



VTTA

**25 Miles National Championship**

**Sunday 16<sup>th</sup> April 2023**

**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 25 Miles National Championships**  
**Sunday 16<sup>th</sup> April 2023 at 8:00**  
**Course V236/1**

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

### Event Secretary

Blair Buss  
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Halifax, HX3 8ST  
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### Timekeepers

Start - Steve Brown (Ravensthorpe CC)  
Finish – John Hardy (Yorkshire Road Club)

### VTTA NEC Representative

Mike Penrice (VTTA Yorkshire Group)

CHAMPIONSHIP AWARDS (ALL ON VETS' AGE ADJUSTED TIMES)	
First solo overall	Holds the Charlie Cole Cup for one year
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 (either gender)	Gold medals
Group team of three (either gender)	Gold medals
First tandem	Gold medals
<b>TO BE ELIGIBLE FOR CHAMPIONSHIP AWARDS RIDERS MUST BE VTTA MEMBERS AT THE CLOSING DATE (VTTA REGULATION 3.4.2)</b>	
EVENT AWARDS	
Fastest VTTA member solo man and woman on actual time	Engraved crystal glass paperweights
Fastest Yorkshire Group solo man and woman on actual time	
Fastest Yorks Group solo man and woman on age adjusted time	
Fastest Yorkshire Group club team of three riders (either gender) on age adjusted time	
One rider one prize rule applies across these awards	

## RIDER'S NOTES

### HEADQUARTERS

**The headquarters is at Dalton Village Hall, Willow Bridge Lane, Dalton, Thirsk YO7 3BN. The hall will be open from 6.30am.**

The hall has car parks at front and rear (with further access onto the adjacent playing field). Riders should use the rear area and playing field, leaving the front car park for event officials.

Please respect residents by parking considerately. Please do not park in the new estate opposite the HQ. Residents may not appreciate your noise early on a Sunday morning nor share your enthusiasm for the event, so please keep noise to a minimum.

Toilets and changing facilities are available at the HQ. Please leave them clean and tidy, as you would wish to find them.

There is ample parking in the area for riders to sign on and then proceed to your preparation and warm up areas elsewhere if you prefer. Please park sensibly and avoid blocking any access points, footpaths and grass verges. We have the support of the village hall committee and want to ensure we maintain the relationship for future events and organisers.

If changing in your car please be discreet, especially if near housing.

### SIGNING ON AND OFF

Numbers will be available at the event headquarters.

Safety pins will be available for those needing them

It is compulsory for all riders to sign on AND sign off again afterwards.

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

Please wear your race number in a central position below the waist so that it is clearly visible to other road users when you are riding. If using a number pocket please ensure your number is not crumpled or folded, it must be easily readable to marshals and the finish line officials.

### WARM UP AND GETTING TO THE START

Warming up - please ensure that you warm up off the course. No riders on the course other than for racing. There are plenty of quiet roads to warm up on, so please do not warm up in built up areas such as Topcliffe or Dalton.

The start is approx. 3 miles from the HQ, the route will be signed. From HQ turn right on Willow Bridge Lane, then next right, through centre of village towards Topcliffe. On reaching slip road from A168 to Topcliffe, keep left (watch for riders completing their first lap from your right) under dual carriageway and the start is shortly after on the opposite side of the road. Continue past the start into Topcliffe village before performing a U-turn.

Please do not perform a U turn at the start line; doing so will incur a disqualification.

## **WHEN FINISHING**

Please call your number as you pass the finish timekeeper.

On finishing, carry on down the slip road off the A168 and turn left to Dalton before reaching the underpass.

Be aware that there will be riders still racing, please do not ride two abreast whilst still on the course.

## **SAFETY AND LOCAL REGULATIONS**

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.

**Cycling Time Trials requires 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)).**

## **RESULTS AND PRESENTATION**

There will be a results display at the HQ and you will also be able to view them on your mobile phone.

