

VETERANS' TIME TRIALS ASSOCIATION

SURREY/SUSSEX GROUP

10 MILE EVENT

VETERANS & LONDON SOUTH D.C. G.H.S. FINAL

SATURDAY JULY 12TH

2.00 p.m.

Course G10/87

Under R.T.T.C. Regulations

TIMEKEEPERS

Mick Kilby & Iris Stevens Lewes Wanderers C.C.

COURSE DETAILS G10/87

START at red arrow at drain 28 yards before T junction with East Hoathly by-pass, south of East Hoathly. Turn LEFT and follow A22 through Whitesmith and Golden Cross to Boship roundabout (M) [4.90miles]. Encircle roundabout and retrace on A22 via Golden Cross and Whitesmith to finish by red arrow at second drain past field gate on East Hoathly by-pass just before first footpath crossing and 334 yards past right turn for East Hoathly [10 miles].

After finishing DO NOT 'U' turn in the road but proceed to roundabout and turn right to the H.Q.

NUMBERS will be at event headquarters.

EVENT HEADQUARTERS. The East Hoathly Sports Pavilion.

It is a London South District regulation that no vehicles shall be parked on the carriageway within sight of the starting or finishing points.

EVENT SECRETARY.

Esther Carpenter ☎ 01424 751581

10 Maplehurst Road, Baldslow, St. Leonards on Sea, East Sussex. TN37 7NA

VETERANS' TIME TRIALS ASSOCIATION Surrey/Sussex Group

(Affiliated to the RTTC)

Social Secretary:

7 The Avenue, Brockham, Betchworth, Surrey, RH3 7EN
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COACHING DAY FOR VETERANS

Saturday October 4 at Dial Post Village Hall, Sussex

Those of you who were at the annual dinner and prize giving in February will remember that Damian Coleman was one of our speakers. Building on the contact made that day, Damian offered us a full day's coaching in the autumn, specifically tailored to the needs of veterans.

Armed with an honours degree in sports studies and a PhD thesis on the energy demands of cycling, Damian has been beavering away in Kent, at Canterbury Christ Church College, for the past 18 months on the veteran cycling project.

The study has involved taking detailed measurements and recordings from over 80 riders, from the world Veteran Champion to some of our local 10-mile time trial riders... indeed Damian's willingness to talk to us is a measure of his gratitude to those Surrey/Sussex VTTA members who volunteered to take part in his detailed testing process... so thank you Dennis Worster and all the rest.

The veteran cycling project studied the effect of age on time trialing, training and training habits.

Conclusions are based on laboratory results on pedal cadance and climbing, the various veteran cyclists having been tested for blood lactic acid/oxygen composition and the like.

How the above influence performance in the veteran cyclist and how the vet can reduce the effects of ageing will be dealt with in four one-hour sessions on Saturday October 4. The timetable for the day is:

morning		afternoon	
coffee	9.30am-10am	lunch break	12.30-1.30pm
session 1	10am-11am	session 3	1.30pm-2.30pm
break	11am-11.30am	break	2.30pm-3pm
session 2	11.30am-12.30pm	session 4	3pm-4pm

Tickets are available from John Leitch (details above) and the price is £5 for the day....so come along and get your winter training off to a good start.

G.H.S. RIDERS			
46.	Mark Burgess	Priory School, Lewes	2.48
47.	Keith Newsam	Heathfield Community College	.49
48.	Tony Morris	Lea Manor High	2.50
49.	Mark Tunnell	Edenham High School	.51
50.	Karen Jeffery	Ravensbourne	.52
51.	Tim Morley	Nestcot	.53*

Riders in the GHS event are reminded that the first three boys and the first girl will automatically be entered for the National Final on September 6th, 1997 on Course U361. If you are one of today's qualifiers please remember not to enter another event on that date.

* TIM MORLEY WAS TOO OLD FOR THE GHS SO HAD TO BE (THE ONLY ENTRANT) IN THE JUNIOR EVENT - ENTRY FEE FOR WHICH WAS £10.00 IN THE RTTC HANDBOOK. I HAD TO PAY A LEVY FOR HIM.

