



# East Anglian Newsletter

December 2014 — Issue 244

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## Just a minute!

This is a familiar place, as you can see we couldn't get a Newsletter editor to volunteer so it's left to muggins! A big thank you to Sue for the hard work over the last few years, we desperately need a volunteer to keep the communications going, we have not had a Newsletter since December 2013, if you can spare a bit of time to put out a few Newsletters in the season I/we would appreciate it, let me know if you're interested.

On the subject of the Newsletter, this Christmas one is easy as we can publish all the 2014 award winners and the events for 2015, but if we are to put out a regular Newsletter as requested by the membership, then I need regular inputs from the membership, reports, stories, funny or otherwise will all get published if sent in, so please let's have some articles, then who knows you may get an Easter Newsletter as well, they can be hand written, they will be re-typed, though an electronic file (word or similar) is preferable as then it's a simple cut and paste job.

The show goes on though, find all the 2014 Group competition results included in this bumper edition.

We have had our AGM, luncheon and prize presentation, nothing too controversial came out at the AGM, here are the highlights:

- The Ladies Championship was changed from 10, 25 and 30 miles to 2 x 10 and 2 x 25 miles.
- The Group 10m TT league has increased to 10 events in 2015 (was 7) to qualify you need to ride 5 (was 4).
- The Group will affiliate to London East CTT for 2016 as most of the Group events are on E courses.

After the AGM was the luncheon and prize presentation, what a great job Ian Mackenzie and his wife do to get the luncheon organised with such ease, a great time was had by all, we had over 50 members and their partners and friends at the lunch, aptly managed by Ian and his wife who both work very hard to make this an annual success, our thanks to both of them and also for Tony to get all the results and trophies engraved in time, not an easy task to get them all ready for the end of November when the season finishes in October!

After many years of doing the records Eddie Fone has decided to retire, A BIG thank you to Eddie for all the hard work

doing the age records job for many years, in-fact I can't remember anyone else doing it and I have been in the Group since 1993, so we have a new records sec, Sue Clarke has volunteered to take on the role please give her your full support and get those records in as soon as you think you have broken one.

There are a lot of vets out there that are not in the Group, would you like to take on the role of being the focal point in your club to encourage these vets to join the Group and increase membership? If you would like to take on this role, let me know and I will send you a set of forms and guidelines that you could distribute to your club members, increase membership and keep the Group financially sound.

The Group events for 2015 looks very good, we have retained all the events on the fast E2, plus we have gained three new ones, a lot of hard work has been put in by the organisers and the committee to keep a good event schedule, I hope the rest of the membership appreciate it and realise that to keep these events for the future, everyone, when approached by the organiser to marshal, must do their bit, otherwise the 2016 programme may look very different. With this in mind you will find within this newsletter a nomination form to help marshal our Group events, please take time to fill it in and email/post it back to Merve Player so that this year's organisers don't have to make endless phone calls.

Your membership ran out on 31st December, if you haven't rejoined, fill in the form also enclosed in this newsletter, if you are not planning to rejoin, please let Merve know, this will save a fortune in phone calls and postage around about March!

Finally a big thank you to George Potter for collating this Newsletter and printing the 50 copies for the members that don't have email also to Terry Anderson for doing the labels and to Davey Jones for supplying the pictures they have all made my job extremely easy, all I had to do was put them in the envelopes!

Have a happy Christmas and a fast New Year, you should all be packing in the miles by now for the new season, keep safe out there and I wish you all a successful 2015 season.



**East Anglian VTTA  
organisers NEED YOU**

*See page 8 for details*

### Group Officials for 2015

**Chairman: Peter Horsnell**

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**Secretary: Merve Player**

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**Recorder: Tony Clarke**

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**Age Records Sec: Sue Clarke**

As above

**Press Secretary: Mary Horsnell**

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**Luncheon Organiser: Ian Mackenzie**

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**Archivist: Mick Pepper**

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*John*

# Group Recorder's Report 2014

Peter Horsnell, Chelmer CC is the Group Best All Rounder for 2014 over 25, 50 100 miles and 12 hours with a plus of 82.21 minutes. He beat Dave Lazenby, Silverstone Cycle-Baines Racing (+67.20 minutes) and John Golder, Chelmer CC (+58.49 minutes). Peter was second in the National BAR

Peter Horsnell is also Group Champion over 10, 25, 50 and 100 miles with a plus of 83.44 minutes beating Steve Irwin, Kingston Wheelers with +72.20 minutes and Dave Lazenby with +67.25 minutes. The Chelmer CC (Peter Horsnell, John Golder and Ann Shuttleworth) won the team competition with +192.52 minutes.

Peter Horsnell also won the Group 3 Distance Competition over 25, 50 and 100 miles with a plus of 65.23 minutes. Second was Steve Irwin with +52.35 minutes and third was Dave Lazenby with +50.18 minutes. Peter also won the National 3 Distance Competition.

The Group Ladies Best All Rounder over 10, 25 and 30 miles was not awarded this year probably due to the cancellation of the VTTA 30.

The new Short Distance Competition over two 25s and two 10s was also won by Peter Horsnell with a plus of 73.01 minutes. Second was Steve Irwin with +72.28 minutes and third was Merv Player, Hertfordshire Wheelers with +64.29 minutes.

All the above competitions are calculated using the new proportional system which adjusts all the plusses to a common base of 25 miles.

There were 3 qualifiers for the Group BAR this year which is a

decrease on last year's total of 4. The number of qualifiers for the Group 3 Distance Championship is 11 which is the same as last year.

The East Anglian group (6 riders to count) had insufficient riders for the group competition in the National 4 distance BAR and no club had the necessary 3 riders for the club competition.