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

There will be a prize presentation as soon as possible after the event; if you think you may have won something please try to attend. **PLEASE STAY UNTIL THE PRESENTATION AND APPLAUD THE NEW CHAMPIONS.**

Champion's jerseys, caps and medals (and other goodies) will be formally presented by our guest, Elaine Ward, assisted by Mike Penrice, VTTA NEC representative and editor of the VTTA magazine,

A draw will take place of rider numbers for additional prizes at the presentation.

The presentation will be in the Hall at approximately 12 noon.

Medals for the presentation ceremony are dummies, for that purpose only and should be returned immediately. Arrangements for distribution of the actual engraved national champions medals will be announced later in the year.

## REFRESHMENTS

Good quality refreshments will be available with donations going to the **Yorkshire Air Ambulance**

## PHOTOGRAPHY

Official photography of the event will be by Bernard Marsden. All his images can be freely downloaded from his event gallery, here:

<https://flic.kr/s/aHBqjAwu2a>



## THE MATHS

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

ACTUAL TIME minus VETS AGE ADJUSTMENT (AA)  
equals VETS AGE ADJUSTED TIME (AAT)

## ELAINE WARD



The Champion's Jerseys and Medals will be presented by Elaine Ward of Scarborough Paragon CC. She is a lifelong cyclist, from a cycling family, and after enjoying an excellent competitive career she has worked tirelessly as an administrator for the sport at a local level.

In 1990 she won the RTTC Women's Best All Rounder Competition, she gained multiple RTTC championship medals from 1985 to 1998, has a bronze medal from the British Track Championship pursuit, finished fourth in the National Championship road race and has represented her country internationally.

Over very many years Elaine has given back to cycling as secretary of the Scarborough Paragon and by organising and timing races in addition to being a key member of the organisation for the Scarborough Cycling Festival. She is secretary of the C A Rhodes Memorial Trust and has even had a stint as secretary of VTTA Yorkshire Group.

## RESERVE RIDER SCHEME

Riders who know that they will not be starting should inform the event organiser (Blair - 07936 146533) as soon as possible so that the ride may be allocated to a reserve. Where possible reserves will be notified before the event that they have a ride and will be allocated a starting time, but will ride wearing the number on the start sheet.

## EVENT MEMENTOES

When you sign on please collect your VTTA 25 Championship pen and your VTTA bottle.



Leeds based performance nutrition company OTE have also kindly donated 20% discount vouchers for all riders. These will be handed to all riders when they sign on. Alternatively use the following discount code.





## COURSE DETAILS

START at east end of High Street, Topcliffe, at western edge of drain cover, just east of gateway to field at start of slip road to A168 northbound carriageway.

BEAR LEFT up slip road to join A168 dual carriageway. CONTINUE on A168/A19 to slip road sign-posted A167 Topcliffe (12.226 mls).

BEAR LEFT down slip road to T-junction (6.167 mls). TURN LEFT to South Kilvington TI. ENCIRCLE ISLAND, continue under A19 dual carriageway, bearing LEFT to join A19 southbound carriageway (6.663 mls).

CONTINUE on A19/A168 to slip road sign-posted A167 Topcliffe (12.226 mls). BEAR LEFT onto slip road and continue under dual carriageway, to TURN RIGHT (CARE) (12.750 mls) onto slip road to A168 northbound carriageway.

REPEAT CIRCUIT Join A168 (13.128 mls). Start of slip road to South Kilvington (18.553 mls). Rejoin A19 southbound (19.377 mls). Start of slip road to Topcliffe (24.940 mls).

Bear left onto slip-road, to FINISH at eastern gate post of second gateway to field from the slip-road (25.00 mls).

As this course covers 2 laps, there will be some over-lapping of riders. Please ensure you follow course instructions for starting second lap.



