

VETERANS TIME TRIALS ASSOCIATION 30 MILES NATIONAL CHAMPIONSHIP



Saturday 21st August 2021

Organised by
VTTA Yorkshire Group

Promoted for and on behalf of
Cycling Time Trials
under their Rules and Regulations





Veterans Time Trials Association Yorkshire Group



Present the VTTA 30 Miles National Championship For Solos and Tandems

on
Saturday 21st August 2021 at 13:00
Course V241

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Event Secretary

Mike Penrice
Tawnylands, South Duffield Road
Osgodby
Selby, YO8 5HP
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Timekeepers

Start - Steve Brown (Drighlington BC)
Finish - John Hardy (Yorkshire RC)

NEC Representative

Tony Farrell - VTTA National President

CHAMPIONSHIP AWARDS (ALL ON VETS' HANDICAP)

First solo man or woman overall	Awarded the Fred Thorpe Trophy for 1 year
First solo man and woman	Gold medal, champion's jersey & cap, £25 (each)
Second solo man and woman	Silver medal, £20 (each)
Third solo man and woman	Bronze medal, £15 (each)
Club team of three	Gold medal, £20 (each)
Group team of three	Gold medal, £20 (each)
First tandem pair	Gold medals

TO BE ELIGIBLE FOR CHAMPIONSHIP AWARDS RIDERS MUST BE VTTA MEMBERS AT THE CLOSING DATE (VTTA REGULATION 3.4.2)

EVENT AWARDS

Fastest vet actual time - man	Engraved glassware
Fastest vet actual time - woman	Engraved glassware

Cover image - Darren Yarwood
(Almerico Vive le Velo / VTTA Yorkshire Group)
2020 VTTA 100 Mile National Champion

RIDERS' NOTES

COVID-19 GENERAL INSTRUCTIONS

If you are feeling unwell in any way (continuous cough, high temperature and/or loss or change in normal sense of taste or smell, elevated resting heart rate) please do not attend the event.

Whilst no longer mandatory please maintain social distancing when possible, whether riding, officiating or spectating.

HEADQUARTERS

The headquarters is at The Courtyard Cafe, Rabbit Hill Business Park, Great North Road, Knaresborough, HG5 0FF.

There is a large car park on the right as you enter the business park and other areas nearby. Please park considerably so as to maximise use of available parking.

Do not park in the gated road on the right immediately before the entrance to the business park; this is private property.

Do not park in the Rabbit Hill Country Store car park or block access to it. Please do not use the disabled parking unless entitled to do so.

There are no changing facilities so please arrive ready to race or be discreet if changing in your car.

Toilets are available adjacent to the cafe. These must not be used as changing rooms.

The Courtyard Cafe serve an excellent range of good quality refreshments. Check it out here: <https://www.facebook.com/thecourtyard.rabbithill/>. Vouchers will be provided to riders and event helpers for a tea or a coffee. Other food must be paid for.

Face masks and social distancing are now self choice in the cafe area but are preferred.

SIGNING ON AND OFF

Numbers will be available at the event headquarters.

Safety pins will not be provided. Please also bring your own pen for signing.

It is compulsory for all riders to sign on AND sign back off again afterwards. When returning your number and signing out you will be issued with a tea/coffee voucher for use in the cafe.

Do not forget to sign back out or you may be disqualified from the event.

GETTING TO THE START

To get to the start turn right out of the business park onto the A168. After 0.4 miles take the first left turn (signed to Arkendale), the start is 100 yards on the right.

When riding between the HQ and start or finish please be aware of riders racing on the course. When passing the finish but not racing please wave dismissively so that the finish officials know to ignore you.

If warming up on the course once the race has started please use the A168 south of the HQ so as to avoid the start and finish area and do not obstruct any competing riders.

SAFETY AND LOCAL REGULATIONS

- Do not warm up on turbo trainers near houses.
- Only official cars are allowed at or in the vicinity of the start and finish.

- No U turns near the start. Do not pass the start time keeper other than to start your ride. Once at the start wait behind the timekeeper until being called to start. Do not obstruct the roadway, there is a large waiting area.
- Riders are advised that the CTT district committee may discipline any rider who is reported for riding or behaving in an unsafe manner or who contravenes local regulations.
- Please note that the marshals will only indicate your direction and cannot control traffic in your favour. At each junction it is your responsibility to ensure that it is safe to proceed. Keep your head up and keep to the left of the carriageway.
- The A168 is a clearway. Parking is only permitted in lay-bys or adjacent lanes.

