



# East Anglian Newsletter

January 2016 — Issue 247

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## Happy New Year

WELL let's hope the weather stays like this, I like mild, but not so sure about the high winds and rain? It's better than cold and ice whatever way you look at it, though it will probably snow once we get on the E2!

The National VTAA BAR tables have finally been released, they were late due to the Stockton Wheelers 100 debacle of it only being 99.5 miles long, but the Group has done very well.

Our chairman Peter Horsnell has won both the 3 and 4 distance competitions, not only leading the Chelmer to both the club team wins, but also leading the East Anglian vets to the Group team awards, I have put the tables in this newsletter for those in the teams, the document is so big that it would take up several pages, if you want a copy email me.

The AGM, luncheon and prize presentation was in November, nothing too controversial came out and here are the highlights:

- Keith Dorling is our new treasurer, replacing Christine Yareham.
- The Ladies Championship was changed from 2 x 10 and 2 x 25 miles to 2 x 10, 2 x 25 and a 50 mile (the 50 was added).
- The Group 10m TT league has decreased to 7 events in 2016 (was 10) to qualify you need to ride 4 (was 5).
- Group members that have National records, but have not claimed Group records can now so that they are in-line.
- The evening 10 series run by Mark Arnold on the E2 will not count towards the 10 league.

After many years keeping us financially afloat, Christine Yareham has decided to retire, A big thank you to Christine for all the hard work.

After the AGM was the luncheon and prize presentation, what a great job Ian Mackenzie and his wife do every year, Carole Gandy was the guest of honour and handed out the trophies, Tony and Sue Clarke did an excellent job with all the awards.

The Group events for 2016 look very good again, we have retained all the events on the fast E2 courses, 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 2017 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 Merv 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 re-joined, fill in the form also enclosed in this newsletter, if you are not planning to rejoin, please let Merv know, this will save a fortune in phone calls and postage around about March!

Happy New Year, let's hope it's a fast, safe and a successful one, you should all be packing in the training by now for the new season, keep safe out there and I wish you all a successful 2016 season.

John



Has Sam started working again ?

## Group Officials for 2016

**Chairman: Peter Horsnell**

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**Secretary: Merv Player**

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**Age Records Sec: Sue Clarke**

As above

**Press Secretary: Mary Horsnell**

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## 2016 EVENTS LIST

Date	Event	Course	Organiser
Sat 16th April	Group circuit 25	E33/25	Eric Angell
Sun 24th April	Group 10 *	B10/38	Ron Back
Sat 28th May	Victoria 10 (inc Group 10)	E1/10a	Christine Yareham
Thur 9th June	Group 10 (series 1 of 4) *	E2/10	Mark Arnold
Sat 11th June	Group 50 *	E2/50c	John Golder
Thur 16th June	Group 10 (series 2 of 4) *	E2/10	Mark Arnold
Sat 18th June	Victoria 10 (inc Group 10)	E1/10a	Christine Yareham
Sun 19th June	ECCA 100 (inc Group 100)	E2/100	John Golder
Thur 23rd June	Group 10 (series 3 of 4) *	E2/10	Mark Arnold
Thur 30th June	Group 10 (series 4 of 4) *	E2/10	Mark Arnold
Sat 9th July	Open Ladies BBAR 25	E2/25	John Golder
Sat 9th July	Group 25 *	E2/25	John Golder
Sat 30th July	Victoria 10 (inc Group 10)	E1/10a	Christine Yareham
Sun 31st July	Group 25 *	E2/25	Paul Hirst
Sat 13th August	Group 10	B10/43	Barry Freeman
Sun 14th August	ECCA 12hr (inc Group 12)	E2/12hr	Dave Nock
Sat 27th August	Victoria 10 (inc Group 10)	E1/10a	Christine Yareham
Sat 10th Sept	Group 10 *	E2/10	Dominic Whitehead
Sat 1st Oct	Leo 30 (inc Group 30)	E2/30c	John Golder

\* Preference to East Anglian VTAA members

7 of the 10 mile TT's shown above go towards the 10 points league, riders need 4 to qualify, the series 10's run by Mark Arnold will not count for the league.

The Victoria events also include 2 & 3up TTT's & tandem events.

# BAVARIA and the AUSTRIAN TYROL

(Only written after prompting by Brian Hircock – blame him!)

By ERIC ANGELL

Where to go for my 'main tour' of 2012? Did France (again) in 2011, and I'd a few UK trips under my belt (plus a lot of fat under it as well!). I'd always admired the magnificent cycle track system of the Germanic countries (vy did we not vin zer war?), so when a CTC trip for the last two weeks of September came up...I was in! Besides my French was totally crap, but my German...well, I could get by.

Journeys out to tours are not my favourite events – flying with a bike is now out since I got my rear wheel wrecked going out to Sardinia in 2006; but this was by TRAIN! Not quite so simple, however, as it involved getting from Leigh-on-Sea to Fenchurch Street; cycling across London to St Pancras; Eurostar to Paris Gare duNord; walking the bikes round to Paris Gare de l'Est; then an overnight sleeper to Munich. Lowlights of this was that the bikes were hung from hooks by the loading staff on Eurostar – clanging into each other on the way and 're-arranging' the paintwork; plus the sleeper spent more time stationary than moving.

