

The League of Veteran Racing Cyclists



2019 Handbook

The League of Veteran Racing Cyclists

Founded by Percy Stallard and Eddie Cook in 1986



Objective of the LVRC

The provision of a programme of competitive and social cycling events for male and female members of 40 years of age and over.

Statement of Policy

The League of Veteran Racing Cyclists came into being to provide male and female members of 40 and over with competitive and social events, competition being in the form of age-related road races where riders compete against others in their own age groups. It has gradually developed to provide age-related circuit races, time trials, cyclo-cross and track racing, with national championships in all of these disciplines.

Competitors in LVRC events must be members. The subscription provides membership from 1st September of any one year until 31st December of the following year. Each member is covered for third party insurance while riding in LVRC events and social activities of up to £10,000,000 indemnity.

There is no duplication with other cycling organisations so our members are free to join any other body as they wish. They can also be amateur or professional.

The LVRC is administered by an Executive Committee elected annually. The Executive Committee has the power to take decisions on behalf of the LVRC and may make or modify any regulations if this is considered necessary.

Each region of the LVRC is administered by a regional committee. Members are always encouraged to put forward suggestions for the improvement of the LVRC and its regulations and any such suggestions should be sent to the Chairman for consideration by the Executive Committee.

We look forward to welcoming to our ranks all those interested in age-related racing.

Executive Committee 2019

Role	Name	Email	Telephone	Region
President	Alan Rushton			
Chairman	Nigel Byrne	nigelbyrne@me.com	07894 221479	R7
General Secretary	Dominic Watts	gensec.lvrc@gmail.com	07789 784848	R5
National Treasurer	Ian Booth	iboothaug@gmail.com	01564 742002	R6
National Registrar	Knocker Shields	knocker.y13@ntlworld.com	07881 621906	R9
Digital Communications	Rob Fowler	edenshaw@hotmail.co.uk	07970 040032	R5
National Events				
Coordinator	Mike Amery	mikeamery58@gmail.com	01684 310168	R6
Racing Improvement	Mike Jackson	mike37jackson@gmail.com	07939 296888	R7
Stallard Co-Ordinator	Mike Jackson	mike37jackson@gmail.com	07939 296888	R7
National Ladies Race Coordinator		Vacant		
National Policing Coordinator		Vacant		
Director	Peter Wilson	peter260wilson@gmail.com	020 8368 0698	R9
Director	Trudie Bird	paulandtrudie@sky.com	07748 135120	R7
Director	Mick Ives	mickivesbikeking@gmail.com	02476 304009	R7
Non Exec Chairman	Don Parry	donparry_1@hotmail.com	07855 270403	R7

Regional Officers 2019

REGIONS 1 AND 2

Chairman
Registrar
Treasurer
Secy/Event Coordinator

N.W. & N.E.ENGLAND, SCOTLAND & YORKSHIRE

Alistair Cameron
Linda Cameron
Patrick Douglas
Richard Booth

0113 257 2680/07975 904251
0113 257 2680
0113 267 6200
01287 635105

REGION 3

Registrar
Treasurer
Events Coordinator

NORTH WALES & MERSEYSIDE

Brian Ellis
Geoff Brandt
Keith Boardman

0151 625 8896
0151 652 0217
0151 632 3185

REGION 4

Chairman
Registrar
Events Coordinator
Treasurer
Quartermaster

MANCHESTER & NORTH STAFFS

Dave Watson
Richard Cowan
Nev Ashman
John Carter
Jim Golden

01457 837113
01270 873890
01614 857969
01204 886635
01782 624631

REGION 5

Chairman
Registrar
Secy/Treasurer/
Events Coordinator

EAST AND NORTH MIDLANDS

Stephen Ellis
Ian Davenport
Ian Davenport
Ian Davenport

07843 935180
07802 916368
07802 916368
07802 916368

REGION 6

Registrar
Treasurer
Events Coordinator

MID WALES & WEST MIDLANDS

Peter Varian
Ivor Thomas
Mike Amery

0121 777 2826
01789 731451
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REGION 7

