



VTTA

30 Miles National Championship

30th July 2023

Organised by Scottish Group

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

VETERANS TIME TRIALS ASSOCIATION

30 Miles National Championship
Incorporating the SVTTA Pinky Williams Trophy

Promoted by VTTA SCOTTISH GROUP
Mhairi Laffoley, 22 Frankfield Place, Dalgety Bay

30th July 2023 – 8.30 am start

Course WE.30/01

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

Event Secretary Contact Details

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Timekeepers

Catriona Stirling
Andy Williams

NEC Representative

Jon Fairclough

CHAMPIONSHIP AWARDS (ON VETS' AGE ADJUSTED TIMES)

First solo man and woman	Gold medals, champion's jerseys & caps
Second solo man and woman	Silver medals
Third solo man and woman	Bronze medals
Club team of three (mixed)	Gold medals
Group team of three (mixed)	Gold medals
First tandem pair on AAT	Gold medals
Trophy for the overall best on AAT/D	Fred Thorpe Trophy
TO BE ELIGIBLE FOR CHAMPIONSHIP AWARDS RIDERS MUST BE VTTA MEMBERS AT THE CLOSING DATE (VTTA REGULATION 3.4.2)	

PRIZES

VTTA Championship Prizes as above Plus:

1st Fastest Male & Female

1st SVTTA member on AAT – Winner of Pinky Williams Trophy

2nd SVTTA member on AAT

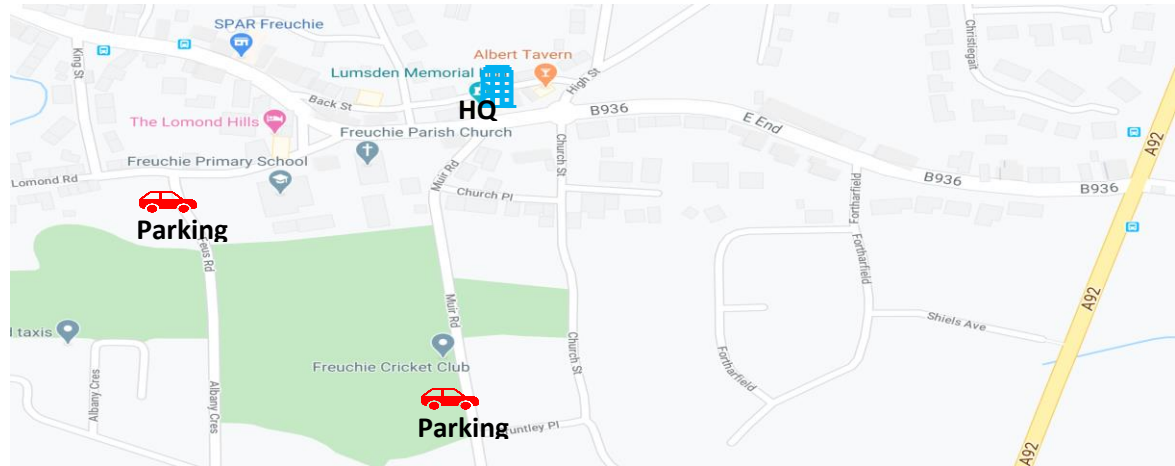
3rd SVTTA member on AAT

1st SVTTA Team on AAT (2 club members mixed)

RIDERS' NOTES

1. HEADQUARTERS

Lumsden Memorial Hall, High Street, Freuchie KY15 7EX (Open from 7.30am). Parking will be a 2 minute walk along the lane from HQ. Please note that there are NO showers available.



2. PARKING –

There is NO Parking at the Lumsden Hall. Parking will be at Freuchie Cricket Club KY15 7HW. Weather permitting parking will be on the perimeter of the cricket club field at HQ (keep off actual pitch as there is a game on the morning of event), however, if we have had heavy rain prior to the event we are unable to park on their grounds. If this is the case parking will be available on-street or at car park in the centre of Freuchie, just off Lomond Road. Please do not block driveways, lowered kerbs, etc. **Please use the Lumsden Hall for changing purposes, refreshments & presentation. Residents have complained to police about riders undressing in public.**

(There is a small amount of parking close to the start at Heatherhall Woods prior to turning left onto B937 approx. 2.5 miles from HQ). No parking at Finish.