## ORDER OF START

### SOLO MEN - FIRST BATCH

No.	Start time	Name	Club	Group	Age	Age al'nce
1	08:01	Stephen Broadley	Otley CC	Yorks	69	07:55
2	08:02	Alan Shuttleworth (Trike)	Weaver Valley CC	M&NW	76	17:37
3	08:03	Paul Dawson	VTTA (North)	North	62	05:11
4	08:04	George Young	Clifton CC York	Yorks	72	09:23
5	08:05	Andrew Coulbeck	Addform Vive Le Velo	Yorks	57	03:39
6	08:06	Paul Brierley	Huddersfield RC	Yorks	56	03:23
7	08:07	Danny Kelly	Seacroft Whs	Yorks	49	01:43
8	08:08	Duncan Smart	Scarborough P'gon CC	Yorks	54	02:52
9	08:09	Allen Bell	Yorkshire RC	Yorks	77	12:20
10	08:10	Jymmy Trevor	City RC (Hull)	Yorks	50	01:56
11	08:11	Richie Grant	Hartlepool CC	North	57	03:39
12	08:12	Mark Casey	Seacroft Whs	Yorks	55	03:07
13	08:13	Phil Wright	Hartlepool CC	North	68	07:28
14	08:14	Mike Cole	Huddersfield RC	Yorks	78	13:02
15	08:15	Trevor Mayne	Birdwell Whs	N Mids	59	04:14
16	08:16	Lee Morley	Hartlepool CC	North	51	02:10
17	08:17	Doug Hart	Ilkley CC	Yorks	50	01:56
18	08:18	Steven Madeley	Darlington CC	North	61	04:51
19	08:19	David Bower	Scarborough P'gon CC	Yorks	69	07:55
20	08:20	Stuart Henderson	Team Bottrill	Yorks	47	01:19
21	08:21	Ian Swinscoe	Moonglu CC	Yorks	54	02:52
22	08:22	Paul Tyler	Ferryhill Whs	North	65	06:15
23	08:23	Ian Hampton	Clifton CC York	Yorks	69	07:55
24	08:24	Andrew Lambe	Ilkley CC	Yorks	52	02:23
25	08:25	Graham Pearce	Addform Vive Le Velo	Yorks	42	00:22
26	08:26	Martin Gargett	Halifax Imperial Whs	Yorks	49	01:43
27	08:27	Martin Hailstone	Addform Vive Le Velo	Yorks	54	02:52
28	08:28	Mark Brownless	Darlington CC	North	51	02:10
29	08:29	Carl Farrow	Calder Clarion	Yorks	57	03:39
30	08:30	Grant Whiteside	Harrogate Nova CC	Yorks	48	01:31
31	08:31	Malcolm Steer	Darlington CC	North	58	03:56
32	08:32	Christopher Beaty	Allen Valley Velo	North	40	00:00
33	08:33	Brian Parker	Seacroft Whs	Yorks	50	01:56



No.	Start time	Name	Club	Group	Age	Age al'nce
34	08:34	Martin Lee	Bury Clarion CC	M&NW	58	03:56
35	08:35	Phillip Tyas	Barnsley RC	Yorks	41	00:11
36	08:36	Alex Critcher	Team Wheelguru	M&NW	47	01:19
37	08:37	Winston Southwell	Sheffield Tri Club	Yorks	48	01:31
38	08:38	Richard Belk	Kent Valley RC	NL&L	72	09:23
39	08:39	Marc Daigneault	Sheffield Tri Club	Yorks	42	00:22
40	08:40	Jamie Berry	Vector Racing		24	
41	08:41	David Hilditch	Springfield Finc'I RT	NL&L	70	08:23
42	08:42	Peter Haigh	VTTA (NL&L)	NL&L	69	07:55
43	08:43	Peter MacKlam	Yorkshire RC	Yorks	80	14:31
44	08:44	Patrick Healy	Buxton CC	M&NW	56	03:23
45	08:45	William Hayes	VC Long Eaton	E Mids	46	01:07
46	08:46	Paul Russell	Springfield Finc'I RT	NL&L	56	03:23
47	08:47	Simon Phillips	Stockport Tri Club	M&NW	62	05:11
48	08:48	Stephen Wilkinson	VTTA (NL&L)	NL&L	60	04:32
49	08:49	Christopher Maffei	Bury Clarion CC	M&NW	67	07:03
50	08:50	Ben Pease	Moonglu CC		24	
51	08:51	Martin Nelson	Out of the Saddle CC	N Mids	51	02:10
52	08:52	Scott Taylor	Springfield Finc'I RT	NL&L	60	04:32
53	08:53	Randle Shenton	Legato RT	Scot	65	06:15
54	08:54	John J Murphy	Gloucester City CC	West	83	17:07
55	08:55	Alistair Rutherford	Manchester BC	M&NW	41	00:11
56	08:56	Blair Buss	Addform Vive Le Velo	Yorks	58	03:56
57	08:57	Mick Flaherty	Seacroft Whs	Yorks	61	04:51
58	08:58	Stephen Clark	Sherwood CC	E Mids	53	02:37
59	08:59	Miles Haslam	Buxton CC	N Mids	64	05:53
60	09:00	Alexander Royle	Manchester BC		29	