Chairman
Vice Chairman
Registrar
Treasurer
Events Coordinator

S.E MIDLANDS & EAST ANGLIA

Trudie Bird
Paul Bird
Clare Simon
Dick Hooper
Mike Wilson

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REGION 8

Chairman/Secretary
Treasurer
Registrar/Events Coordinator

S.WALES & WESTERN ENGLAND

Austin Heath
Kevin Green
Martin Bush

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01685 884226

REGION 9

Chairman
Registrar
Secy/Event Coordinator/
QMaster
Treasurer
Correspondent

LONDON & SOUTH EAST ENGLAND

Trevor Mills
Knocker Shields
Fred Little
Pete Wilson
Richard Wall

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01708 700740
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REGION 10

Registrar
Treasurer
Events Coordinator

SOUTH WEST ENGLAND

Trevor Bradbury
Bob Lyles
Tim Crumpton

lvrcreg10@gmail.com
07976 248693
lylesatbyles@greenbee.net
timmycrumpton@gmail.com
07557 361927



Rules of Racing

RACE CALENDAR

1. Approval for a race date shall be obtained from the appropriate Regional Events Co-ordinator, after which the event will be registered on RiderHQ so that it appears in the LVRC Race Calendar on the RiderHQ website.

POLICE PERMISSION

2. The responsibility for making a race application to the appropriate police authority lies with the race promoter or promoting organisation and shall be made directly by the race organiser.

3. Applications using the appropriate LVRC forms must be made to all police authorities through whose area the race runs, at least six weeks in advance, giving details including the course, date, starting and finishing time. Copies of the police approval documents and race programme shall be sent to the appropriate police HQ's and local police at least seven days before the event.

HIGHWAYS REGULATIONS

4. All events on the public highway must be held in accordance with The Cycle Racing on Highways Regulations 1960 (and the 1963, 1980, 1988 and 1995 Amendment Regulations).

5. All courses or circuits must be approved by the police.

LVRC RACE LICENCE/MEMBERSHIP

6. All British riders in an LVRC event must be members of the LVRC at the time of entering and riding an event. Riders must join/rejoin the LVRC before the day of the event. LVRC Racing Licences must be produced by all British entrants at the time of signing on to obtain a race number which must then be worn unobscured on the outer top garment for the duration of the event.

RESULTS

7. Result sheets must be sent to the Webmaster. The email address of the Webmaster is results@lvrc.org.uk. Whenever possible organisers should also send results to riders after the event via RiderHQ.

TROPHIES

8. LVRC championship trophies are perpetual and remain the property of the LVRC. Members are responsible for arranging the return of any trophy won by them to the LVRC Quartermaster in advance of the following year's running of the event concerned.

PRIZES

9. LVRC policy is that all income from event entries, less levies and expenses, should be distributed as prizes. As a minimum, prizes must be given to the first three in each age category, the only exceptions being a handicap race, and a race where there are fewer than five riders in an age category. Where race finances allow, the first three finishers in each race, irrespective of age category, should also be recognised. When riders choose to ride in a younger age group than their calendar age, they should be eligible for prizes.

RACE FINANCE

10. A Balance Sheet, together with any profit from the event, and the signing-on sheets, shall be sent to the Regional Treasurer within 2 weeks of the event.

AGE CATEGORIES

11 (a). LVRC age categories are designated as follows: A, 40-44; B, 45-49; C, 50-54; D, 55-59; E, 60-64; F, 65-69; G, 70-74; H, 75-79; I, 80-84; J, 85-89; K, 90-94; L, 95-99. Members will change category on their appropriate birthday, and when entering races must quote the age category that the the day of the race.

11 (b). Female members are entitled to race in the age category appropriate to a male aged ten years greater, (i.e. two age-categories older), including at championship races.

12. All members are encouraged to ride in an age category in which they feel comfortable. Therefore those who wish to do so because of varying ability may at any time, except in the case of Championship events and the National Series, enter to ride with a different age category than the one designated by their calendar age. Riders competing in an age category higher than their calendar age designated category, for example a 47-year old competing in a C/D race instead of an A/B race, shall not be eligible for a prize.

13. Championship races will be run for each age category. Medals, provided by the LVRC, will be awarded to the first three in each age category, together with an LVRC champions jersey to the winner of each age category (providing there are at least 3 entries in that age category). All age categories shall race in separate events, except where the number of riders is fewer than ten.

14. Where race finances allow, recognition should be given not only to the first three in each age category but also to the first three in each race.