The East Anglian group had 11 qualifiers in the National 3 distance competition. The Group (6 riders to count) won the Group competition. Chelmer CC (3 riders to count) also won the club competition.

The winners of the Group 10 mile TT point's series are: men, Ron Back, West Suffolk Wheelers with 110 points and ladies, Constance Tapper, West Suffolk Wheelers, on 17 points.

Entries for the Standards Awards compared with previous years are as follows:

Year	2014	2013	2012	2011	2010	2009	2008	2007
Entries	41	48	58	75	68	63	66	59
Individual claims	21	24	29	34	28	24	26	29
Standard awards	18	19	29	30	43	30	50	40
Plaques	9	10	15	8	6	7	9	5

This year we reverted to the 2013 standards following a decision at the National AGM. There is still some confusion regarding the system despite it being clearly explained in the National handbook. I will issue further guidance with the Standards entry forms in 2015.

*Tony Clarke.*

## Local National Championship results

### National VTTA 12hr Championship (ECCA 12hr)

**Sunday 17th August**

1st	Ray Retter	North Devon Wheelers	+74.89 miles
2nd	Dave Lazenby	Silverstone Cycle-Baines Racing	+71.05 miles
3rd	Peter Horsnell	Chelmer CC	+70.74 miles
1st Lady:	Cathy Wood	Chelmer CC	218.00 miles
1st Team:	Chelmer CC, Peter Horsnell, John Golder & Cathy Wood		166.86 miles

### National VTTA 25 Championship (E2/25)

**Sunday 26th August**

1st	Eric Marsh	Ciclos Uno	+22:11
2nd	Derek Stewart	Deeside Thistle CC	+20:52
3rd	Brian Sunter	Condor RC	+20:03
1st Tandem:	Kevin Stokes & Geoff Perry	Team Milton Keynes	+10:07
1st Team:	Chelmer CC, Peter Horsnell, Antony Stapleton & John Golder		+47:19

# Age Records Secretaries' Report 2014

There were 20 Group age records in 2014 and 11 National records by Group members:

- 10 miles: **Steve Irwin (43) 18:19**, **Eric Marsh (84) 24:11** and **Connie Tapper (85) 30:09** and Eddie Fone (87) 32:32
- 15 miles: Antony Stapleton (48) 32:41, John Golder (61) 34:41, **Ron Back (75) 36:13** and **Merv Player (81) 43:30**
- 25 miles: Jim Reed (66) 54:37, **Eric Marsh (84) 1:3:21**, Eddie Fone (86) 1:22:45 and at (87) 1:31:47
- There were no records at 30 miles, probably due to the Leo 30 cancellation.
- 50 miles: Elspeth Knott (64) 2:25:27, Ron Back (75) 2:4:10 and **Peter Horsnell (84) 2:17:30**
- 100 miles: John Golder (61) 4:3:41, **Ken Platts (62) only claimed the National record with 3:47:39**, Steve Shore (67) 4:20:23 and **Peter Horsnell (84) 4:55:36**
- 12hr: **Peter Horsnell (84) 192.1 miles**
- Only one tandem record by **Ewan Hendon (41) and Antony Wallis (45), they recorded 18:21 a National and Group record.**

Those shown in **BOLD** are National records.

The date for claims for age Group records must be made before the closing date, because the records have to be collated and record certificates made ready for the prize presentation in November.

After 15 years as your age records secretary, unfortunately I have to retire from this position. It has been a privilege to do this job which I enjoyed doing. Thank you

*Eddie*

#### SPOCO SOUTH EAST

www.spoco-se.org.uk

#### Sporting Courses Competition

*Easy to qualify — Simple scoring system.*

Any number of events may be ridden:  
1 x Group 1; 3 x Group 2 and 2 x Group 3 to qualify.  
120 points for 1st place reducing by 1 point per placing.

Medals for top twelve. First team of three.

Top three ladies. First Junior.

First Veteran, Senior, Super and King Veteran.  
Lanterne rouge. Handicap competition for previous qualifiers, medals for top twelve.

REGISTER AT ANY TIME, BUT ONLY THOSE EVENTS RIDDEN AFTER REGISTRATION ARE ELIGIBLE

To register for SPOCO South East 2015 please send £7.50 to:

**G. Potter, 32 Albert Road, Rochford, Essex SS4 3EZ**

Tel: 01702 540555

Cheques payable to SPOCO SC and crossed A/C payee

**See the web site for full details**

**T**HE TOP RIDER in the East Anglian Group for 2014 is Pete Horsnell, Chelmer CC, though you wouldn't know it with that pink top! Pete 84 has had a fantastic year, he has won the 3 distance National VTTA BAR, came 2nd in the 4 distance by just 13secs, can you imagine what that equates to over 25, 50, 100 miles and 12hr ?

Had the weather been kinder for the ECCA 12hr he would have walked it, the weather was the worst we have had for some time, wet and very windy, most riders at least 10 mile down on their usual rides.

He lost to 46 year old Adam Topham, who again has won the CTT BBAR for the third time in succession, so an enormous achievement by Pete competing with a guy so young and fast; it shows the new standards are working .

Pete has also broken National records at 50 (2:17:30), 100 (4:55:36) and 12hr (192.1 miles) the 50 record he also bettered Dennis Milsom's 83 year old record by 9 seconds and wiped out his own 83 year record at 100 as well.

He also did a cracking ride in the National VTTA 25 on the E2, 1:6:44 his best for several years and taking 4th place in the National, he was also the lead rider in taking the Chelmer to the team victories in both the National 25 and 12hr.



Above: The winning team in the National VTTA 25 championships, the Chelmer CC — from left to right, John Golder, Peter Horsnell and Antony Stapleton.

Right: Have you seen this man? He was spotted at Four Went Ways turn in the National VTTA 25 championships munching on a bit of road kill, if he appears at any events next year riders are advised not to approach him.