## SOLO WOMEN

No.	Start time	Name	Club	Group	Age	Age al'nce
61	09:01	Joanna Cebzat	360cycling	M&NW	43	06:49
62	09:02	Janet Fairclough	Liverpool Phoenix CC (Aintree)	M'side	62	12:01
63	09:03	Caroline Ratcliff	Ferryhill Whs	North	58	10:37
64	09:04	Anne Haslam	Buxton CC	N Mids	60	11:17
65	09:05	Sarah Harrison	Trek Sheffield	N Mids	49	08:08
66	09:06	Susan Semple	Legato RT	Mids	57	10:18
67	09:07	Sue McFarlane	Army Cycling	Yorks	43	06:49

No.	Start time	Name	Club	Group	Age	Age al'nce
68	09:08	Sandra Burrows	Vive Le Velo	Yorks	57	10:18
69	09:09	Gretchen Zoeller	VTTA (Yorkshire)	Yorks	43	06:49
70	09:10	Deborah Moss	Springfield Finc'I RT	NL&L	52	08:53
71	09:11	Sue Cheetham	North Lancashire RC	NL&L	59	10:57
72	09:12	Angela Hannon-Flaherty	Seacroft Whs	Yorks	54	09:25
73	09:13	Theresa Taylor	Springfield Finc'I RT	NL&L	63	12:24
74	09:14	Sarah Foulds	Velo Culture	North	42	06:36
75	09:15	Linda Dewhurst	Team Milton Keynes	L&HC	64	12:48

### SOLO MEN - SECOND BATCH

No.	Start time	Name	Club	Group	Age	Age al'nce
76	09:16	Aidan Adams	Harrogate Nova CC	Yorks	43	00:32
77	09:17	Alastair Semple	Legato RT	Mids	55	03:07
78	09:18	Paul Sander	Stockton Whs CC	North	67	07:03
79	09:19	Frank Anderson	SVTTA	Scot	71	08:52
80	09:20	Jason Bateman	VTTA (NL&L)	NL&L	51	02:10
81	09:21	Philip Kennell	GS Metro	North	55	03:07
82	09:22	Sean Quinn	Law Whs	Scot	50	01:56
83	09:23	Steve Gibson	Peak RC	N Mids	56	03:23
84	09:24	Mark Burtonshaw	Harrogate Nova CC	Yorks	64	05:53
85	09:25	Mark Hamer	Legato RT	Mids	48	01:31
86	09:26	Matthew Asquith	Otley CC	Yorks	49	01:43
87	09:27	Simon Horsley	Legato RT	NL&L	58	03:56
88	09:28	Simon Dighton	Beacon Roads CC	Mids	59	04:14
89	09:29	Paul Thatcher	Brighton Mitre CC	S/S	59	04:14
90	09:30	Darren Yarwood	Addform Vive Le Velo	Yorks	48	01:31
91	09:31	Derek Parkinson	Springfield Finc'I RT	NL&L	48	01:31
92	09:32	Andrew Gallacher	SVTTA	Scot	55	03:07
93	09:33	Paul Newman	Richmond CC	North	56	03:23
94	09:34	John Martin	Elmsall RC	N Mids	61	04:51
95	09:35	Andrew Whiteside	Springfield Finc'I RT	NL&L	49	01:43
96	09:36	Neil Cleminshaw	Addform Vive Le Velo	Yorks	53	02:37
97	09:37	Russ Richardson	Zurbaran Racing	North	65	06:15
98	09:38	Ray Hall	Adept Cycling	North	62	05:11
99	09:39	Andrew Askwith	Vive Le Velo	Yorks	58	03:56
100	09:40	Marcel Schubert	Darlington CC	North	41	00:11
101	09:41	Sean Sanders	Drighlington BC	Yorks	52	02:23