15. The age and/or category entered for each rider must appear on the start sheet and on the signing-on sheet.

MANDATORY REQUIREMENTS FOR ROAD RACES

16. A Risk Assessment form must be completed before Police Notification is sent. The approved signing on sheet with important disclaimers must be used. First Aid cover is mandatory. The minimum cover is 2 first aiders for all 3-race Road Races, minimum one qualified first aider for other races. On no account can a rider competing in an event be the designated first aider for that event. First Aid must be independently mobile. A fully stocked first aid kit must be available in the event HQ. Each race must have at least one lead vehicle. Ideally there should be one safety vehicle (either car or motorbike marshal) following each race, and there must always be one behind the last race on the road. Race organisers must complete event accounts in the form of an Income and Expenses Statement and submit them to the Regional Treasurer within 2 weeks of the event.

SIGNING ON SHEETS

17. LVRC signing-on sheets must be used for all LVRC events. They must be sent to the Regional Treasurer, along with the event balance sheet, as soon as possible after the event. The Regional Treasurer must retain the signing-on sheets for the legal time requirement of six years.

18. All competitors must sign-on where indicated on the starting sheet. When requested to do so, competitors must deposit their current LVRC racing licence with the signing-on controller. Licences will be returned to competitors when their race numbers are handed in after the finish of the event.

PRE-RACE BRIEFING

19. All riders must receive, and must attend, a pre-race briefing covering important safety information. Organisers may take appropriate action against riders who do not attend the pre-race briefing, which may include exclusion from the race.

EQUIPMENT

20. The wearing of hard-shell helmets is mandatory in all events held under LVRC rules. A statement to this effect must appear in all LVRC event programmes.

21. Tri-bars or Spinaci-type bars are disallowed in LVRC road races or stage races.

22. From January 2018, disc brakes are allowed in LVRC road and off-road events.

ENTRIES TO EVENTS

23. All Race entry fees for events on public roads will be at the discretion of the organiser, up to a maximum of £15 per entrant per race. Where third party owned circuits need to be hired then the entry fee may be greater in order to account for the associated costs of circuit hire. Stage race entry fees should be not greater than the number of stages multiplied by the maximum fee of £15 per race.

24. The closing date for all entries shall be three weeks before the date of the event. Entries accepted for all events shall be at the discretion of the organiser. Organisers must accept entries received by the closing date from any rider with a calendar age corresponding with age categories G and greater.

25. When online entry through RiderHQ is being used for an event, all members who have an email address and internet access are expected to enter online, in order to reduce the workload of the organiser. In such instances, postal entries will only be accepted by special arrangement with the organiser, whose email address and telephone number but not necessarily their postal address, will appear on RiderHQ. When online entry via RiderHQ is being used, entries will not be accepted until eight weeks prior to the date of the race. Entrants withdrawing or not participating shall not be entitled to a refund of the entry fee or of any component of the entry fee.

26. All postal-based entries where no email address is provided must include a self-stamped addressed envelope for a start sheet.

ENTRIES ON THE LINE/ON THE DAY

27. Unless an event is being promoted as ONLY for Entries on the Day/Line (EOL or EOD), any EOD/EOL shall be subject to the organiser's discretion but may attract an entry fee 50% greater than entries in advance. They can only be accepted if a full field of riders has not signed on. All entries on the line will always be subject to the following conditions:

(a). LVRC members must complete an LVRC standard Entry Form before being allowed to sign on.

(b). From January 2018 all entrants must join/rejoin the LVRC before the day of the event, and

show their LVRC licence, or other evidence of membership, when signing on.

(c). Entrants who permanently reside outside of the UK should contact the event organiser before the day of the event to arrange free day membership. Organisers should contact the National Registrar before the day of the event to ensure insurance cover. Entrants must also complete the standard race entry form and unless such an entrant has a licence from the ICT, pay double the applicable race entry fee before being allowed to sign on.

MULTIPLE RACES ON THE ROAD

28. In events with multiple races for different age groups, when a slower race, group or rider is caught by a faster race, group or solo rider then the slower race shall allow the faster race, group or rider to establish itself separately in front of the slower race. It is not permitted for riders from the slower race to join, contribute to or otherwise affect the motions or outcome of the faster race, group or rider.