Left: Tricia Goulden — West Suffolk Wheelers, 2014 top lady in the Group 3 distance BAR.



## 2015 EVENTS LIST

Date	Event	Course	Organiser
Sat 28th March	Group Circuit 25	E33/25	Eric Angell
Sun 26th April	Group 10*	B10/38	Ron Back
Sat 23rd May	Victoria 10 (Inc Group 10)	E1/10A	Christine Yareham
Sat 13th June	Group 50*	E2/50c	John Golder
Thur 18th June	Group Open 10	E2/10	Mark Arnold
Sat 20th June	Victoria 10 (Inc Group 10)	E1/10A	Christine Yareham
Sun 21st June	ECCA 100 (Inc Group 100)	E2/100	Pete Smith
Thur 25th June	Group 10*	E2/10	Mark Arnold
Wed 8th July	Group 10*	B10/3b	Richard Reade
Sat 11th July	Group 25*	E2/25	John Golder
Sat 11th July	Open Ladies BBAR 25	E2/25	John Golder
Sat 25th July	Victoria 10 (Inc Group 10)	E1/10A	Christine Yareham
Sat 8th Aug	Group 10	B10/43	Barry Freeman
Sun 9th Aug	Group 25*	E2/25	Paul Hirst
Sun 16th Aug	ECCA 12 hr (inc Group 12hr)	E2/12h	Dave Nock
Sat 29th Aug	Victoria 10 (Inc Group 10)	E1/10A	Christine Yareham
Sat 12th Sept	Group 10*	E2/10	Keith Dorling
Sat 3rd Oct	Leo 30 (Inc Group & ECCA 30)	E2/30	John Golder

\* Preference to East Anglian VTTA members. All the 10's shown above go towards the 10 points league.

## 2015 Group Trophies

(Amended November 2014)

### GROUP BAR

Lionel Lincoln Memorial Shield, awarded annually to the Group member who is best on standard over 25, 50 100 miles and 12 hours, any Group, Association or Open event to qualify. Medals awarded to the first three places in the BAR table.

### GROUP CHAMPIONSHIP

Harry Haynes Shield, awarded annually to the Group member who is best on standard over 10, 25, 50 and 100 miles. Any Group, Association or Open event to qualify. Medals will be awarded to the first three places in the Championship table.

### GROUP LADIES CHAMPIONSHIP

Syd Parkinson Cup, awarded annually to the Lady Group member who is best on standard over 2 x 10 miles and 2 x 25 miles, any Group, Association or Open event to qualify. Medals will be awarded to the first three places in the Championship table.

### CHARLIE CLIFT SHIELD

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

### RON FISHER/JACK KING MEMORIAL SHIELD

Awarded annually to the best on standard Group member in the second Group '10'.

### STOURVALE SHIELD

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

### H. F. NEVILL 25m CUP

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

### GERI LANG MEMORIAL CUP

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

### H. F. NEVILL 30m CUP

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

### SYD PARKINSON CUP

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

### BOB HAWORTH MEMORIAL CUP

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

### FREDDIE FROST MEMORIAL 12hr CUP

Presented to the Group by Freddie Frost's son Brian in 1987. Awarded annually to the Group member with the greatest mileage accomplished in any 12hr event in the country.

### H. F. NEVILL 12hr CUP

Awarded annually to the Group member with the greatest mileage on standard in either London East or East District courses designated by Cycling Time Trials.

### GORDON IRONS MEMORIAL CUP

Awarded for outstanding services to the Group, this may be awarded annually, when a commemorative plaque will be given.

### 10m TT POINTS LEAGUE

Awarded annually to the best Group member with the highest number of points from 5 of the 10 Group 10 mile TT's, 30 points are awarded for 1st Group member reducing by 2 points up to 20 then reducing by 1 point for each position thereafter.

### COMMEMORATIVE MEDALS ARE NOT AWARDED FOR TROPHIES

## General/Membership Secretary's Report 2014

Our two new Organisers were blessed with good weather, Paul Hirst organised the first 25 and is organising the event in 2015, Keith Dorling's first promotion, the last 10 was a success and he likewise has offered to continue in 2015.

John Golder was not so fortunate, having to abandon the National Championship 25 due to horrendous conditions, although the Ladies BBAR event was completed successfully, The National 25 was of course re-run in late August on a beautiful sunny Sunday morning, then when it came to the end of season Leo 30, John was once again out of luck and had to cancel the event even before it started. These misfortunes have not put John off though, because he is organising a new 50 on the E2 in 2015.

A further two new organisers have emerged, Mark Arnold is organising two evening 10's on the E2 in June and Richard Reade a 10 on the B10/3b course in July, my thanks to them all.

Altogether we have a very comprehensive programme lined up for 2015, my thanks to John for his hard work putting this together.

We have proposed two members for National awards: CW Cooke outstanding performance Eric Marsh for his Championship 25 winning ride of 1:3:21

Bricknell memorial award: Dave Nock for all his hard work behind the scenes at our events.

Regarding Membership, 53 new members have joined this year, but unfortunately 51 have resigned or not renewed their membership.

Sadly, three of our members have died during the year, Lil Shakespeare, Olive Forsbrook and Dick Spanton.

Total Membership now stands at 327 the same as last year, of which 33 are HLM's and 2 are Life Members, three members qualified as HLM's in 2014, Connie and John Tapper and Keith Lancaster, a further four will qualify in 2015.

To-date 16 members have paid their subs. for 2015.

*Merve*

## News of our nonagenarians

Llewellyn Ransom (97) Chelmer CC, was present at the lunch, looking extremely fit and well having just celebrated his 97th birthday on 28th November, it must be the East Hanningfield air.