Never mind – a ride to our hotel in the Englischer Garten (English garden – a wonderful park; complete with people surfing in the fast-flowing river!) then we had a guided cycle tour of the city...given by an American, naturally. Munich is pan-flat and geared up for bikes – it has one of the highest percentages of journeys by cycle in the world. Visit Munich – it's lovely; although – being the birthplace of the Nazi party – much of the interest was on the Luftwaffe HQ; the building where Hitler started the party, and the square where his abortive *putsch* took place...notwithstanding the fact that the Allied bombers flattened a lot of it!

The party of 18 seemed consist of large number of Jocks (including the leaders) and we arrived on various trains except Dave, who had cycled down all the way from Surrey. I was 'roomed' with Peter – a retired teacher from South London – who just happened to be born on the exact same day as me! It also didn't escape my notice that six of us were using Rohloff 14-speed hub gears, well, they are made in Germany.

Cities are OK, but for me leaving them behind is better. Soon we were heading south through forest tracks, and cycle paths that had better tarmac than English roads. Into well-off Bavaria, where nobody drives old cars; where cyclists are given respect; a land of massive lakes and ornate churches; of chocolate box villages with flowers on all the balconies; of lush green valleys; of striking mountain backdrops.

We also took a visit to the first of many castles/homes built by King Ludwig of Bavaria. Such opulence and expense has to be seen to be believed – he virtually bankrupted his country with his personal whims; no wonder he was mysteriously found floating face down in a lake one day.

Weather – well it was a bit variable. One day was wall-to-wall sunshine and 25C; the next it was 8C and crashing with rain; often when we were negotiating unmade tracks, when I was thankful for 42mm tyres. Note: 18 people; two weeks; only two punctures – how technology moves on!

Diet – you don't. If you don't like pig, you are somewhat restricted; salads are rare; sweets are gut-busting; beer is a religion.



Two nights in the delightful town of Hohenschwangau gave us the bike-free opportunity to castle-visit; including the one that inspired Walt Disney with its plethora of towers and minarets – Neuschwanstein (another one of Ludwig's gaffs). Next day, we rolled on to stay at Oberammergau – home of the famous Passion play – which we found a trifle tacky with its rows of gift shops.

The Zugspitze – highest mountain in Germany at well over 3,000 metres – was our next target. Not to ride up it, of course, but to stay two nights at Garmisch-Partenkirchen near its base. As the day dawned rainy and cool, only farmer Tom and I thought it worthwhile spending 50 Euros each going up into the clouds, but what a trip it was! We boarded a rack train which climbed up through the village of Wank to the base of a very large and steep

cable car, which only disappeared into the clouds near the top. A look outside and a snowball fight; a visit to the museum; then a delightful Kafe und Kuchen (coffee and cake) in the sumptuous buildings; then another cable car that traversed a giant glacier; then a rack train through miles of tunnels inside the mountain, worth every cent!

Soon, we were in Austria. For four days, we would roam the Tyrol before returning to Germany. The Inntal (valley of the river Inn, leading to Innsbruck) was a heady mixture of industry, glorious pastoral cycle tracks and pretty towns – of lakes and sweet meadows. At some of these lakes, Birgit (pronounced beer-git: Swedish-born, widow of an Englishman, lived in Germany, now living on the Isle of Wight!) produced paper and water-colours, then proceeded to rush off a 5 minute impression of the scene.

Notes: The hotels throughout were quite luxurious, but the concept of twin rooms is rare here – roommates had to share a large double bed; but at least you got your own duvet.

18 riders is too large a group to handle on the road – or in the cafes; so we tended to split into groups of about 6/8. I somehow finished up as *Red Leader* of the first group on the road – perhaps because of my magnetic personality, but probably because I had the best GPS for adhering to the complex route!

The mileage for the tour was somewhat easy; the riding was either contourless in some of the valleys or fearsomely steep climbs in the hills – no well-graded cols here.

Back into Bavaria; two nights in the lakeside town of Prien. Because of the huge size of the lake, ferries to many islands and ports were available. We took one to another of Ludwig's follies – Herrenchiemsee palace. Old Lud was a great admirer of Louis 14th of France and envious of Versailles – so he had a copy made, only slightly larger – he even had all the paintings copied! No wonder they topped him.

Where to in 2013? Watch this space.





# Profile of Vic White

## Southend Wheelers

**V**IC has recently become an honorary member of the VTAA on becoming 80, here is his story.

Going back to the beginning, when I was about 16, I joined the CTC with Jim Browning as our runs leader and riding all their events, 50 in 3.5hrs, 100 in 8hrs and 150 in 12hrs, 250 in 24hrs, from there I then joined the Southend & County Wheelers as it was then and got into racing time trials up to 100 miles, I never fancied a 12 hr.

I also took out a BCF racing licence and proceeded to ride road races in preference to time trials with some success and gaining a second category licence.

During my years with the Wheelers I won several time trial trophies, including track champion at Herne Hill one year and on another occasion runner up time trial champion to John Green.

Then about 1987 I spent some time in Basildon hospital having been knocked off my bike, one of many occasions over the years! that's when I met my second wife, who was a senior nursing sister, my first marriage to Pat, now Mrs John Silvey, had been dissolved some time earlier.