CONDUCT

29. Any case of unacceptable behaviour (including abuse of members of the public, organisers, helpers or other competitors) or dangerous riding in an LVRC event should first be reported to the Race Organiser, who will investigate and may take appropriate action. In more serious cases, the Race Organiser will then inform the regional officers and the National Executive Committee of the LVRC, who may nominate a small panel of regional and

national officers to investigate further and take appropriate action. This action could include disqualification from the race or suspension from racing or membership. The subject will have a right of appeal to the LVRC Chairman.

APPEALS AGAINST RACE RESULTS

30. Race participants will have the right to appeal the result of a race. This must be done immediately after the race and in the first instance to the race organiser and or chief judge. The race organiser and or chief judge will consult all relevant parties and decide the outcome on the day of the race. The race organiser and chief judge's decision will be final, and no subsequent communication will be entered into

DRUGS

31. (a) All riders have the right to compete in the knowledge that they, and their competitors, are free of performance enhancing drugs (PEDs), or drugs which compromise safety. LVRC members have a duty to protect the integrity and safety of the sport of cycle racing, and accept that the use of PEDs and other doping behaviour severely damages the legitimacy of cycling and undermines the integrity of clean riders and the safety of all. The use of both PEDs, and substances which affect judgement and thus the safety of riders, is not allowed.
(b) A rider suspended by another cycling governing body as a result of a positive drug test is barred from competing in LVRC events during the period of his/her suspension from that other body.

Recommendations for Events

EVENT ORGANISATION AND SAFETY MANUAL

The manual will be issued to each event organiser by the Regional Event Co-ordinator. It is also available to download from the LVRC web site.

The Manual has five sections:

1. Guidelines for Race Organisers; covering all aspects of road race organisation from initial application to final presentation of accounts
2. Risk Assessments – about completion of risk assessments including generic and specific examples
3. Police Notification - examples of and recommendations for event approval
4. Cycle Race Regulations - The Cycle Racing on the Highways Regulations, 1960 (and 1980 and 1995 amendments)
5. Race Organisation and Safety Forms - all the forms needed for LVRC events.

Guidelines for Safer Racing

1. Hold the same line as other riders in the bunch, especially on bends.
2. Advise other riders of your intention to move left or right, and if sprinting do not do so without checking that other riders will be unimpeded by your actions.
3. Do not move up on the inside of corners. LVRC road-racing is not Touring Car Racing.
5. Only overtake other riders where there is sufficient room to do so and without forcing them to change direction or to brake.
6. Do give warnings to riders behind you of hazards such as potholes or obstructions.
7. Avoid physical contact with other riders.
8. Keep both hands on the bars at all times when riding in close formation in a fast-moving bunch.
9. In the event of a puncture, put one hand up, keep a straight line and allow other riders to pass before riding yourself to the roadside. Do not brake sharply.
10. If deciding to pull out of the line, signal your intention to do so, and do not brake or swerve into the path of following riders.

International Racing 2019

ICF World Road Race Championship early August 2019

ICF World Road Race Champs Belgium are always held first weekend in August. 2019 3rd and 4th August

WMCF Hartberg Austria Stage Race and Bike Week Details not yet available so see www.icf-cycling.com later for further details. Entry with LVRC licence.

UCI GranFondo World Series 2019

Final will be held at Poznan, Poland September 3rd to 5th.

Full details at <http://www.ucigranfondoworldseries.com/>

Other Event Dates

St Johann World Championships - 24 - 31 August

Peloton Events | 2019 European Tour

Peloton Events organises and leads professional events for amateurs. From single day rides to multi-day charity events, training weekends, individual cycling coaching and world championships training

www.pelotonevents.info

<https://www.pelotonevents.info/pce/index.php/events/peet/peloton-events-european-tour-2019>

Racing in Belgium

Season long Vets races in Flanders. All entry on line with LVRC licence. WAOD and VWF used by many of our members. Full details www.belgiancyclingsselection.be click info/links - Wielerbonden