3. REFRESHMENTS

There will be some light refreshments at HQ.

4. SIGNING ON AND OFF

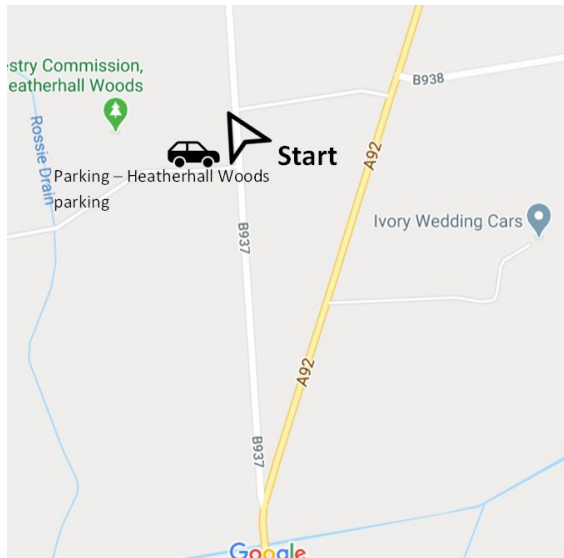
HQ will be open from 7.30am for sign on/off. Numbers will be available at HQ. It is compulsory for all riders to sign on AND sign out after completing the event. **Do not forget to sign out or you may be disqualified from the event.**

5. GETTING TO THE START

From the HQ to the Start is approximately 2.5 miles. See map below



The Start



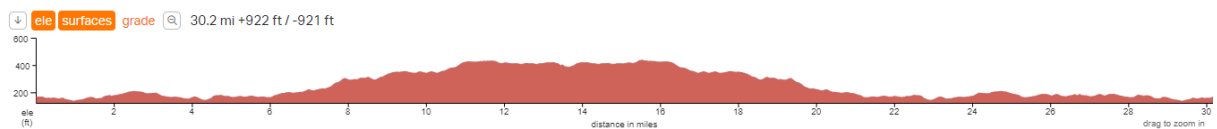
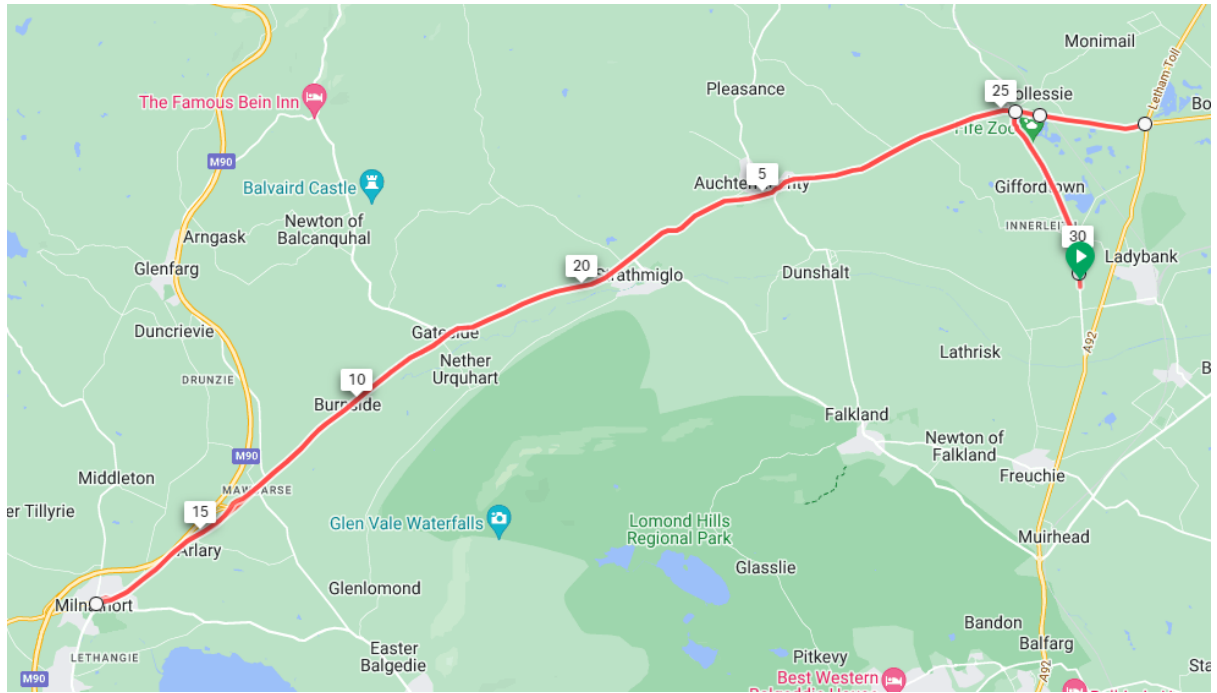
6. COURSE DETAILS