Bill Thornicroft (93) Essex Roads CC, due to lack of transport could not attend, he is still well, but no longer riding.

Rod Walker (91) Viking RC, is not so well and has had to give up the bike, despite that this old salt says "the glass is half full, not half empty".

Greeting cards were signed for both Bill and Rod by everyone at the lunch to wish these regular attendees over the years the very best

*Mary*

## A POEM THAT SOME CAN RELATE TO

*I remember the cheese of my childhood,  
And the bread that we cut with a knife,  
When the children helped with the housework,  
And the men went to work, not the wife.*

*The cheese never needed a fridge,  
And the bread was so crusty and hot  
The children were seldom unhappy  
And the wife was content with her lot.*

*I remember the milk from the bottle,  
With the yummy cream on the top,  
Our dinner came hot from the oven,  
And not from the fridge; in the shop.*

*The kids were a lot more contented,  
They didn't need money for kicks,  
Just a game with their mates on the road,  
And sometimes the Saturday flicks.*

*I remember the shop on the corner,  
Where a pen'orth of lollies was sold  
Do you think I'm a bit too nostalgic?  
Or is it . . . I'm just getting old?*

*I remember the 'loo' was the lav  
And the bogey man came in the night,  
It wasn't the least bit funny  
Going "out the back" with no light.*

*The interesting items we perused  
From the newspapers cut into squares,  
And hung on a peg in the loo,  
It took little to keep us amused.*

*The clothes were boiled in the copper  
With plenty of rich foamy suds  
But the ironing seemed never ending  
As Mum pressed everyone's 'duds'.*

*I remember the slap on my backside,  
And the taste of soap if I swore  
Anorexia and diets weren't heard of  
And we hadn't much choice what we wore.*

*Do you think that bruised our ego?  
Or our initiative was destroyed?  
We ate what was put on the table  
And I think life was better enjoyed.*

ANON

## OLIVE FORSBROOK (1930 - 2014)

The Wolsey RC is sad to announce that our lifetime Vice President, Olive Forsbrook died peacefully in Ipswich Hospital on Sept 4th aged 84, Olive was a founder member of the Wolsey Road Club in 1961, she took on many posts for the Club including Membership secretary, secretary and founder of the club newsletter.

She always had time for every member from the youngest to the oldest and became President after the death of our first President in 1985 and this February became the Wolsey's first lifetime Vice President, Olive was just as happy making tea for the club room evenings as winning racing medals, a true club member.

Olive was an honorary life member of the East Anglian Group and was racing until she was almost 80 years old.

She will be deeply missed by her husband, Donald, family, friends and everyone in the Group.



## DICK SPANTON (1930 - 2014)

It is with great sadness that we report the passing of past ECCA President Dick Spanton on the morning of Thursday 2nd October. Dick had been ill for some time suffering from prostate cancer, kidney removal, broken hip and hospital infection during the past two years. In April he was diagnosed with dementia and then the cancer returned to his internal organs, for the last few weeks he was in Bluebell Court Care Home.

Dick worked staunchly for the cycling community for most of his life - as timekeeper, as London East DC official, as ECCA official, and as Brentwood RC and then Essex Roads CC member and committee member, President of the E.C.C.A from 2007 to 2012 and of course a member of the East Anglian Group.

Our sincere condolences go to his wife Wendy and all the family.



# Some bits from the January 1973 Newsletter

(Issue 48)

written by **Herbie Nevill**

A particular warm welcome to a new member who is not really new, Ernie Taylor, as soon as eligible paid his entry fee and subs to Jack King at an early event. Unfortunately Jack must have got them mixed up with his entry fees as his subsequent accounts showed a handsome profit and Ernie was not really discovered "stateless" until a standard check later in the year. It is now more or less sorted out, and in apologising to Ernie, the Group would like to congratulate him on the sporting way he accepted an obvious disappointment.

ED: Ernie (now 82) is an Honory life member now, still with the Chelmer CC

At the Basildon CC dinner recently, trike man Eric Marsh was undoubtedly the lion of the evening, taking his first club BAR at the age of 42. During the season he broke the Vets National trike 30 record for his age group, clocking a fine 1:20:30.

ED: Nothing seems to change, Eric (now 84) is also an Honory life member, but no longer in the Basildon, but still breaking National records!

B. W. Davis is mainly behind the re-formation of the Essex Roads CC which has been "out of business" for 10 years or so. Previously an all-male club, the Essex Roads is now open to riders of both sexes and hopes to be based at Little Burstead village hall. A section for Vets is already quite strong and several of them have enquired about membership of our Group. We wish the club a very good 1973 season.

ED: As of going to print there are only three members in the Group from the Essex Roads, I wonder if the woman drove the others away!

## Happy Christmas

(or the Pleshey Post ladies nightmare!)

*Seven days to Xmas; outside t'was snowing hard  
The Pleshey post lady rubbed her chilblained hands*

*And cursed each Xmas card*

*Six days to Xmas; the snow had turned to rain*

*She went to mop her brow*

*And dropped some silver down a drain*

*Five days to Xmas; the rain had turned to fog*

*She stumbled on a kennel*

*And got bitten by a dog*

*Four days to Xmas; the thaw had caused a mire*

*She didn't see a broken bottle*

*Had to remove both tube and tyre*

*Three days to Xmas; North East wind and icy road*

*She slipped off the kerb*

*And overturned her load*

*Two days to Xmas; the rush was at its worst*

*Yet another puncture*

*How she fumed and cursed*

*Progress getting rather slow*

*But only one more day to go*

*One day to Xmas; now it's Xmas Eve*

*And she's looking forward to*

*A bit of well-earned leave*

*And then it's back to normal*

*To hear the old refrain*

*"Morning Posty your late, late again"!*

**PLEASE POST EARLY NEXT CHRISTMAS!**

Yes this all happened to me one Christmas when I was riding from Chelmsford to Good Easter, my delivery was High Easter. At Christmas my journeys to and from work were in the dark and once after mending a puncture I could not remember if I was coming or going!