THE GHS INCOME - £10. WENT TO THE RTTC AS PER RULES. I PAID GHS PRIZES MYSELF + GROUP

AWARDS

Veterans

1st on standard	£5 plus medal
2nd on standard	£3 plus medal
3rd on standard	£2 plus medal

1st fastest £5

Team of two on standard Medals

G.H.S.

1st fastest boy	£10.00 & RTTC Medallion
2nd fastest boy	£ 7.50 & RTTC Medallion
3rd fastest boy	£ 5.00 & RTTC Medallion

1st fastest girl £ 5.00 & RTTC Certificate

VETERANS

1.	Maurice Carpenter	Southborough Wheelers	33.42	2.01
2.	Eric Clark	Gatwick Airport C.T.	32.15	.02
3.	Colin Jones	Eastbourne Rovers C.C.	27.33	.03
4.	Peter Trimming	Anerley B.C.	25.54	.04
5.	Ken Moffat	Brighton Excelsior C.C.	25.42	.05
6.	Graham Lade	Eastbourne Rovers C.C.	28.12	.06
7.	Ray Venis	Gatwick Airport C.T.	32.00	.07
8.	Peter Fray	Brighton Excelsior C.C.	26.54	.08
9.	Mick Burgess	Lewes Wanderers C.C.	30.16	.09
10.	Pete Perry	Tooting B.C.	28.38	.10
11.	Bill Ollis	Team Clean	30.45	2.11
12.	Colin Briggs	Century R.C.	29.06	.12
13.	Alan Rowe	De Laune C.C.	29.20	.13
14.	David Cox	Eastbourne Rovers C.C.	27.33	.14
15.	Mike Gibbs	Worthing Excelsior C.C.	30.16	.15
16.	Ken Atkins	Central Sussex C.C.	31.15	.16
17.	Malcolm Adams	De Laune C.C.	29.20	.17
18.	Roy Siggs	West Kent R.C.	30.02	.18
19.	Bill Pink	South Eastern R.C.	33.50	.19
20.	Paul Woodman	Team 2000	25.54	.20
21.	Bob Stapley	Epsom C.C.	29.20	2.21
22.	Jim Trenowden	Addiscombe C.C.	32.30	.22
23.	Fred Shepherd	West Surrey C.T.C.	31.15	.23
24.	Arthur Dwyer	Oval C.C.	35.46	.24
25.	Peter Wright	Twickenham C.C.	29.20	.25
26.	Ken Stevens	Lewes Wanderers C.C.	31.15	.26
27.	John Double	Crawley Wheelers	28.25	.27
28.	Les Hayman	Southborough Wheelers	30.45	.28
29.	Stephen Clarke	Hastings & St.Leonards C.C.	25.42	.29
30.	Michael Dongworth	34 Nomads C.C.	29.34	.30

31.	Roy Fairchild	Bognor Regis C.C.	30.45	2.31
32.	Ramon Goodwin	Lewes Wanderers C.C.	28.38	.32
33.	Kevin Burton	Sotonia C.C.	25.42	.33
34.	David Palmer	Bognor Regis C.C.	31.00	.34
35.	Alan Steinle	Team Clean	27.33	.35
36.	Peter Price	Lewes Wanderers C.C.	28.25	.36
37.	Frederick Brown	South Eastern R.C.	30.45	.37
38.	Don Hook	Folkestone C.C.	30.16	.38
39.	Douglas Roberts	Lewes Wanderers C.C.	32.00	.39
40.	Bob Taylor	East Grinstead C.C.	28.38	.40
41.	Clive Willis	Eastbourne Rovers C.C.	28.25	2.41
42.	David Reynolds	Charlotteville C.C.	26.30	.42
43.	Jim Davey	Folkestone C.C.	27.59	.43
44.	Mike Labram	Crawley Wheelers C.C.	29.34	.44
45.	Kevin Hickman	Team 2000	25.42	.45

Sponsored Clubs:

De Laune C.C./F.W. Evans/Specialized
 Eastbourne Rovers C.C./Phoenix Cycles
 Tooting B.C./Hamsey Lodge Press
 Team Clean/Fresh Start
 Team 2000/Sony Centre/Pearsons
 Twickenham C.C./Evans