On retirement from full time employment for both of us we decided to move to the Isle of Wight (ED very

*ED's note: I lived one road up from Vic in Ashingdon (nr Southend) in 1981, although I rode to work, I hadn't raced since 1972, a mate at work (Bob Johnson - Chelmer CC) bet me a fiver I couldn't get under 30mins for a 10, I popped round Vic's to find out the details of their evening club 10, I rode it the following Wednesday and lost my fiver! I haven't had a break since, I was in the Southend & County Wheelers for 13 years and Vic was a great team mate, thanks Vic for getting me back into it.*



Vic far right next to Pete 'Bleriot' Brown at the 1986 Southend & County Wheelers Christmas 10 on the old E31 at Nevendon, just off the A127 between Basildon & Wickford, my old Escort Mk 3 doubling up as a presentation table for the prizes !

*appropriate!*) where I joined the Vectus RC on the island and rode with them for two years then we decided to move back to the mainland and settled in Dorset, whereby I joined the New Forest CC riding with them for 14 years and winning their evening 10 shield on several occasions.

During my time with them I decided to get back into road racing and joined VCRA (events for the over 40's) riding several circuits in the New Forest.

It was about 2006 that we decided to move back to Essex and settled in Clacton, I joined the Colchester Rovers CC riding mainly their evening 10's, our time in this part of Essex didn't last long, for my wife was now becoming seriously ill, having been fighting lung cancer for a number of years and being a northern girl wanted to spend her remaining years up in Northumberland, where she was born and to be close to her sister and to be buried with her mother, her time finally came on 19th December 2011 when she died.

After a very difficult year I moved back to Southend in Essex, re-joining the Wheelers to catch up with some of my old mates.

I rode my last road race when I was 70 and my last time trial at 75, I'm still putting in the miles having ridden the 52 mile London to Southend British Heart Foundation event for the last 2 years with my grandsons, I also rode the Foulness ride sponsored by the Rotary club and I finally attended the Southend Wheelers reunion dinner for the last two years with my old friend Ann Illingworth meeting some of my old mates.

## Joan Helen Walker 1929-2015

*By Rod Walker*

Joan was born in Dagenham on February 22nd 1929. Our first meeting was sometime in 1947 after the Royal Navy decided they could do without me. This was at the Becontree Wheelers Clubroom in Hornchurch. I can't say it was 'love at first sight', but the first attraction was our mutual love of cycling.



So time went by, and it soon became apparent what a tough young lady Joan was. Because her Mum was always ill, she was brought up by her Dad, himself a veteran of World War I

and a member of the Polytechnic CC and a famous old club, the Oak CC. If that was not a good cycling apprenticeship for her, he was also an acrobat, wrestler and all round strong man. He used his daughter as his training partner, which helped her to look after herself during those war years.

And so we decide to make a life of but neither of us dreamed that it would last for so many years. Her strength of character was fully stretched when our son John caught polo at three years of age. The pair of them fought it with many hospital visits. Lightning does not strike twice, but it did for John when he had a serious motor cycle accident that nearly costs him his life. He survived, but left his arm on the road. Once again Joan took over the role of nurse. She cycled to Harold Wood every day to push him round the hospital grounds in a wheel chair. Eventually her persistence paid off and he was allowed home to begin his convalescence. After a while John met Caroline who took over looking after John to this day.

Joan resumed her riding with the Forty-Plus CC which took her mind off her troubles, and definitely gave her a new lease of life. Cycling not only builds strength of character, but keeps you physically fit. Joan never visited a doctor, never took medicine. The only visible sign that she was getting old was that she started to be quiet! That always worried me, as it was completely against her natural 'joie de vivre', as anybody who knew her in the cycling world would testify. As part of the Rosslyn Ladies CC she was known as 'Bambi' which just about says it all!

The end was swift and painless. She went into Queens Hospital on Monday 1st June, John and I visited her on 3rd June and she died on Thursday 4th June at 11 pm in her sleep.



# VICTORIA CYCLING CLUB

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## OVERALL POINTS COMPETITION 2015 RESULTS

### 2-UP TTT

1st Sam Hayes	Team Salesengine.co.uk	299 points	Gold Medal
Steve Robinson	Team Salesengine.co.uk		Gold Medal

### VETS 2-UP TTT

1st David Scott	Welwyn Wheelers	295 points	Gold Medal
James Johnson	Welwyn Wheelers		Gold Medal

### SOLO LADY

1st Julia Freeman	Easterley Road Club	246 points	Gold Medal
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### SOLO MEN

1st Wayne Crombie	East London Velo.	297 points	Gold Medal
2nd Craig Chappell	East London Velo	289 points	Silver Medal
= 3rd Terry Garlinge	East London Velo	283 points	Bronze Medal
= 3rd Rob Young	Team Vision Racing	283 points	Bronze Medal

The V.C.C. thanks all riders for their support, which has certainly grown over the years. It makes very interesting reading to see how riders have improved on their times throughout the Series which only goes to show the more you ride the E1 the more you get to grips with her quirkiness (please note I refer to the Course as "she" in this instance for obvious reasons - lol!).

Congratulations to all the above who certainly deserve their hard fought positions. Extra congratulations to Sam Hayes and Steve Robinson (Team Salesengine.co.uk) for retaining their title and also to Julia Freeman (Easterley R.C.) for retaining her title.

Just to say that the V.C.C. will be holding their Annual Audax on Sunday 28th February 2016 over two distances 50k and 106k - Event Organiser: Kieron Yates see Audax Website.

You might like to note that our dates for the Points Competition Series next year are Saturday 28th May (Bank Holiday), Saturday 18th June, Saturday 23rd July, Saturday 27th August (Bank Holiday) when our five stand-alone Events i.e. Tandems/3-Up T.T.T./2-Up T.T.T./Vets 2-Up T.T.T./Solos will be promoted. Rest assured you will most certainly be reminded in the New Year of all dates and that's a promise!