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all riders to wear a hard shell helmet that meets an internationally accepted safety standard. Under 18s (of which we have one) must wear such a helmet.

A working rear light, either flashing or constant, must be fitted to machines in a position visible to following road users and must be active whilst the machine is in use.

RESULTS AND PRESENTATION

Provisional results will be displayed on a large screen at the HQ but can also be viewed on Google at <https://bit.ly/3COJgDp>



Times will also be posted on Twitter as they come in at <https://twitter.com/thevta>



Final results will be published as soon as possible on the CTT and VTTA websites and as a downloadable result sheet.

We are now permitted to have a prize presentation after the event. Champion's jerseys, caps and medals (and other goodies) will be formally presented by Tony Farrell, VTTA National President. This will be outdoors in the Courtyard area at 4pm.

Medals are dummies for the presentation ceremony only and must be returned immediately to the organiser.

THE MATHS

Vets results will be calculated using the newly introduced vets' age handicap system; this is simpler than the traditional standards and pluses system and results in exactly the same award winners.

ACTUAL TIME minus VETS HANDICAP ALLOWANCE (VHA) equals VETS HANDICAP RESULT (VHR)

STARTING ORDER - TANDEMIS							
No.	Name	Club/Team	Gndr	Age	VHA	Group	Start
2	Andy Newham (Trike)	Lincoln Whs CC	M	48	08:42	NMids	13:02
	Gary Wright (Trike)	Lincoln Whs CC	M	56		Yorks	
4	Rachael Elliott	Newbury Velo	W	43	06:04	L&HC	13:04
	Ian Greenstreet	Newbury Velo	M	57		L&HC	

STARTING ORDER - SOLOS

No.	Name	Club/Team	Gndr	Age	VHA	Group	Start
6	Grant Whiteside	Harrogate Nova CC	M	47	1:35	Yorks	13:06
7	Alan Chalmers	Valley Striders CC	M	69	9:38	Yorks	13:07
8	Stephen Woodrup	Yorkshire Road Club	M	74	12:45	Yorks	13:08
9	Alan Shuttleworth (Trike)	Weaver Valley CC	M	74	19:46	M&NW	13:09
10	Peter Greenwood	Clayton Velo	M	69	9:38	NL&L	13:10
11	Mike Dalton	Stockton Whs CC	M	41	0:13	North	13:11
12	David Robinson	Tyneside Vagabonds CC	M	60	5:30	North	13:12
13	Drew Donaldson	Glasgow United CC	M	62	6:18	N&EM	13:13
14	Mike Cole	Huddersfield RC	M	76	14:13	Yorks	13:14
15	David Gleave	Velo Club Cumbria	M	37			13:15
16	Gary Hunt	Hartlepool CC	M	58	4:47	North	13:16
17	David Nichol	Ferryhill Whs	M	69	9:38	North	13:17
18	Gordon Wordsworth	Rutland CC	M	68	9:05	NMids	13:18
19	Wayne Baker (Trike)	Team Echelon	M	64	13:38	Mids	13:19
20	Keith Dorling	Team Bottrill	M	62	6:18	EA	13:20
21	Anthony Nash	Lindsey Roads CC	M	56	4:06	NMids	13:21
22	Paul Mapletoft	Kiveton Park CC	M	57	4:26	NMids	13:22
23	Alasdair Bruce	Yorkshire Road Club	M	64	7:09	Yorks	13:23
24	Sue McFarlane	Army Cycling	W	41	7:43	Yorks	13:24
25	Blair Buss	Halifax Imperial Whs	M	56	4:06	Yorks	13:25
26	Andy Whitehead	Rockingham CC	M	55	3:47	NMids	13:26
27	Richard Durham	Settle Whs	M	67	8:34	Yorks	13:27
28	Joanna Cebrat	Bury Clarion CC	W	42	7:58	M&NW	13:28
29	Allen Bell	Yorkshire Road Club	M	75	13:28	Yorks	13:29
30	Richard Oakes	Team Ohten Aveas	M	52	2:54	N&EM	13:30
31	Daniel Shaw	Halifax Imperial Whs	M	53	3:11	Yorks	13:31
32	Deborah Moss	Team Merlin	W	51	10:25	NL&L	13:32
33	Julian Read	Swift Racing	M	57	4:26	Yorks	13:33
34	Richard Belk	Kent Valley RC	M	70	10:11	NL&L	13:34
35	Angela Carpenter	...a3crg	W	52	10:44	Wssx	13:35
36	Graham Heaton	City RC (Hull)	M	54	3:29	Yorks	13:36
37	Mark Jones	Bury Clarion CC	M	43	0:39	M&NW	13:37
38	Phil Wright	Hartlepool CC	M	66	8:04	North	13:38
39	Liz Ball	Valley Striders CC	W	68	17:40	Yorks	13:39
40	Michael Cross	Harrogate Nova CC	M	59	5:08	Yorks	13:40
41	Gav McDonald	Ayr Roads CC	M	54	3:29	NL&L	13:41
42	James Meadows	Cleveland Whs CC	M	32			13:42
43	Mark Burtonshaw	Harrogate Nova CC	M	63	6:43	Yorks	13:43
44	Sarah Foulds	Velo Culture	W	40	7:28	North	13:44
45	Antony Brown	George Fox Cycling	M	62	6:18	EA	13:45