LVRC Successes in World Championships

Road Race

1986 1st UCI World Road Champs 50 – 59 Dave Orford
1989 1st UCI World Road Champs 60 – 64 Harry Hall
1989 1st UCI World Road Champs 65 – 69 Bob Maitland
1990 1st UCI World Road Champs 60+ Dave Orford
1993 1st ICF World Road Champs 50 – 59 Dave Nie
1994 1st ICF World Road Champs 50 – 59 Dave Nie
1995 1st UCI Masters Road Champs 65+ Dave Orford
1996 1st ICF World Road Champs 50 – 59 Dave Nie
1997 1st ICF World Road Champs 50 – 59 Dave Nie
1997 1st St Johann World Cup 70-74 Ron Longstaff
1999 1st UCI World Road Champs 50 – 59 Ian Hallam
1999 1st ICF World Road Champs 50 – 54 Ian Hallam
2000 1st UCI World Road Champs 50 – 54 Ian Hallam
2000 1st ICF World Road Champs 50 – 54 Ian Hallam
2000 1st ICF World Road Champs 60 – 69 George Bennett
2000 1st ICF World Road Champs 70+ Peter Sandy
2002 1st ICF World Road Champs 60+ Tony Woodcock
2004 1st UCI World Road Champs 60 – 64 Tony Woodcock
2004 1st W.A.O.D Road Race Champs – Mick Ives
2005 1st UCI World Road Champs 50+ Claire Greenwood
2006 1st UCI World Road Champs 60+ Roger Iddles
2009 1st World Masters Games 70 – 74 Brian Dacey
2011 1st RIS-RSC Hartberg 7 day Race 65- 69 Mick Allen
2012 1st St Johaan World Cup 50 - 59 Susan Shook
2013 1st RIS-RSC Hartberg 7 day Race 75+ Pete Ryalls
2015 1st UCI World Road Champs St Johaan 75+ Jack Watson
2016 1st ICF World Champs 50+ Paul Watson
2016 1st St Johann World Cup 70-74 Rob Stones



LVRC Successes in World Championships (contd)

Time-trial

1990 1st ICF International TT Champs 50+ Dave Orford
1991 1st ICF International TT Champs Brian Sunderland
1991 1st ICF World Cup TT Champs 50-54 Mick Ives
1992 1st ICF International TT Champs Brian Sunderland
1993 1st ICF International TT Champs Brian Sunderland
1995 1st ICF World Cup TT Champs 55-59 Mick Ives
1995 1st UCI World TT Champs 65 – 69 Dave Orford
1996 1st UCI World TT Champs 65 – 69 Dave Orford
2000 1st ICF International TT Champs 60 – 64 Ray Minovi
2000 1st ICF International TT Champs 45-49 Clare Greenwood
2001 1st UCI International TT Champs 45-49 Clare Greenwood
2003 1st UCI World TT Champs 45-49 Sue Shook
2005 1st UCI World TT Champs 50+ Clare Greenwood
2006 1st UCI World TT Champs 60+ Roger Iddles
2009 1st UCI World TT Champs 65 – 69 Roger Iddles

MTB & Cyclo-Cross

1996 1st International MTB Champs 50-54 Barrie Mitchell
1996 1st International MTB Champs 55-59 Mick Ives
2000 1st UCI World Cyclo-X Champs 60-64 Mick Ives
2001 1st UCI World Cyclo-X Champs 60-64 Mick Ives
2004 1st UCI World Cyclo-X Champs 65+ Mick Ives
2005 1st UCI World Cyclo-X Champs 65+ Mick Ives
2006 1st UCI World Cyclo-X Champs 60+ Vic Barnett
2006 1st UCI World Cyclo-X Champs 65+ Mick Ives
2014 1st UCI World Cyclo-X Champs 60-64 Dave McMullen
2015 UCI World Cyclo-X Champs 50-54 Phil Roach
2015 UCI World Cyclo-X Champs 60-64 Dave McMullen
2015 UCI World Cyclo-X Champs 70-74 Vic Barnett
2015 UCI World Cyclo-X Champs 75-79 Mick Ives
2016 UCI World Cycle-Cross Champs Women 50-54 Tracey Fletcher
2016 UCI World Cycle-Cross Champs 65-69 Dave McMullen
2016 UCI World Cycle-Cross Champs 70-74 Vic Barnett
2016 UCI World Cycle-Cross Champs 75+ John Ginley
2017 UCI World Cycle-Cross Champs 60-64 Robin Delev
2017 UCI World Cycle-Cross Champs 65-69 Dave McMullen
2017 UCI World Cycle-Cross Champs 75+ John Ginley