Also, the Grand Prix de Gentlemen 2-Up TTT 14 miles will be held on Sunday 11th September. Event Organiser: Andy Beaman see CTT Website.

Safe riding for the remainder of the Season and look forward to seeing you all again in 2016. Take care.

*Christine Yareham*

## The new E2/10 series

This year Mark Arnold will be organising a four event 10 series on the E2/10 on a Thursday evening that will run through June from 9th to 30th, the four events have 90 riders and you have to enter all 4 events (£40) which have a closing date of Saturday 21st May **YOU CANNOT ENTER JUST ONE EVENT.**

The events will be made up of 60 vets with preference to East Anglian members on best plus and 30 riders fully open so 20% (6 places) for non-vet women. Dates are 9th, 16th, 23rd and 30th June.

A big thanks to Mark for doing this, could be an organisers nightmare, so please ensure that if you want to enter you realise the terms and conditions.

## A Long shot !

Mary bless her recently gave me a medal to see if I could track down the owner, it's a VTTA bronze medal, 3rd on standard over 50 miles, 2:14:30, awarded to K. Jones in 1972!

If anyone knows the whereabouts of a Mr or Mrs K. Jones, please let me know.

*John*

## New Organiser

Dominic Whitehead has taken on the September Group 10 on the E2/10; please give him your full co-operation when he is looking for assistance, thanks Dominic for volunteering, welcome to the team.

## Was it really 10 years ago?

### From the 2006

### New Years Group newsletter

We were all devastated of the news of Zak Carr's death while riding to work on 17th October, at only 30 years old he had been such a big a part of the East Anglian scene for more than 18 years, many of the Group attended his funeral in his home town of Attleborough, Norfolk on 2nd November.

It's been a year since Alan Cornish had his operation, after lots of complications, Alan is now well on the mend, though it doesn't look as if he will compete again

On a brighter note, congratulations to Dave Nock for being in the winning API Metro team of the National BBAR, I think it's great when the youngster's drop out of events to pave the way for a toughie like Dave, his grit and determination has paid off.

Ian Cammish, is at the top of the 2 distance National BBAR table, unfortunately he didn't complete a 12hr to make it into the 3 distance competition, those that did complete the 3 distance National BBAR are, Brian Phillips (East Grinstead CC) 22nd, Brian has also won our Group competition.



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# AWARD WINNERS AT VTTA LUNCH 2015

## WINNERS OF TROPHIES WHO WERE NOT PRESENT

*The following people won trophies and therefore deserve a mention despite not being at the lunch*

Trevor Burke – Finchley RT  
Stourvale shield (BOS in group circuit 25)

Eric Marsh – Ciclos Uno  
H.F.Nevill 30 mile cup (BOS in nominated group 30)

Matt Smith – Team Velovelocity.co.uk  
George Hicks shield (Fastest in nominated group 30)

Dave Green – Team Velovelocity.co.uk  
Freddie Frost 12 hour cup (Greatest mileage in any 12 hour)

## WINNERS OF MEDALS AND TROPHIES WHO WERE PRESENT

### MEDAL AND PLAQUE WINNERS

*Note: All positions in National competitions are provisional*

Peter Beard – Stowmarket & District CC  
Standard at 30 miles  
230th in National and 11th in group short distance competition

Ron Back – West Suffolk Wheelers  
Age group fastest in 3rd Victoria 10  
Team BOS in 4th Group 10  
Age group fastest in 2nd Group 25

Bob Bush – CC Sudbury  
Standard at 25 miles  
Age group fastest in 2nd Victoria 10  
Age group fastest in 3rd Victoria 10  
Age group fastest in 4th Victoria 10

Joanna Butcher – Chelmer CC  
3rd in Group Ladies Championship  
206th in National and 10th in group short distance competition

Jim Caplin – Godric CC  
Standards at 10 and 25 miles  
Age group fastest in 3rd Group 10  
Age group fastest in 4th Group 10

Len Finch – CC Sudbury  
Standard at 10 miles  
Age group fastest in 1st Group 25

Eddie Fone – Norwich ABC  
Age group fastest in 4th Group 10  
Group age records at 10 (twice) and 25 miles

John Golder – Chelmer CC  
Plaque at 30 and 50 miles and 12 hours  
Age group fastest and team BOS in group 50  
Age group fastest and team BOS in Group 100  
Age group fastest and team BOS in 2nd Group 10  
Team BOS in 2nd Group 25  
Age group fastest and team BOS in 12 hour  
Team BOS in 4th Victoria 10  
Team member in Group Championship  
7th in National and 4th in group BAR  
17th in National and 4th in group 3 distance competition  
Group age records at 100 miles and 12 hours

Andrew Grant – Cambridge CC  
Age group fastest in 3rd Group 10  
Age group fastest in 2nd Group 25  
Age group fastest in 5th Group 10  
Team BOS in Leo 30  
17th in National and 2nd in group short distance competition  
Group age records at 10, 25 (twice) and 30 miles

Chris Holmes – Chelmer CC  
Standards at 10 and 25 miles  
Lady BOS in 3rd Group 10

Mary Horsnell – Chelmer CC  
Age group fastest in 1st Victoria 10  
Ian Mackenzie – Southend Wheelers  
43rd in National and 7th in group BAR  
120th in National and 11th in group 3 distance competition