*Happy Christmas – Mary Horsnell, the Pleshey Postwoman*

# A 24hr – Just the one

Somehow our honourable president discovered I had in the dim and distant past ridden a 24hr TT and press ganged me into writing an article associated with it, I'm not in the habit of saying much about what I do, but being a soft touch I reluctantly agreed, none of my club mates or close friends know how I prepared and how it went.

I thought I had stopped racing at the end of 1963, even selling my track bike, soon I was walking up the aisle and had a mortgage around my neck, we moved into one of the first houses to be completed on a small estate, I was still riding regularly to work, a few months later when arriving home I got into conversation with a new neighbour, finding he was a member of the Barnet CC.

By 1966 we were riding early most Sunday mornings and in June started to ride a few local 10's and 25 TT's, after ten events during 1967 with nothing longer than a 30 all on 81" fixed, I decided I wouldn't get a better chance than to attempt a 24hr the following year, I just had to do it.

In 1956 Denis White a member of the Swindon Wheelers, two weeks before Ray Booty recorded the first sub 4hr hundred, was the first rider to achieve 20mph average for a 24hr, riding 484.64 miles in the Wessex RC event, he added over 6 miles to the competition record, it was his first attempt at the distance and was awarded a gold medal by the North Road CC in recognition of his ride.

A local rider, Jim Hanning of the Vegetarian C & AC was second, almost 20 miles behind, Denis became one of my hero's and Jim, a friend, increasing my thoughts on riding a 24hr, Denis rode 79" fixed, scheduled for 460 miles, doing 246 for the first 12hrs and averaging 22mph in the final 2 hours, on the same day the Mersey Roads 24hr was won with a ride of 461.8 miles and had 63 entries.

During the winter of 1967 I started doing a bit of running, 3 or 4 evenings a week, I'm not a runner, but I persevered until the end

of December, then I devised a ride to include all the hills on the fringes of Hertford (Hertfordshire isn't flat!). All this was done on my work bike, a machine most people wouldn't be seen dead on these days, world tour tyres, mudguards, 69" fixed and rubber block pedals!

I rode to the top of the first of six hills, turned and rode down as fast as I could, repeating the exercise on the remaining hills except the last, I lived at the top! I kept this up until the clocks changed; I wasn't going to be seen doing it! My preparation was to steadily increase my weekly mileage, in the first week of January I amassed 72 mile, which included about 30 work miles, my average upto the 24 was 136miles/week and Denis aimed at 300!

Riding my first event, a club 25 in early April on the training bike, yes still with the rubber block pedals included, but taking the mudguards off, this was followed by my clubs open 30, I was the first man off, with lighter wheels and proper pedals finishing 31st, Mary Horsnell won the ladies event.

Back on the training bike I did an evening 10 and 20 on 82" fixed before getting 10th place in the Norlond 50, three weeks later I managed another 10th place in the Norlond 100.

At the beginning of July I did my fourth fastest 100 in the ECCA event gaining 3rd handicap while Eric Angell riding for the Rapier RC won, establishing a new association record of 4:8:35, A fortnight later I rode my fourth greatest mileage in the Norlond 12hr, taking 4th place behind Ken Usher's 249.28m, riding then for the North Road CC, I rode 81" fixed, prior to Denis's 24hr in 1955 he did 249m riding 79" fixed for the first time in a 12.

Denis had a week's touring holiday in North Wales before his 24hr, while I had to move house! One can decide to move, but it's in the lap of the gods as to when it actually takes place, I moved less than 2 weeks before my event.

The event I chose (there was a choice in

those days) was the 70th Invitation 24hr Unpaced Scratch Road Ride, it included the RTTC 24hr National Championship and was organised by the North Road CC limited, that was the heading on the start sheet.

An introduction to the event in 'Cycling and Sporting Cyclist' stated that the event had the most talented and competitive field ever assembled on a 24hr start sheet, the eccentrics including the colossus of 24hr time trialling, Nim Carline a 5 times champion and favourite again, Dick Poole of the Brentwood RC, End to End record holder riding 79" fixed and one brake, Cliff Smith, East Mids CC, Eric Tremaine, Leicester RC, Eric Mathews, Altrincham RC having already covered 485 miles in the Mersey event earlier in the year and looking for the magic 500.

Rod Goodfellow, Beacon RCC a rising star who was taking the 24 very seriously, Mick Ward, a National 25 and 50 champion, described as the 'dark horse' and Bill Thorncroft, Brentwood RC, the Usher brothers of the North Road were also aiming for the team title.

I was lucky enough to get a lift to the start and back home by club mates, other than that I had nothing else organised, as Denis I rode a 79" fixed and took the food offered by the organisers, apparently Eric Tremaine went into the lead at 45 miles by 30secs from Nim Carline, which was believed to be possibly the first time Nim had not led from the start.

At 100 miles things were shaping up, Carline 4:21:45, Mathews 4:23:26, Ward 4:26:20, Gould 4:27:02, Tremaine 4:29:35 and Goodfellow 4:32:51.

The first incident I came across was an accident involving Rod Goodfellow's support car being driven by his wife, while stationary it was hit by another motorist and written off, Rod stopped and sorted the mess out and arranged for the car to be towed away before continuing, the policeman attending volunteered to assist, seeing the night through looking after Rod before going back on duty at 2pm!