LVRC Domestic Calendar 2019

NATIONAL CHAMPIONSHIP EVENTS 2019

OMNIUM	R6	Sun–Mon 10–11 Feb	Newport
TIME TRIAL	R7	Sun 28 Apr	Napton
ROAD RACE C & D	R6	Sun 19 May	Great Witley
CRITERIUM DEFGH + Women	R8	Sat 3 Aug	Bath
CRITERIUM ABC	R4	Sat 17 Aug	Darley Moor
ROAD RACE EFGH	R4	Sun 25 August	Holmes Chapel
ROAD RACE A & B	R6	Sat 31 Aug	Swynnerton
TRACK	R6	Fri-Sun 20-22 Sept	Newport
MADISON	R5	Late Sept	Derby

RULES FOR TIME TRIAL NATIONAL CHAMPIONSHIP

The event shall be between 15 and 30 miles distance.

It must be held on single carriage way roads .

The course can be Out and Back or on a Circuit

Time Trial Cycles and Aero equipment Clothing/Helmets can be used.

For other Time Trials, only Std Road Bikes can be used

Championship Jerseys and Medals , awarded to first 3 in each Age Group. If less than 3 in each age group, no Jersey awarded- just Medals.

Age groups A–B–C–D–E–F–G–H and I.

There is a separate Championship for Women.

Awards made directly after the event.

RULES FOR CYCLO-CROSS NATIONAL CHAMPIONSHIP

The course should be a minimum of 1-mile round and duration of the event a minimum of 40 mins (winners time). All riders finish in same lap as winner.

Riders start in the normal Age Groups –with at least 20 secs between each group and younger riders starting first.

Champs Jersey and Medals to each age group A–B–C–D–E–F–G–H–I

If less than 3 riders in age group –No Jersey only Medals.

Separate Womens Race which starts with last group.

Pits and or bike change rules to be set by organiser.

Transponder Timing is strongly recommended

Lap boards to be shown for final 4 laps.

Changing Room, Toilets and Water supply to be provided.

Awards presented directly after the event.

PERCY STALLARD ONIMPEX UK, BIORACER, POINTS SERIES 2019

Round	DATE	RACE	County	Region
1	17.3.19	The Fleche Waltone	Leicestershire	5
2	14.4.19	The Chilterns Classic	Buckinghamshire	7
3	12.5.19	Vic Sutton Memorial RR	Yorkshire	2
4	26.5.19	Enville Road Race	Staffordshire	4
5	23.6.19	Stratford Road Club RR	Warwickshire	7
6	14.7.19	Tour Of the Wolds	Lincolnshire	5
7	21.7.19	The Elmsall RC Road Race	Yorkshire	2
8	15.9.19	St Ives/Plastrubition RR	Cambridgeshire	7

Points will be awarded for each age category, 6 for 1st place down to 1 for 6th place. Points to be counted from best 6 event results from 8 rounds. A rider will have to compete in a minimum of 5 events to qualify for an overall prize. In the event of a tie on points the next best place or places to count. If a rider changes his age group during the season because of a birthday he may compete in the new older age category, but will not retain any points he has gained from his earlier age group. Alternatively he may choose to remain in the earlier age group for the remainder of the series and keep any points gained. For 2018 there will be overall classifications for Category A,B,C,D,E,F, & G+ (70 years of age and over). Contact Series Co-Ordinator Mike Jackson for points details etc. Tel: 07939 296888, Email: mike37jackson@gmail.com

LVRC Domestic Calendar 2019 (cont'd)

LE COL ARCADIAN POINTS SERIES 2019

2nd March	R9	San Fairy Ann Spring Crits, Gravesend Cyclopark
14th April	R10	GS Vecchi, Preston Candover, Hants
28th April	R9	Finchley RT Paul Simon Homes, Blackmore, Essex
12th May	R10	Farnborough & Camberley, Dunsfold Airfield, Surrey
19th May	R9	Hunt Wheels "The Chase is On", Chailey, East Sussex
2nd June	R9	Kingsnorth International, Foulmead Circuit, Kent
9th June	R9	Hoggenberg Classic/Eddie Cook Memorial, Hog Hill
16th June	R7	Verulam Really Moving, Hog Hill
23rd June	R10	VC St Raphael/Python RT, Milburys, Hants
30th June	R9	In Gear, Chailey, East Sussex
7th July	R9	Eagle RC, Lea Valley Olympic Park
14th July	R9	San Fairy Ann, Summer RR, Ladies Mile, East Sussex
28th July	R9	Southend Whs Over the Hill, Hog Hill
8th Sept	R9	Dulwich Paragon finale, Bletchingley, Surrey