Bob Quarton – Wolsey RC  
Plaque at 30, 50 and 100 miles  
73rd in National and 9th in group 3 distance competition

## TROPHY WINNERS

Len Benton – Colchester Rovers CC  
Ron Fisher/Jack King Memorial shield  
(BOS in last group 10)  
H.F. Nevill 25 mile cup  
(BOS in first group 25)  
Group 10 mile points competition shield  
BOS and age group fastest in 3rd Group 10  
BOS and age group fastest in 1st Group 25  
BOS and age group fastest in 4th Group 10  
BOS and age group fastest in 5th Group 10  
Age group fastest in Leo 30  
Group age record at 10 miles  
National age record at 30 miles

Chris Roberts – Anglia Velo  
Charlie Clift shield  
(BOS in first group 10)  
BOS and age group fastest in first 10  
Age group fastest in 3rd Group 10  
Age group fastest in 1st Group 25  
Age group fastest in 2nd Group 25  
Age group fastest in 5th Group 10  
Group age record at 10 miles

Sue Triplow – Essex Roads CC  
Syd Parkinson Ladies Championship cup  
(BOS over two 10s and two 25s)  
Group ladies 10 mile points competition shield  
Lady BOS in 1st Victoria 10  
Lady BOS in 2nd Group 25  
Lady BOS in 4th Victoria 10  
Lady BOS in 5th Group 10  
Lady BOS in Leo 30  
35th in National and 7th in group 3 distance competition  
61st in National and 4th in group short distance competition

Peter Horsnell – Chelmer CC  
Lionel Lincoln Memorial shield  
(Group BAR BOS over 25, 50, 100 miles and 12 hours)  
Harry Haynes shield  
(Group Champion BOS over 10, 25, 50 and 100 miles)  
Geri Lang Memorial cup  
(BOS in second group 25)  
Syd Parkinson cup  
(BOS in nominated 50)  
Bob Haworth Memorial cup  
(BOS in nominated 100)  
H.F. Nevill 12 hour cup  
(BOS in London East or East 12 hour)

Age group fastest in circuit 25  
Age group fastest and team BOS in 1st Victoria 10  
BOS, age group fastest and team BOS in Group 50  
BOS, age group fastest and team BOS in Group 100  
Age group fastest and team BOS in 2nd Group 10  
Age group fastest in 1st Group 25  
BOS, age group fastest and team BOS in 2nd Group 25  
Age group fastest and team BOS in 12 hour  
Age group fastest in 4th Victoria 10  
Team member in Group Championship  
Winner of National and group BAR and 3 distance competition  
National Age records at 30, 50 and 100 (twice) miles and 12 hours

Mick Pepper  
Gordon Irons Memorial cup  
(Outstanding services to the group)



# Chicago Triathlon

By Kevin Gill

Ok so this is not an article about cycling *per se*. Its about another sport that involves cycling. You guessed it: Triathlon. If you know my history I jumped from the triathlon ship to cycling in 1984 with my first time-trial being a 100 on that dreadfully hard course based around Ardleigh/Great Bromley/Weely. Most sensible newcomers start with a 10. If you know me I am far from sensible!

So I thought it about time I had another go at triathlon and performed pretty good in my first two seasons back in the sport. This year I qualified to represent GB Age Group team at the European Championships in Geneva and the World Championships in Chicago.

Geneva was extremely hot at 40 degrees and I faded badly in the run after a fairly rapid bike section to finish 11th in my age group.

Chicago became my target for the season and I geared my training around this with 2km swims; 10km runs and three bike sessions each week. Arriving in Chicago we stayed in a very nice hotel on West Adam Street. The address would appear to be unremarkable until walking to the lakeshore one day we spotted a small sign which read "This is the beginning of Route 66". A road that traverses eight states between Chicago and Los Angeles for almost 2000 miles, as the song goes.

It is usual, unfortunately, to have to take one's bike to the transition compound the day before a major event in order to "rack" it in one's allotted, numbered, position. I hate

this side of the sport because it gives the unscrupulous a chance to tamper with your bike or even steal from it. I heard of at least two thefts of Garmin computers that went "missing" from transition during the week of racing.

We had a fairly major storm on the eve of my race and so bike racking was postponed until race day. What a relief! The downside was that the bad weather caused very rough water in Lake Michigan which brought up a lot of weed. The water temperature plunged from 20 degrees to 16 degrees overnight. So wetsuits were

treacherous. Because my bike shoes are fixed to the pedals beforehand I had to be extra careful running with the bike to the mounting line. The 40km bike section was something beyond all expectation. As we were not allowed to survey the course beforehand the only thing that I was aware of was that most of it was in tunnels underneath the city.

The lighting was poor but a clear lens on the helmet ensured good vision. It was warm and windless down under. So it was fast. There were many crashes. Less able riders could not cope with the speed and

constant twists and turns of the course. The no-drafting rule was disregarded by most. Although motorcycle marshals were out in force, I did not see anyone penalised. With the huge number of riders on the course at the same time, passing and being passed became difficult.