The start is on the B937 at 40mph signs approx 400 metres north of Heather Hall Crossroads (see map below). Proceed North along B937 to junction with A91 (2 miles). Turn left onto A91 and proceed west via Auchtermuchty, Gateside, Burnside to Milnathort roundabout (13.65 miles). Circumvent and retrace along A91 to Melville Lodges Roundabout (26.8miles). Circumvent roundabout and retrace along A91 to Trafalgar Junction B937 (28.1 miles). Turn left onto B937 and finish at 40 mph/Edentown sign on entering Edentown Village (30miles).

The Course will be well marshalled and signposted

WARNING: Please take due care travelling through Milnathort and on roundabout.

Please note that you take the left hand fork on A91 to Milnathort at the motorway junction. Going straight on will lead you onto the M90 motorway – which hopefully you know is not a very good idea!



7. SAFETY AND LOCAL REGULATIONS

Warming Up - Competitors are requested not to warm up on the course after the event has started.

Safety notes for course – At 2 miles into event you turn left onto A91 – you are joining the main carriageway so please take care and stop at the give way if necessary.

Please note that you have to take the left hand fork on A91 to Milnathort at the motorway junction. Going straight will lead you onto the M90 motorway.

Please take due care travelling through Milnathort as there are lots of cars parking, opening doors, etc.

Also be careful on the Milnathort roundabout as this is a mini roundabout that can get quite busy and the road surface is quite poor.

At Melville Lodges roundabout you are entering a busy roundabout so please take due care and be prepared to stop if necessary.

Cycling Time Trials now require that all riders must wear a hard shell helmet that meets an internationally accepted safety standard. (CTT regulation 15)

Working rear and front lights, either flashing or constant, must be fitted to machines in a position visible to road users and must be active whilst the machine is in use. (CTT regulations 14(i) and 14(j))

8. PHOTOGRAPHY – Steve Murphy – steve@smurphs.plus.com

9. **RESULTS AND PRESENTATION** - There will be a prize presentation after the event including the award of medals. Please note medals used for the presentation ceremony are for that purpose only and must be returned immediately. The engraved medals will be presented at the National AGM or at a suitable group meeting.