*continued on page 6*



## Mallorca Cycle Holidays And Training Camps



We would like to invite you to join us in one of our 2015 Mallorca Training Camps:

- 21st Feb. - 7th March: based in Alcudia.
- 11th April - 24th April: Puerto de Pollensa.
- 19th April - 25th April: M312 Sportive Camp.
- 26th Sep. - 10th Oct.: Puerto de Pollensa.

For full details please go to [www.ciclosol.com](http://www.ciclosol.com)



## A 24hr - Just the one

continued from page 5

At 12hr point Mathews had taken the lead with 260.25m, Carline 260m making the 500 achievable, Ward 254, Tremaine 251m and Cliff Smith had moved up to 249m, Gould and Goodfellow were both at 248m.

In the wild of the Fenlands there was widespread flooding and chilling early morning thick mist, around the Stratham roundabout, we were turned short on the Erith leg making it difficult to know how far one had ridden, I really don't remember very much about the actual event and as most of it was carried out in the dark, the standard of lights then was absolutely diabolical, the route sheet was a work of art, being card longer than an A4 sheet, not sure whether it was intended to be carried with you, I didn't, rarely knowing where I was!

Just after dawn a southerly stiffish breeze got up, shattering the prospect of someone reaching 500 miles, Nim Carline in his night clothing, a cloth cap and large woolly sweater was riding his characteristically huge gears.

I know I had stopped previously, but stupidly I stopped again once I got on the finishing circuit convinced I'd beaten my club record, but didn't know the distance of the cut-off, there I stood quite unnecessarily chatting to someone!

There were a number of club mates that gave assistance, I know names, but what they did and when, has I'm ashamed to say completely disappeared from my memory, maybe now I've written this they'll come up to me and say "you must remember so and so", Denis stopped three times, on the finishing circuit his speed increased not letting a herd of cows upset his concentration.

The North Road result was a win for Eric Mathews with 489.47 miles, 2nd was Nim Carline 481.518 miles and 3rd Mick Ward with 479.288 miles, I finished in the top half of the field, 413.816 miles adding just over five and a half miles to my club record, which stood for 12 years, there were 64 starters and 17 DNF.

Leicestershire RC won the team, Mick

Ward, 7th Eric Tremaine (458.404 m) and 8th Mick Cotterill (443.502 m), spare a thought for their club mate, Dave Bowman, who broke a crank, but still finished 9th with 442.861m just 0.65m short of getting in the team!

Also spare a thought for Cliff Smith, he was in trouble before he started after being knocked off by a car during an evening 25 a few days before, Cliff had suffered two small broken cheek bones, 14 stitches and a profusion of multi coloured bruises and abrasions about his face, it looked like he had done a few rounds with Henry Cooper! Cliff still managed 4th with 470.404m.

Other riders that you may know, Dick Poole 442.422m, Dave Meisner 431.320m (Brentwood RC), Pete Jackson (Shaftesbury) 431.054m, Bill Thorncroft (Brentwood RC) 407.462m, Phil Hollingsworth (East Anglian CC) 406.786m, Richard Glover (Ferland Clarion) 396.184m, Derek Lusher (East Anglian CC) 391.978m and Dave Stokes (Viking RC) on a trike 384.519m

In 1958 Denis became National Champion beating his own National record by 0.11 miles, again in the Wessex RC event and riding 79" fixed, conditions were considered to be harder than 1956, later that year Dave Keeler, Vegetarian C&AC was credited with 490.311 miles winning the North Road event, but it was not declared a comp record as almost 9 miles was ridden off course.

Other competition records followed by the same riders, 1964 Eric Mathews 490.03 miles, 1966 Nim Carline 496.37 miles and of course 1969 Roy Cromack, Clifton CC 507 miles, this of course stood for 28 years until Andy Wilkinson broke the record in 1997 using a lo-pro with tribars, disc and a deep section front recording 525.07 miles, Andy has since gone on to break his own record with an astounding 541.17 miles done in the Mersey event in 2011.

After all these years I've at last realised where I went wrong, Denis was only 26 on his first record ride, I was somewhat older and much too old to consider riding another!

*Anon of the Herbs Wheelers*



Eastern Counties Cycling Association

## Annual Prize Giving and Luncheon

Sunday 1st February 2015

12:30 for 13:00 start

Top Meadow Country House & Golf Club,  
Fen Lane, North Ockendon, Upminster,  
RM14 3PR

### Menu (choose one of each)

#### To start

Fan of fresh Melon with Palma Ham  
Grilled Goats Cheese topped with Sesame Seeds (V)  
Prawn Cocktail served with Mixed Leaves Served  
on a bed of Mixed Leaves

#### Main course

Salmon Fillet with a Lobster and Champagne sauce  
Ribeye of Beef with Yorkshire pudding  
and a Red Wine Gravy  
Breast of Chicken served with  
an Asparagus and Cream Sauce  
Wild Mushroom Risotto (V)

#### Desert

Lemon Tart decorated with a Raspberry Coulis  
Chocolate Fudge Cake with Vanilla Ice Cream  
Apple Pie served with Custard

£21.00 per adult,  
under 18 is £10.50,  
cheques payable to ECCA

#### Please send to:

6 Middlemead, West Hanningfield,  
Chelmsford, Essex CM2 8UT

The raffle lottery is £1 a ticket,  
unlimited amount/person

Contact: Chris Holmes - Chelmer CC  
mobile: 07850 468341 or  
email: cholmes@tendingdc.gov.uk  
or cholmsie@hotmail.co.uk