With my bike section time of just over the hour for such a difficult course I was in a happy state when I started the 10km run. This was a fairly boring three times up and down the same road. But it was flat so no hills to climb, which was a blessing as the temperature was up in

the 30's. There were a great deal of British fans out on the course and, as they can see "GBR" and your name on your tri-suit, they yell out individual encouragement every time that you pass them. This was greatly appreciated. I was 25th in my age-group. A well earned rest and much liquid refreshment followed. Two more enjoyable weeks of holiday were spent travelling across seven states before a flight home from Boston.



gladly worn. I had a poor swim and was eight minutes down on my usual time for the 1500 metres. Swimming through weed is not my ideal and the heavy swell caused slow progress. Fortunately my wife was able to yell at me from the lakeside, giving me the encouragement to keep going. Getting out of the water was a great relief and I was soon running into transition and my trusty Orbea. The recent storm had caused the ground under my bare feet to be quite

## Short Distance Competition for 2015

	Name	Club	Age	Best 10 Miles	Second Best 10 Miles	Best 25 Miles	Second Best 25 Miles	Aggregate
001	Ron Hallam	M South Pennine RC	84/85	00:25:02	00:20:22	00:23:34	00:23:32	01:32:31
002	Terry Icke	M VC St Raphael	71	00:20:35	00:19:48	00:19:23	00:19:08	01:18:54
003	Peter Yates	M Otley CC	82	00:21:10	00:20:02	00:19:26	00:18:09	01:18:47
004	Brian Sunter	M Condor RC	72	00:20:30	00:18:57	00:19:28	00:19:16	01:18:11
005	Steve Irwin	M North Lincs RC	44	00:19:30	00:19:05	00:19:43	00:18:23	01:16:41
006	Richard Bideau	M Pendle Forest CC	44	00:19:03	00:18:58	00:19:03	00:18:54	01:15:57
007	Jim Moffatt	M Virgin Active	58	00:18:57	00:18:38	00:19:11	00:19:09	01:15:55
008	Michael Ellerton	M Team Swift	54	00:19:05	00:18:45	00:19:34	00:18:22	01:15:46
009	Derek Stewart	M Deeside Thistle	78/79	00:20:58	00:16:48	00:17:08	00:20:26	01:15:19
010	Rob Pears	M Proccycling Magazine RT	52	00:19:42	00:16:57	00:19:29	00:19:06	01:15:15
016	Dave Lazenby	M Baines Racing Silverstone Cycle	51	00:19:50	00:18:50	00:16:24	00:15:09	01:10:13
017	Andrew Grant	M Cambridge CC	62	00:17:50	00:16:28	00:17:44	00:17:43	01:09:45
028	Peter Horsnell	M Chelmer CC	85	00:16:25	00:14:20	00:18:35	00:16:11	01:05:31
061	Susan Triplow	F Essex Roads	48	00:16:25	00:14:30	00:16:00	00:12:22	00:59:17
081	Gray Turnock	M Finsbury Park CC	46/47	00:16:32	00:13:38	00:13:41	00:12:26	00:56:17
096	John Golder	M Chelmer CC	62	00:13:08	00:12:37	00:14:15	00:13:59	00:53:59
166	Ann Shuttleworth	F Chelmer CC	48/49	00:10:33	00:10:02	00:13:27	00:08:53	00:42:55
176	Alex Eason	M Chelmer CC	43/44	00:12:05	00:09:25	00:12:02	00:05:37	00:39:09
206	Joanna Butcher	F Chelmer CC	46/47	00:09:08	00:09:10	00:03:42	00:03:02	00:25:01
230	Peter Beard	M Stowmarket & District CC	53	-00:01:23	-00:02:00	-00:02:01	-00:03:34	-00:08:58

### 4 Distance BAR Competition for 2015

	Name		Club	Age	25 Miles	50 Miles	100 Miles	12 Hr	Aggregate
1	Peter Horsnell	M	Chelmer CC	85	00:18:35	00:22:52	00:24:18	00:21:41	01:27:27
2	Adam Topham	M	High Wycombe CC	46/47	00:17:42	00:20:16	00:22:43	00:26:31	01:27:13
3	Dave Green	M	Team Velovelocity	51	00:17:39	00:19:57	00:19:14	00:19:38	01:16:28
4	Dave Lazenby	M	Baines Racing Silverstone Cycles	51	00:16:24	00:19:13	00:18:54	00:19:10	01:13:42
5	David Shepherd	M	GS Stella	54/58	00:12:49	00:16:32	00:18:25	00:22:56	01:10:42
6	Ian Holbrook	M	Stone Wheelers CC	46	00:17:13	00:16:36	00:18:44	00:17:23	01:09:56
7	John Golder	M	Chelmer CC	62	00:14:15	00:16:32	00:16:22	00:17:35	01:04:44
8	Lawrence Wintergold	M	Hounslow & District Whs	50	00:13:50	00:14:41	00:17:10	00:18:16	01:03:57
9	Chris Ledger	M	Langsett Cycles RT	53	00:16:51	00:15:00	00:14:51	00:15:10	01:01:52
10	Tom Glandfield	M	Lewes Wanderers CC	42	00:13:55	00:13:38	00:15:44	00:18:11	01:01:28
20	Alex Eason	M	Chelmer CC	43/44	00:12:02	00:10:43	00:12:44	00:13:18	00:48:46
39	Karen Eaton	F	Wolsey RC	45/46	00:02:03	00:07:52	00:04:25	00:03:39	00:18:00
43	Ian Mackenzie	M	Southend Wheelers	69	-00:05:27	-00:00:06	00:04:43	00:04:55	00:04:05