No.	Start time	Name	Club	Group	Age	Age al'nce
102	09:42	Jez Willows	Sherwood CC	E Mids	57	03:39
103	09:43	Tim Garwell	Otley CC	Yorks	70	08:23
104	09:44	Dougi Hall	Border City Whs CC	NL&L	59	04:14
105	09:45	Julian Ramsbottom	Team Bottrill	E Mids	51	02:10
106	09:46	Paul Braithwaite	Pendle Forest CC	NL&L	47	01:19
107	09:47	Graham Heaton	City RC (Hull)	Yorks	56	03:23
108	09:48	David Nichol	Ferryhill Whs	North	70	08:23
109	09:49	Mike Westmorland	Border City Whs CC	NL&L	78	13:02
110	09:50	Keith Murray	Vector Racing	North	48	01:31
111	09:51	Joseph Costello	Legato RT	Mids	64	05:53
112	09:52	Peter Greenwood	Clayton Velo	NL&L	71	08:52
113	09:53	Drew Donaldson	Glasgow United CC	E Mids	63	05:31
114	09:54	Chris Dyason	Cambridge CC	E Ang	75	11:04
115	09:55	Richard Bideau	Pendle Forest CC	NL&L	52	02:23
116	09:56	Kevin Wood	Sherwood CC	E Mids	61	04:51
117	09:57	Steven Loraine	Legato RT	Mids	66	06:38
118	09:58	Andrew Smith	VC Glasgow South	Scot	58	03:56
119	09:59	Michael O'Keeffe	London Dynamo	L&HC	53	02:37
120	10:00	Richard Sharp	Addform Vive Le Velo	Yorks	40	00:00

## RESERVE RIDERS

No.	Start time	Name	Club	Group	Age	Age al'nce
131		Michael Cox	North Lancashire RC	NL&L	77	12:20
132		Richard Peel	Addform Vive Le Velo		39	
133		Will Trevor	City RC (Hull)		18	
134		James Meadows	Cleveland Whs CC		34	
135		Adrian Brain	Calder Clarion		64	

## TANDEM

No.	Start time	Name	Club	Group	Age	Age al'nce
121	10:01	Brigid Night	Frodsham Whs	M'side	57	06:20
		Chris Hanson-Jones	Frodsham Whs	M'side	54	
122	10:02	Andrew Hutchison	Ride Harder	E Ang	60	07:17
		Catherine Hutchison	Ride Harder	E Ang	58	

## AND FINALLY.....

And finally, thanks to all the many members and friends of VTТА Yorkshire who have helped in so many ways to make this championship a success.

Thanks to the people who have baked and donated refreshments and for catering to all and sundry

Thanks to you the riders for entering this event.

Grateful thanks to Mike Penrice for his support and guidance in producing the race manual to such a high standard.

Hoping for good weather, safe rides, and a generally enjoyable day.

Good luck to the riders...



Front cover - 2022 women's bronze medallist Linda Dewhirst  
(image thanks to Davey Jones)