No.	Name	Club/Team	Gndr	Age	VHA	Group	Start
46	David Leckenby	VTTA (Yorks)	M	57	4:26	Yorks	13:46
47	Doug Hart	Ilkley CC	M	48	1:50	Yorks	13:47
48	Duncan Smart	Scarborough Paragon CC	M	53	3:11	Yorks	13:48
49	Ron Hallam	South Pennine RC	M	90	31:09	N&EM	13:49
50	Darren Yarwood	Chapeau! Vive Le Velo	M	47	1:35	Yorks	13:50
51	Russ Richardson	Teesdale CRC	M	64	7:09	NL&L	13:51
52	Martin Gargett	Halifax Imperial Whs	M	48	1:50	Yorks	13:52
53	Simon Horsley	Legato Racing Team	M	57	4:26	NL&L	13:53
54	Tony Boynton	City RC (Hull)	M	61	5:53	Yorks	13:54
55	Tom Broadbent	HD Revolutions	M	40	0:00	Yorks	13:55
56	Simon Dighton	Beacon Roads CC	M	58	4:47	Mids	13:56
57	Mike Allen	Team Jewson - MI Racing	M	75	13:28	NMids	13:57
58	Chris Yates	Otley CC	M	64	7:09	Yorks	13:58
59	Peter MacKlam	Yorkshire Road Club	M	78	15:52	Yorks	13:59
60	Ian Guilor	Mapperley CC	M	54	3:29	N&EM	14:00
61	Sean Quinn	Law Whs	M	48	1:50	Scot	14:01
62	Randle Shenton	Legato Racing Team	M	63	6:43	Scot	14:02
63	John Quimby	Coalville Whs	M	70	10:11	N&EM	14:03
64	Paul Dawson	VTTA (North)	M	60	5:30	North	14:04
65	Neil Cleminshaw	Chapeau! Vive Le Velo	M	51	2:37	Yorks	14:05
66	Andrew Askwith	Vive Le Velo	M	57	4:26	Yorks	14:06
67	Mark Symons	Hull Thursday RC	M	61	5:53	Yorks	14:07
68	Roy Flanagan	Rosendale RC	M	64	7:09	NL&L	14:08
69	Ian Hampton	Clifton CC York	M	67	8:34	Yorks	14:09
70	Richard Dixon	Swift Racing	M	58	4:47	Yorks	14:10
71	Benjamin Williams	Cliff Pratt Racing	M	30			14:11
72	Steven Loraine	Legato Racing Team	M	65	7:36	Mids	14:12
73	Stuart Henderson	VTTA (Yorks)	M	46	1:21	Yorks	14:13
74	John Leach	Rosendale RC	M	76	14:13	NL&L	14:14
75	Mark Wolstenholme	Swift Racing	M	43	0:39	Yorks	14:15
76	Steve Gibson	Peak Road Club	M	54	3:29	NMids	14:16
77	Mike Potter	Scarborough Paragon CC	M	63			14:17
78	Malachy Wicks	Manilla Cycling	M	17			14:18
79	Matt Lawrance	Total Tri Training	M	26			14:19
80	Keith Ainsworth	Sheffrec CC	M	62	6:18	NMids	14:20
81	Sam Ward	Otley CC	M	42	0:26	Yorks	14:21
82	Richard Hembrough	Swift Racing	M	59	5:08	Nmids	14:22
83	Tony Ball	Legato Racing Team	M	52	2:54	L&HC	14:23
84	David Taylor	Ravensthorpe CC	M	66	8:04	Yorks	14:24
85	Richard Dean	Rockingham CC	M	42	0:26	Yorks	14:25

COURSE DESCRIPTION - V241

Start on north side of Marton Lane, at western edge of drain cover just west of crash barrier on bridge over A1(M). Proceed east, and turn left onto A168. (0.10mils).