### 3 Distance BAR competition for 2015

	Name		Club	Age	25 Miles	50 Miles	100 Miles	Aggregate
001	Peter Horsnell	M	Chelmer CC	85	00:18:35	00:22:52	00:24:18	01:05:46
002	Adam Topham	M	High Wycombe CC	46/47	00:17:42	00:20:16	00:22:43	01:00:42
003	Dave Green	M	Team Velovelocity	51	00:17:39	00:19:57	00:19:14	00:56:51
004	Steve Irwin	M	North Lancs RC	44	00:19:43	00:19:29	00:17:08	00:56:20
005	Dave Lazenby	M	Baines Racing Silverstone Cycles	51	00:16:24	00:19:13	00:18:54	00:54:32
006	Ray Retter	M	North Devon Wheelers	69	00:15:51	00:19:47	00:18:23	00:54:01
007	Mick Black	M	Cleveleys RC	68	00:17:42	00:16:46	00:18:30	00:52:59
008	Paul Gamlin	M	Northover Vets Team	43	00:17:35	00:17:17	00:17:41	00:52:33
009	Ian Holbrook	M	Stone Wheelers CC	46	00:17:13	00:16:36	00:18:44	00:52:33
010	Ian Greenstreet	M	Newbury RC	51	00:15:35	00:16:12	00:18:39	00:50:26
017	John Golder	M	Chelmer CC	62	00:14:15	00:16:32	00:16:22	00:47:09
25	Gray Turnock	M	Finsbury Park CC	46/47	00:13:41	00:14:36	00:18:06	00:46:23
29	Keith Dorling	M	Bishops Stortford CC	56	00:15:05	00:16:52	00:13:32	00:45:29
35	Susan Triplow	F	Essex Roads	48	00:16:00	00:15:11	00:13:10	00:44:21
68	Alex Eason	M	Chelmer CC	43/44	00:12:02	00:10:43	00:12:44	00:35:29
73	Bob Querton	M	Wolsey RC	61	00:09:49	00:13:01	00:10:32	00:33:23
111	Karen Eaton	F	Wolsey RC	45/46	00:02:03	00:07:52	00:04:25	00:14:20
120	Ian Mackenzie	M	Southend Wheelers	69	-00:05:27	-00:00:06	00:04:43	-00:00:50

### 4 Distance BAR Club Team Competition

	Club	Names	Rider Aggregate	Club Aggregate
1	<b>Chelmer CC</b>	Peter Horsnell John Golder Alex Eason	01:27:27 01:04:44 00:48:46	03:20:57
2	<b>Congleton CC</b>	Edgar Reynolds Wayne Powell Denise Hurst	00:26:14 00:22:54 00:15:56	01:05:04

### 3 Distance BAR Club Team Competition

	Club	Names	Rider Aggregate	Club Aggregates
1	<b>Chelmer CC</b>	Peter Horsnell John Golder Alex Eason	01:05:46 00:47:09 00:35:29	02:28:24
2	<b>Icknield RC</b>	Grant Orsborn Tim Davies Peter Harridge	00:47:15 00:46:17 00:37:58	02:11:30

### 4 Distance BAR Group Team Competition

	Group/Names	Clubs	Rider Aggregates	Group Aggregates
1	<b>East Anglian</b>			
	Peter Horsnell	Chelmer CC	01:27:27	06:09:07
	Dave Green	Team Velovelocity	01:16:28	
	Dave Lazenby	Baines Racing Silverstone Cycles	01:13:42	
	John Golder	Chelmer CC	01:04:44	
	Alex Eason	Chelmer CC	00:48:46	
	Karen Eaton	Wolsey RC	00:18:00	
2	<b>Merseyside</b>			
	Arthur Winstanley	Liverpool (Phoenix) CC	00:55:58	03:00:27
	Philip Warburton	Liverpool (Phoenix) CC	00:51:42	
	Helen Tudor	Oswestry Paragon	00:21:23	
	Ian Casson	Birkenhead Victoria	00:19:31	
	Derek Parry	Birkenhead Victoria	00:17:49	
	Ian Hawkins	Chester RC	00:14:04	

### 3 Distance BAR Group Team Competition

	Group/Names	Clubs	Rider Aggregate	Group Aggregates
1	<b>East Anglian</b>			
	Peter Horsnell	Chelmer CC	01:05:46	05:16:10
	Dave Green	Team Velovelocity	00:56:51	
	Dave Lazenby	Baines Racing Silverstone Cycles	00:54:32	
	John Golder	Chelmer CC	00:47:09	
	Gray Turnock	Finsbury Park CC	00:46:23	
	Keith Dorling	Bishops Stortford CC	00:45:29	
2	<b>Wessex</b>			
	Adam Topham	High Wycombe CC	01:00:42	04:56:22
	Greg Parker	VC St Raphael	00:47:23	
	Alan Emmott	Fareham Wheelers CC	00:47:14	
	Dave Pitt	Charlotteville CC	00:47:07	
	Phil Watts	North Hampshire Road Club	00:47:05	
	Steve Williamson	a3crg	00:46:51	



Pete Horsnell – double winner of the National VTТА 3 and 4 distance BAR competitions