Points for each Age Group will be awarded at each event as follows:- 1st 15pts, 2nd 13pts, 3rd 11pts, 4th 9pts, 5th 8pts, 6th 7pts, 7th 6pts, 8th 5pts, 9th 4pts, 10th 3pts. A rider's 8 best results count towards their overall points. A rider will have to compete in a minimum of 5 events to qualify for an overall award - two of which must be a Road (non-circuit) event. Standard LVRC Age Change rules will be adopted, whereby a rider can change to a new Age Group upon reaching a relevant birthday. Any points already accumulated will be transferred with the rider to the new Age Group. Alternatively, a rider can opt to remain in their current Age Group until the end of the season if they choose to do so. Series Co-ordinator Tom McCall at tomcat9@blueyonder.co.uk

OVER 65 YEARS POINTS SERIES 2019

Sun 10th March	Harold Nelson Memorial Race	Event 1	Darley Moor
Sun 31st March	Worcester St Johns (Pinvin)	Event 2	Pershore
Sat 20th April	Halifax Imps (Circuit Race)	Event 3	Leeds
Awaiting date	Worcester St John's Crit.	Event 4	Stourbridge

Further dates will be added to the calendar. Check the LVRC website and Rider HQ for updates.

Many thanks to organisers for nominating the above events and hoping everyone will support the series. The aim of the series is to encourage O65's to continue racing by providing their own peer group. Points will be awarded for each age category (F, G, H & I), 6 for 1st place in category down to 1 for 6th place. Points to be counted from best 6 events (based on 8 + events). A rider will have to compete in a minimum of 4 events to qualify for an overall prize. In the situation of a tie for the overall series prizes will be shared. Riders who change age categories during the series can stay in the same age category, or change category on their birthday and take existing acquired points with them to the new category. Riders must email Barry Jones at cjandbgj@aol.com to advise on any changes to age groups and/or result/points queries. Likewise event organisers must email results for the first 6 in each category and/or number of finishes in category if less than 6 applies to Barry Jones so he calculate and tabulate the series points. Any queries on above please contact johnginley@icloud.com

25th MAY - WOMEN'S ROAD RACE

CALLING ALL WOMEN ROAD RIDERS - THIS IS YOUR CHANCE! Please support this event.

As a new venture, the Sevale Road Race in Worcestershire on Saturday 25th May will include a separate women's race for all ages of women LVRC members.

There has been much debate recently about women's racing in the LVRC and this is an opportunity to see whether a separate women's road race is viable.

There will also be ABC and DEFGH races for men, all held over 3 laps (49 miles) of the well-established Welland circuit, which is mainly flat. The event will be supported by Midland Bike Marshals.

Entries open on RiderHQ on 30th March. Enquiries to Mike Amery mikeamery58@gmail.com

LVRC National Champions 2018

Ominpex Bioracer Percy
Stallard Series Overall

Cat A 40-44	1st	Chris Quin	Cat E 60-64	1st	Steve Wilkinson
	2nd	Rob Watkinson		2nd	Mark Robinson
	3rd	Paul Allen		3rd	Alan Old
Cat B 45-49	1st	Wayne McKeown	Cat F 65-69	1st	Phil Axe
	2nd	Rob Fowler		2nd	Ralph Keeler
	3rd	Ash Miles		3rd	Rob Matheson
Cat C 50-54	1st	Richard Moore	Cat G 70-74	1st	Bill Cotton
	2nd	Steve Gibson		2nd	David Melrose
	3rd	Roy Chamberlain		3rd	Andrew Hicks
Cat D 55-59	1st	James Stewart			
	2nd	Jon Stephenson			
	3rd	Rob Blackburn			



LVRC National Track Champions 2018

Overall Champions

A	Justin McKie
B	Jason Kierman
C	Dave Ellis
D	Mike Twelves
E	John Manning
F	Dave Hughes
G	Geoff Cooke
H	Roly Crayford
I	Laurie Rissbrook
Women 40+	Mel Dobbins
Women 50+	Janet Birkmyre



Madison Champions

Mike Twelves & Richard Oakes

LVRC National Cyclo Cross Championship

Due to bad weather conditions the 2017 Cyclo Cross Championship was cancelled. At the time of going to press the 2018 Championships had not yet taken place.