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TOTAL VÉLO





3 DISTANCE BAR			25	50	100	Age	Plus	Pos
Peter Horsnell	Chelmer CC	East Anglian	01:06:44	02:17:30	04:55:36	84 National	01:05:23	1
Adam Topham	High Wycombe CC	Wessex	00:48:47	01:37:19	03:26:44	45/46	01:00:25	2
Rod Brooks	Warrington RC	Manchester	00:56:30	01:53:54	03:59:05	69	00:58:11	3
Shay Giles	VC Elan	Kent	00:55:59	01:55:48	04:06:19	69	00:55:57	4
Ian Holbrook	Stone Wheelers CC	Manchester	00:49:53	01:41:32	03:32:29	45	00:55:06	5
Steve Irwin	Kingston Wheelers	East Anglian	00:49:34	01:40:55	03:39:34	43	00:52:35	6
Colin Parkinson	South Western RC	Notts & East Mids	00:51:45	01:45:56	03:46:13	52	00:52:18	7
Mick Wills	Hinckley CRC	Notts & East Mids	00:53:10	01:49:23	03:46:10	55	00:51:23	8
Ian Cox	North Lancs RC	North Lancs & Lakes	00:50:19	01:43:39	03:39:21	44	00:51:13	9
Mark Sanders	Mid Devon CC	West	00:52:11	01:48:50	03:51:56	54/55	00:51:12	10
Ian Greenstreet	Newbury RC	L&HC	00:51:42	01:47:53	03:41:34	50	00:51:09	11
Dave Lazenby	Silverstone Cycle-Baines Racing	East Anglian	00:52:59	01:45:29	03:44:40	50	00:50:18	12

#### 1st CLUB TEAM 3 DISTANCE NATIONAL VTТА BAR

Peter Horsnell	Chelmer CC	East Anglian	01:06:44	02:17:30	04:55:36	84	01:05:23
John Golder	Chelmer CC	East Anglian	00:56:30	01:57:40	04:03:41	60/61	00:44:31
Ann Shuttleworth	Chelmer CC	East Anglian	00:58:52	02:04:49	04:34:50	47/48	00:36:58

#### 1st GROUP TEAM 3 DISTANCE NATIONAL VTТА BAR

Peter Horsnell	Chelmer CC	East Anglian	01:06:44	02:17:30	04:55:36	84	01:05:23
Steve Irwin	Kingston Wheelers	East Anglian	00:49:34	01:40:55	03:39:34	43	00:52:35
Dave Lazenby	Silverstone Cycle-Baines Racing	East Anglian	00:52:59	01:45:29	03:44:40	50	00:50:18
Howard Staunton	Hainault RC	East Anglian	00:54:16	01:55:50	03:57:06	60	00:48:38
Tricia Goulden	West Suffolk Whs & Tri Club	East Anglian	00:58:01	02:04:46	04:24:11	53	00:45:01
Steve Shore	Southend Wheelers	East Anglian	00:57:46	02:01:17	04:20:23	67	00:44:51

#### 4 DISTANCE BAR

			25	50	100	12hr	Age	Plus	Pos
Adam Topham	High Wycombe CC	Wessex	00:48:47	01:37:19	03:26:44	298.13	45/46	01:22:34	1
Peter Horsnell	Chelmer CC	East Anglian	01:06:44	02:17:30	04:55:36	192.10	84	01:22:21	2
Ian Holbrook	Stone Wheelers CC	Manchester	00:49:53	01:41:32	03:32:29	281.20	45	01:13:11	3
Ray Retter	North Devon Wheelers	West	00:57:48	02:01:00	04:06:55	246.23	68	01:07:46	4
Dave Lazenby	Silverstone Cycle-Baines Racing	East Anglian	00:52:59	01:45:29	03:44:40	270.71	50	01:07:20	5
Mark Sanders	Mid Devon CC	West	00:52:11	01:48:50	03:51:56	242.11	54/55	01:02:53	6
Tom Glandfield	Lewes Wanderers CC	Surrey/Sussex	00:51:43	01:45:43	03:51:49	286.41	41	01:01:36	7
John Lacey	Hemel Hempstead	L&HC	00:54:55	01:47:44	03:49:00	263.49	50	01:01:28	8
Andrew Askwith	Bridlington C C	Yorkshire	00:54:20	01:47:17	03:53:51	258.94	49/50	00:59:25	9
Howard Waller	Oxford City RC	L&HC	00:53:23	01:47:23	03:56:10	258.59	49	00:59:14	10
John Golder	Chelmer CC	East Anglian	00:56:30	01:57:40	04:03:41	244.23	60/61	00:58:49	11
Ian Peacock	Harrogate Nova CC	Yorkshire	00:56:18	01:56:04	04:04:07	231.99	61/62	00:58:33	12

Only 3 people from the Group qualified for the 4 distance BAR as Rob Dulton (Hainault RC) and Mark Arnold (CC Desiragear) didn't claim although they covered all the distances.

#### SHORT DISTANCE COMPETITION

			1st 10	2nd 10	1st 25	2nd 25	Age	Plus	Pos
Terry Icke	Poole Wh	Wessex	00:21:13	00:21:13	00:53:11	00:53:33	70	01:20:33	1
Ron Hallam	South Pennine RC	Notts & East Mids	00:25:02	00:25:04	01:05:03	01:05:27	83/84	01:19:18	2
Brian Sunter	Condor CC	Yorkshire	00:21:12	00:21:15	00:54:33	00:56:02	70/71	01:18:10	3
Derek Stewart	Deeside Thistle	Scotland	00:22:43	00:24:06	01:01:23	00:58:22	77/78	01:14:58	4
Jim Moffat	Virgin Active	L&HC	00:19:37	00:19:52	00:51:00	00:51:24	57	01:14:42	5
Michael Elverton	Team Swift	North Lancs & Lakes	00:19:00	00:19:11	00:50:45	00:51:19	53	01:14:41	6
Peter Horsnell	Chelmer CC	East Anglian	00:25:57	00:26:07	01:06:44	01:07:34	84	01:13:01	7
Steve Irwin	Kingston Wheelers	East Anglian	00:18:19	00:18:45	00:49:34	00:49:41	43	01:12:28	8
Mike Allen	Team Jewson M1 Racing	North Midlands	00:20:54	00:21:35	00:54:53	00:54:57	67	01:12:06	9
Ken Stevens	South Pennine RC	Notts & East Mids	00:25:57	00:26:19	01:05:39	01:07:34	83/84	01:11:10	10
Helen Reynolds	Hemel Hempstead CC	L&HC	00:21:28	00:22:08	00:54:49	00:55:31	48	01:10:19	11
Graham Green	MG Décor	Notts & East Mids	00:22:19	00:22:33	00:57:18	00:58:12	71	01:07:42	12

I cant believe only 10 people in the Group did 2x 10's & 2x 25's ! The Chelmer took 3rd team out of 14 in the new Short Distance competition and the Group was 4th out of 10 Groups that qualified.