10. START SHEET

No	Start Time	Name	Club	Group	M/W	Machine (TT, Road, Trike, Tandem)	Age	Age Adj
1	08.31	George Adam	SVTTA	Scotland	M	Road	63	0:06:43
2	08.32	David Kirton	Kennoway RC	Scotland	M	TT	58	0:04:47
3	08.33	Paul Wynne	Kinross CC	Scotland	M	TT	63	0:06:43
4	08.34	Stewart Mitchell	Deeside Thistle	Scotland	M	TT	83	0:20:52
5	08.35	Andrew Wilson	St Christopher's CC	Scotland	M	TT	73	0:12:04
6	08.36	Martin Gordon	Coatbridge Clarion CC		M	TT	40	
7	08.37	George Skinner	Royal Albert CC	Scotland	M	TT	77	0:15:02
8	08.38	Lindsay Foster	Ayrodynamic Triathlon Club	Scotland	M	Road	62	0:06:18
9	08.39	Stephen Beecher	West Lothian Clarion		M	TT	40	
10	08.40	Jim Petrie	Dundee Wheelers	Scotland	M	TT	70	0:10:12
11	08.41	John Greig Johnston	Stirling Bike Club		M	TT	42	
12	08.42	Jon Fairclough	Kelso Wheelers	Scotland	M	TT	69	0:09:38
13	08.43	Frank Anderson	SVTTA	Scotland	M	TT	71	0:10:74
14	08.44	William Munro	Glasgow Wheelers	Scotland	M	TT	71	0:10:47
15	08.45	James Robb	Deeside Thistle	Scotland	M	TT	67	0:08:34
16	08.46	Steve Donaldson	Fullarton Wheelers	Scotland	M	TT	61	0:05:54
17	08.47							
18	08.48	John Lumley Lorna Lumley	Ayrodynamic Triathlon Club	Scotland	M W	Tandem	62 55	0:08:39
19	08.49							
20	08.50	Allan MacLean Isobel Fletcher	VC Glasgow South	Scotland	M W	Tandem	58 62	0:09:17

21	08.51	Katherine Wren	Stirling Bike Club		W	TT		
22	08.52	Elizabeth Clayton	RT23		W	TT	60	
23	08.53	Miriam Rennet	Kinross CC	Scotland	W	TT	61	0:14:05
24	08.54	Sarah Jane Walker	Stirling Bike Club		W	TT	27	
25	08.55	Valerie Martin	Dooleys Cycles	Scotland	W	TT	56	0:12:05
26	08.56	Fiona Davidson	Dundee Wheelers	Scotland	W	TT	55	0:11:44
27	08.57	Theresa Taylor	Springfield Financial RT	North Lancashire & Lakes	W	TT	63	0:15:01
28	08.58	Margaret McMillan	Deeside Thistle	Scotland	W	TT	59	0:13:15
29	08.59	Liz Ball	Valley Striders CC	Scotland	W	TT	70	0:18:55
30	09.00	Patricia Baird	Ecosse Performance CC	Scotland	W	TT	58	0:12:51
31	09.01	Karen Taylor	Springfield Financial RT	Yorkshire	W	TT	57	0:12:28
32	09.02	Deborah Sheridan	Warwickshire RC	Midlands	W	TT	66	0:16:32
33	09.03	Lorna Breetzke	Vanelli Project GO	Scotland	W	TT	44	0:08:28
34	09.04	Georgia Perry	Fife Century RC		W	TT	29	
35	09.05	Deborah Moss	Springfield Financial RT	North Lancashire & Lakes	W	TT	53	0:11:03
36	09.06	James Smith	Glasgow Nightingale	Scotland	M	TT	71	0:10:47
37	09.07	Alex McPhee	Dooleys Cycles	Scotland	M	TT	61	0:05:54
38	09.08	Robert Holmes	Kinross CC		M	TT	52	
39	09.09	Alex Munro	SVTTA	Scotland	M	TT	90	0:31:10
40	09.10	Andrew Yule	Deeside Thistle	Scotland	M	TT	59	0:05:08
41	09.11	Mike Cole	Huddersfield RC	Yorkshire	M	TT	78	0:15:52
42	09.12	Robert Brown	EH Star Cycling	Scotland	M	TT	79	0:16:45
43	09.13	Randle Shenton	Border City Wheelers	Scotland	M	TT	65	0:07:36
44	09.14	Chris Hunter	Glasgow Ivy		M	TT	48	
45	09.15	Alan Chalmers	Valley Striders CC	Yorkshire	M	TT	71	0:10:47