LVRC National Champions 2018

	Pos.	Road Race	Criterium	Time Trial
Cat A 40-44	1st	Simon Laws	Antony Ryder	David Keirnan
	2nd	Enrico Cacciatori	Enrico Cacciatori	Mark Corbett
	3rd	Rob Watkinson	Christopher Hill	Tony Greenhalgh
Cat B 45-49	1st	Steve Calland	Jared Millar	Arlen Vartatarian
	2nd	Andy Turner	Wayne Mckeown	Geir Robinson
	3rd	Stephen Feeny	Simon Cannings	Richard Oakes
Cat C 50-54	1st	Steve Gibson	Campbell Noon	Mike Twelves
	2nd	Gavin Francis	Gavin Francis	Steve Gibson
	3rd	Andrew Lowe	Andrew Lowe	Izzy Zimmerman
Cat D 55-59	1st	Rob Pears	Rob Pears	Chris Beales
	2nd	Craig Wilson	Craig Wilson	Jonathan Griffin
	3rd	James Stewart	Paul Caton	Mark Avril
Cat E 60-64	1st	Steve Wilkinson	Mark Robinson	Jim Moffatt
	2nd	Chris David	Chris Davis	David Pollard
	3rd	Steve Jolley	Andrew Donaldson	Dave Robinson
Cat F 65-69	1st	Phil Axe	Alan Forrester	Dave Hughes
	2nd	David Capes	Ralph Keeler	Steven Buckley
	3rd	Ralph Keeler	Jeff Hathaway	Malcolm Moore
Cat G 70-74	1st	Gerry Kinnley	Geoff Wiles	Roger Porter
	2nd	Geoff Wiles	David Rutherford	Barrie Mitchell
	3rd	Dave Back	Roger McGlynn	
Cat H 75-79	1st	John Ginley	John Ginley	Murray Kirton
	2nd	Brian Sunter	Murray Kirton	
	3rd	Ron Bennett	Roly Crayford	
Cat I 80-84	1st		Charles Wild	
	2nd			
	3rd			
Women	1st			Stephanie Wheatley
	2nd			Sally Maitland
	3rd			Clare E Belle Simon

Handicap Road Race

1st	James Stewart (D)
2nd	Andy Eagers (D)
3rd	Paul Doody (A)

LVRC Over 65s Series 2018

F Category

1st	Ralph Keeler
2nd	David Capes
3rd	Joe Rowe

G Category

1st	Mike Allen
2nd	Peter Jones
3rd	Bill Cotton

H Category

1st	John Ginley
2nd	Murray Kirton



LVRC Regions and Postcodes

Region 1/2	NW England & Scotland: BB, BL, CA, FY, LA, PR, WN Scotland: AB, DD, DG, EH, FK, G, HS, IV, KA, KW, KY, ML, PH, TD, ZE NE England & Yorkshire: BD, DH, DL, HD, HG, HU, HX, LS, NE, SR, TS, WF, YO
Region 3	N. Wales & Merseyside: CH, IM, L, LL, WA
Region 4	Greater Manchester & N. Staffs: CW, M, OL, SK, ST
Region 5	E & N Midlands: DE, DN, LE, LN, NG, S
Region 6	Mid-Wales & W. Midlands: B, DY, SY, TF, WR, WS, WV
Region 7	SE Mids & E Anglia: AL, CB, CV, HP, IP, LU, MK, NN, NR, OX, PE, SG, WD
Region 8	S Wales & W England: BS, CF, GL, HR, LD, NP, SA
Region 9	London & SE England: BN, BR, CM, CO, CR, CT, DA, E, EC, EN, HA, IG, KT, ME, N, NW, RH, RM, SE, SM, SS, SW, TN, TW, UB, W, WC
Region 10	SW England: BA, BH, DT, EX, GU, GY, JE, PL, PO, RG, SL, SN, SO, SP, TA, TR, TQ

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