing of her sister Maureen Pearson and the unrelated Debbie Pearson. In 1989 she led Knaresborough CC to the team with Sally Boyden (née Whitfield) and Debbie Pearson.

Individually, Allen won the ten-mile title in 1984, the 25 in 1988, the 50 in 1988 and 1990 and the 100 in 1989 and 1991. In the decade to 1993 she was eight times a member of the winning team at ten miles, and her final title was in 1994 when she was a member of the Askern CC team at 50 miles.

One of Margaret's toughest challenges was piloting the tandem for Elspeth Brown at the 1996 Atlanta Paralympics, riding the track pursuit and the road race. Well into her later years she continued riding the tandem for pleasure (and competitively for a couple of seasons in the early 2000s) with partner Graham.

After the conclusion of her distinguished time trialling career it was in 2002 that Margaret joined VTТА (North Midlands) Group and Rockingham CC, where she continued to support Graham in his racing. They both remained ever present at time trials, particularly championships and longer distance events.

Margaret remained part of a very close and loving family.

She leaves behind her two elder sisters, four children, six grandchildren and three great grandchildren in addition to her partner of 23 years, Graham Barker.

Her funeral in Cudworth, near Barnsley, was attended by about 150, many family but also very many cyclists from Yorkshire and much further afield for a very fitting send off to a person respected and admired for her friendly and outgoing personality and for her competitive ability.

Compiled by the editor with thanks to Graham Snowdon and Graham Barker



ANDREW HISLOP DICKSON Glasgow Ivy CC and VTTA (Scotland) 1st September 1934 - 3rd July 2024

When the name of 'Hislop' was mentioned in Scottish cycling circles there was no doubt that Hislop Dickson was the person in question; being held in high esteem by all that knew him.

Hislop, like many others of his age, witnessed many changes over the decades since WW2, which included the transformation of the cycling scene, a sport that was to become a large part of his life from his early years. From a young age when the family lived at Hospital Street in the Gorbals, Hislop shared many happy times with his cousins, and this upbringing was reflected in his own family in later years.

Big brother Mathew, better known as Matt prompted him at the age of 15 to join the renowned Glasgow Ivy CC, whose colours were and still remain, an eye catching pink; he was a regular attender on club nights and a staunch supporter of the club during his lifetime.

This was Hislop's first love until he met his future wife Moira, who was attending a New Year's Eve party with his cousin Morag. They got married in September 1963 and with the arrival of a family, although now a "serious" racing cyclist, the club was duly relegated to second place.

On leaving school Hislop secured a joinery apprenticeship with Glasgow Corporation and he remained with them until taking early retirement at the age of 54. However, in 1956, the Government decided it was time for Hislop to do some National Service and spirited him off to Portsmouth where he joined the local North End CC.

While stationed there he rode the Army 25TT championship, which he won with a time of 57:51, just missing his PB of 57:48. His time was good enough to beat the reigning champion Ray Booty's time of 58:11.

Hislop's prowess as a competitive cyclist was that, in 1958 he represented Scotland at the British Empire and Commonwealth Games held at Cardiff. Such was the occasion that he was still in possession of his Empire Games blue blazer and

white flares, which took pride of place in his wardrobe.

At club level, he held the 25TT record for many years having beaten the hour mark which, at this period, was quite an achievement. This level of fitness no doubt due to lack of transport and having to cycle to Perth or Dundee on a Saturday – a round trip of 180 miles - to one of the Hostels and then compete in a 25 or 50TT on the Sunday before cycling home afterwards.

In December 1988, when aged 54, Hislop joined the SVTTA and, soon after, started to accumulate standard medals to add to the many medals and trophies that he had previously won: Moira was now in a quandary as the space to display the array of silverware and medals was rapidly diminishing.

During a hiatus from racing, and living only a short distance from the River Clyde, Hislop and Matt built a Sheerwater catamaran and both took part in another form of 'racing'. When not racing it was used to transport the family and friends to the family holiday home in Millport for days out and holidays, where they would enjoy a good sing-song around a campfire at Fintry Bay.

Regardless, it was not always trouble-free sailing, as on one occasion when crossing to Millport with oldest daughter Jan, there was a sudden drop in the wind causing the cat' to slow down and, as the River Clyde was a busy shipping lane with tankers, both were fortunate to only encounter a "near miss" thanks to some frantic paddling. Later, Hislop became more adventurous, and along with friend Findlay Campbell, they sailed to places such as the Inner Hebrides and as far as Rockall.

Although having long since retired from competitive cycling Hislop was still actively riding and would visit Majorca along with Moira, club members and friends, with Puerto Pollensa being the favoured destination. It was ironic that, when Hislop passed away, he and his son Stuart were cycling there.

By Hislop Jnr, Jan and Aileen



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