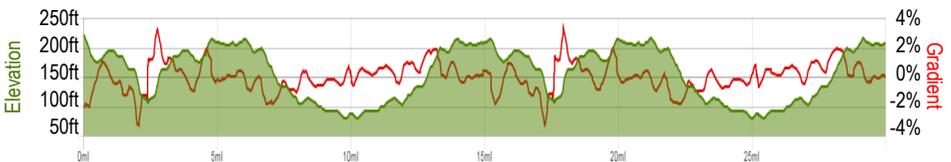
Continue north on A168 to Boroughbridge South TI. (2.38mils). Encircle island and proceed south on A168 to Walshford TI. (9.91mils).

Encircle island and proceed north on A168 to Boroughbridge South TI (2nd time) (17.52 mls).

Encircle island and proceed south on A168 to Walshford TI (2nd time) (25.05 mls).

Encircle island and proceed north on A168 to

Finish at road sign – 2 way traffic – on west side of road, 670 yards south of turning to Marton Lane. (30.00 mls).



FORTHCOMING VTТА YORKSHIRE EVENTS

Saturday 11th September

Solo and 72" medium gear 10

Course V714. Start time 14.00. Preference to VTТА members.

ADDITIONAL HQ PRESENTATION TO TAKE PLACE AT 3.45PM AT TODAY'S EVENT

PETE READ, RENOWNED COACH TO CYCLE TIME TRIALLISTS, TO BE POSTHUMOUSLY AWARDED THE C. A. RHODES MEMORIAL AWARD, YORKSHIRE CYCLING'S MOST PRESTIGIOUS HONOUR

After many years of coaching and developing Yorkshire's cycling talent and being a pioneering exponent of scientific training techniques Pete Read was formally recognised one year after his untimely death.

The award is presented annually and previous recipients include high profile World and Olympic champions, such as Beryl Burton and Brian Robinson and more recently Lizzie Armitstead and Ed Clancy, in addition to administrators who make the sport and pastime of cycling so popular in Yorkshire. In exceptional circumstances the Award is made posthumously and in this case is in addition to the annual award, which was made to rising international star Tom Pidcock.

The Memorial was instigated in 1961 as a tribute to the memory of Charles Arthur Rhodes (1895-1961), doyen of the Yorkshire Road Club, co-founder in 1932 of the Yorkshire Cycling Federation and a nationally recognised timekeeper and administrator. The award is regarded as the greatest distinction which Yorkshire cycling can bestow.

The Award citation reads as follows:

"The Court of Trustees acknowledges the outstanding contribution made by Pete Read in revolutionising training methods for time triallists. He was a pioneer in the use of structured indoor turbo training, assisted by heart rate monitoring, benefiting time triallists both within Yorkshire and nationally.

Pete was born in Goole and after a number of jobs he joined the family jewellery business. He began cycling in 1978 with his sons, firstly with Goole Vermuyden CC and later VC York. He was one of the first to adopt out-of-season turbo training, resulting in a big improvement and he began winning races; he then qualified as an ABBC coach and left the family firm in 1985 to concentrate on cycle coaching. Pete's reputation grew as he worked with

individual riders on personal training programmes, one of the first to do so. He also held training sessions with clubs and wrote three manuals about training, setting out generic turbo programmes involving heart rate zones.

Protégées of Pete began to make their mark and this led to the formation of Pete Read Racing Team in 1998. They announced their arrival on the scene in 1999 by winning the men's national 50 team prize, which they retained in 2000 and 2001; the women's team meanwhile won the British Best All Rounder in 2000 and 2001. In 2005 Pete Read Racing became Team Swift and they continued to win national awards, including seven BBAR team wins plus national championships and competition records. This success was down to Pete's vision and his ability to motivate and prepare riders to succeed.

As the founding father of Team Swift Pete was passionate about time trialling, but ensured they were not seen exclusively as a racing team. They organised events, including national championships, and it was a

condition of membership that all team riders had to assist occasionally.

Pete died aged 75 on 5th February 2020, after battling cancer. His friendly disposition and advice readily given is sadly missed at time trials but Yorkshire cycling is richer for his legacy."

Whilst the Award is normally presented at the Yorkshire Cycling Federation annual luncheon it was not possible to do so on this occasion due to the coronavirus pandemic. Therefore it will be made at the HQ of the VTTA National 30 Championship on 21st August. As an ardent time trialling enthusiast this is an event which Pete would have definitely enjoyed being part of. The presentation will be made to his sons, Julian and Matthew, by Mike Williams, joint supremo of Pete's Team Swift.