46	09.16	John Leal	Deeside Thistle		M	TT	57	
47	09.17	David Pritchard	Kennoway RC	Scotland	M	TT	66	0:08:05
48	09.18	Sean Gary	Dooleys Cycles		M	TT	55	
49	09.19	Alan McGuire	Plomesgate CC	East Anglian	M	TT	58	0:04:47
50	09.20	Robert Marshall	Team Andrew Allan Architecture	Scotland	M	TT	51	0:02:38
51	09.21	David Henderson	EH Star Cycling	Scotland	M	TT	53	0:03:11
52	09.22	Neil McLeod	SVTTA	Scotland	M	TT	49	0:02:06
53	09.23	Mike Giles	Ythan CC	Scotland	M	TT	58	0:04:47
54	09.24	Bud Johnston	SVTTA	Scotland	M	TT	64	0:07:09
55	09.25	Stephen Clayton	RT23		M	TT	60	
56	09.26	Michael Perkins	Eat Plants Not Pigs CC		M	TT	47	
57	09.27	Graham Jones	Edinburgh RC	Scotland	M	TT	58	0:04:47
58	09.28	Garry Greenaway	Vanelli Project GO		M	TT	54	
59	09.29	Thomas McNulty	SVTTA	Scotland	M	TT	51	0:02:38
60	09.30	Carlos Riise	Shetland Wheelers	Scotland	M	TT	58	0:04:47
61	09.31	Ian Dobbie	West Lothian Clarion	Scotland	M	TT	59	0:05:08
62	09.32	Alan McIntyre	Coatbridge Clarion CC		M	TT	50	
63	09.33	Kevin Lackie	RT23	Scotland	M	TT	60	0:05:31
64	09.34	Graham Smith	Vanelli Project GO		M	TT	50	
65	09.35	Alan Duncan	Fullarton Wheelers		M	TT	59	
66	09.36	Alex McAllister	Ayr Roads CC	Scotland	M	TT	67	0:08:34
67	09.37	Steven Purdie	Glasgow Green CC	Scotland	M	TT	52	0:02:54
68	09.38	Mike Twelves	Team Ohten Aveas	East Midlands	M	TT	59	0:05:08
69	09.39	Alan Davidson	Dundee Thistle	Scotland	M	TT	62	0:06:18
70	09.40	Leahn Theedam Parry	Scottish Borders RT		M	TT	47	
71	09.41	Sean Quinn	Law Wheelers	Scotland	M	TT	50	0:02:21
72	09.42	Steven Loraine	Legato RT	Midlands	M	TT	67	0:08:34
73	09.43	Derek McMillan	SVTTA	Scotland	M	TT	63	0:06:43

74	09.44	Tony Scott	GTR Return to Life		M	TT	45	
75	09.45	James Cusick	Dooleys Cycles	Scotland	M	TT	58	0:04:47
76	09.46	Simon Horsley	Legato RT	North Lancashire & Lakes	M	TT	59	0:05:08
77	09.47	Andrew Gallacher	Vanelli Project GO	Scotland	M	TT	55	0:03:48
78	09.48	Stuart MacCallum	Team Andrew Allan Architecture	Scotland	M	TT	49	0:02:06
79	09.49	Stephen Wilkinson	Vanelli Project GO	Scotland	M	TT	57	0:04:27
80	09.50	Joseph Costello	Legato RT	Midlands	M	TT	64	0:07:09
81	09.51	Angus Wilson	Dundee Thistle	Scotland	M	TT	54	0:03:29
82	09.52	Philip Kennell	GS Metro	North	M	TT	56	0:04:07
83	09.53	Andrew Whiteside	Springfield Financial RT	North Lancashire & Lakes	M	TT	49	0:02:06
84	09.54	Jesse Dawson	Vanelli Project GO		M	TT	44	
85	09.55	Tom Broadbent	MGC_RT	Yorkshire	M	TT	42	0:00:26
86	09.56	Marc Anderson	GTR Return to Life	Scotland	M	TT	45	0:01:07
87	09.57	Mark Hamer	Legato RT	Midlands	M	TT	48	0:01:50
88	09.58	Douglas Watson	GTR Return to Life	Scotland	M	TT	50	0:02:21