## Short Distance Group Team Competition

	Group/Names	Clubs	Rider Aggregates	Group Aggregates
<b>1</b>	<b>North Lancashire &amp; Lakes</b>			
	Steve Irwin	North Lancs RC	01:16:41	07:23:06
	Richard Bideau	Pendle Forest CC	01:15:57	
	Michael Ellerton	Team Swift	01:15:46	
	Peter Greenwood	Team Swift	01:14:35	
	Mick Black	Cleleys RC	01:11:38	
	Paul David Fleming	Preston Wheelers	01:08:29	
<b>7</b>	<b>East Anglian</b>			
	Dave Lazenby	Baines Racing Silverstone Cycles	01:10:13	06:15:02
	Andrew Grant	Cambridge CC	01:09:45	
	Peter Horsnell	Chelmer CC	01:05:31	
	Susan Triplow	Essex Roads	00:59:17	
	Gray Turnock	Finsbury Park CC	00:56:17	
	John Golder	Chelmer CC	00:53:59	

## Short Distance Club Team Competition

	Club	Name	Rider Aggregates	Group Aggregates
<b>1</b>	<b>Team Swift</b>	Michael Ellerton	01:15:46	03:38:51
		Peter Greenwood	01:14:35	
		Peter Lawrence	01:08:30	
<b>13</b>	<b>Chelmer CC</b>	Peter Horsnell	01:05:31	02:42:25
		John Golder	00:53:59	
		Ann Shuttleworth	00:42:55	

## Marshalling List 2016

Listed are the Group events that we have applied for in 2016.

Could you please advise me if you can MARSHAL or assist in at least one of the following events, by ticking next to the preferred event(s).

Last year we had a very poor response and it was necessary for some organisers to recruit several non-members to cover their requirements.

Please send the list back to me and I will pass this form out to the relevant organiser and he will contact you, before the event. If you are subsequently unable to honour your obligation please advise me accordingly.

Please return to:

**Group General Secretary.**

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

Date	Event	Course	Organiser	Event choice
Sat 16th April	Group circuit 25	E33/25	Eric Angell	<input type="checkbox"/>
Sun 24th April	Group 10 *	B10/38	Ron Back	<input type="checkbox"/>
Sat 28th May	Victoria 10 (inc Group 10)	E1/10a	Christine Yareham	<input type="checkbox"/>
Thur 9th June	Group 10 (series 1 of 4) *	E2/10	Mark Arnold	<input type="checkbox"/>
Sat 11th June	Group 50 *	E2/50c	John Golder	<input type="checkbox"/>
Thur 16th June	Group 10 (series 2 of 4) *	E2/10	Mark Arnold	<input type="checkbox"/>
Sat 18th June	Victoria 10 (inc Group 10)	E1/10a	Christine Yareham	<input type="checkbox"/>
Sun 19th June	ECCA 100 (inc Group 100)	E2/100	John Golder	<input type="checkbox"/>
Thur 23rd June	Group 10 (series 3 of 4) *	E2/10	Mark Arnold	<input type="checkbox"/>
Thur 30th June	Group 10 (series 4 of 4) *	E2/10	Mark Arnold	<input type="checkbox"/>
Sat 9th July	Open Ladies BBAR 25	E2/25	John Golder	<input type="checkbox"/>
Sat 9th July	Group 25 *	E2/25	John Golder	<input type="checkbox"/>
Sat 30th July	Victoria 10 (inc Group 10)	E1/10a	Christine Yareham	<input type="checkbox"/>
Sun 31st July	Group 25 *	E2/25	Paul Hirst	<input type="checkbox"/>
Sat 13th August	Group 10	B10/43	Barry Freeman	<input type="checkbox"/>
Sun 14th August	ECCA 12hr (inc Group 12)	E2/12hr	Dave Nock	<input type="checkbox"/>
Sat 27th August	Victoria 10 (inc Group 10)	E1/10a	Christine Yareham	<input type="checkbox"/>
Sat 10th Sept	Group 10 *	E2/10	Dominic Whitehead	<input type="checkbox"/>
Sat 1st October	Leo 30 (inc Group 30)	E2/30c	John Golder	<input type="checkbox"/>

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

Name .....

Address .....

.....Post Code.....

Telephone .....E-mail.....

Club .....Signed.....

## EAST ANGLIAN GROUP — RENEWAL OF MEMBERSHIP

Keith Dorling has now taken on the task as the group treasurer and he has made the payment system a lot easier, he has set up internet banking, which will result in bills being paid quicker and also payments being received quicker and easier as you will no longer have to send cheques, just do a direct transfer from your bank.

This also enables you to set up a standing order to pay your yearly subscription - again saving a cheque and postage, it also saves our membership secretary trudging down the post office to pay them all in.

If you do pay direct to the bank then you need to email Keith [krd51@icloud.com](mailto:krd51@icloud.com) and Merv Player [bikies@pat-merv.freemove.co.uk](mailto:bikies@pat-merv.freemove.co.uk) telling them that you have done so, please include any updates of contact details (address, phone numbers or email). You can, of course still pay by cheques if you so wish.

**VTТА EA BANK DETAILS: Sort code 09-01-55 Account 32258703**

If you are paying by cheque please send this form, with your remittance to:  
General/Membership Secretary - Merv. Player, 18 New Close, Knebworth, Herts SG3 6NU  
**NOT THE TREASURER**

*Subscriptions for 2016 are unchanged at:*

Single membership £12, Couple membership £14, Standard season ticket £11.

**Please make cheques payable to VTТА East Anglian.**

Name.....

Address.....

.....

.....

Club.....

Date of birth.....

Email.....

Phone.....

Please fill in your latest email if you have received this by post,

this will be kept only by Merv. and John Golder, it will not be shared with anyone else, it will save the Group time/money on printing and postage. Thank you.