#### The 11 Group members that qualified for the 3 distance BAR

			Age	Plus	Pos
Peter Horsnell	Chelmer CC	East Anglian	84	01:05:23	1
Steve Irwin	Kingston Wheelers	East Anglian	43	00:52:35	6
Dave Lazenby	Silverstone Cycle-Baines Racing	East Anglian	50	00:50:18	12
Howard Staunton	Hainault RC	East Anglian	60	00:48:38	15
Tricia Goulden	West Suffolk Whs & Tri Club	East Anglian	53	00:45:01	27
Steve Shore	Southend Wheelers	East Anglian	67	00:44:51	28
John Golder	Chelmer CC	East Anglian	60/61	00:44:31	30
Ann Shuttleworth	Chelmer CC	East Anglian	47/48	00:36:58	57
Chris Womack	VC Baracchi	East Anglian	67	00:31:03	72
Bob Quarton	Wolsey RC	East Anglian	60	00:27:09	77
Peter Beard	Stowmarket & District CC	East Anglian	52	-00:19:07	101

# A guide to Internet entries

Well first you have to set it up go to this link

<http://www.ctt.org.uk/Events-List>

- Next to the event you want to enter there is the word 'enter', click on that.

You will get this <https://evententry.ctt.org.uk/Account/Logon/98401>

- As you have never done IE before click on the 'I have not entered a CTT event on-line'

That then takes you into setting up an account with a password; it also gives all the event details.

Once done it will ask you to pay by card, put your card details in and that's it, you will get a conformation email back from CTT to say that you have entered, no more entries lost in the post !

It costs £1 extra, but when you consider that a 2nd class stamp is 53p, envelope, printing and posting, it's well worth it.

My only gripe is that you have to change it every time, so if you enter a 10 and a week later a 25, then you have to change the details, then the following week another 10, then you have to change them all again !

So I do them month at a time, all the 10's at once, then all the 25's at once, also any comments in the comments box will stay there forever unless you change them so will your VTTA standard so if you change distance you need to do the standard also, apparently CTT are looking at changing it in the future so this doesn't happen, so hopefully they will have the changes in by the start of the 2015 season.

## Marshalling list 2015

Opposite are the list of all the events for the Group, could you please specify at least one Group event of your choice that you can help in for 2015 by ticking the adjacent box, if you are available for more than one event, send this back to Merve Player and he will pass this form onto the relevant organiser and they will contact you prior to the event.

The other events that we are associated with as well require our help, if you cannot marshal a Group event for any reason, then perhaps you could nominate one of those events.

We have a good Group event schedule for 2015, members must realise that to keep these events and the organisers for the future, everyone, when approached, should attempt to assist, with a membership of 300+ if everybody did one duty, that would only mean helping out once every five years !

Date	Event	Course	Organiser	Event choice
Sat 28th March	Group Circuit 25	E33/25	Eric Angell	<input type="checkbox"/>
Sun 26th April	Group 10	B10/34	Ron Back	<input type="checkbox"/>
Sat 13th June	Group 50	E2/50c	John Golder	<input type="checkbox"/>
Thur 18th June	Group 10	E2/10	Mark Arnold	<input type="checkbox"/>
Thur 25th June	Group 10	E2/10	Mark Arnold	<input type="checkbox"/>
Wed 8th July	Group 10	B10/3b	Richard Reade	<input type="checkbox"/>
Sat 11th July	Group 25	E2/25	John Golder	<input type="checkbox"/>
Sat 8th Aug	Group 10	B10/43	Barry Freeman	<input type="checkbox"/>
Sun 9th Aug	Group 25	E2/25	Paul Hirst	<input type="checkbox"/>
Sat 12th Sept	Group 10	E2/10	Keith Dorling	<input type="checkbox"/>
Sat 3rd Oct	Group 30	E2/30	John Golder	<input type="checkbox"/>

*I am willing to help in the event (s) that I have nominated above.*

Name .....

Address .....

Telephone .....

E-mail address .....

Club .....

## East Anglian Group — RENEWAL OF MEMBERSHIP

*Please complete in block capitals and send to:*

Merv. Player, 18 New Close, Knebworth, Herts SG3 6NU

Tel: 01438 814154

Email: [bikies@pat-merv.freemove.co.uk](mailto:bikies@pat-merv.freemove.co.uk)

*Subscriptions for 2015 are:*

Single membership £12, Couple membership £14,

Standard 'season ticket' £11,

**please make cheques payable to VTTA East Anglian**

Subs are due on 1st January 2015 to ensure you continue to receive 4 copies of the *Veteran*, details of the VTTA racing and social events with preference to members for entries for races and a chance to win Group awards.

Name.....

Address.....

Club.....

Email.....

Phone.....

Date of birth.....

Please fill in your latest email if you have received this by post, this will be kept only by Merve and John Golder, it will not be shared with anyone else, it will save the Group time/money on printing and postage. Thank you.