

11. Where category G riders are in the same race as category E&F riders, if at all possible, they should receive fourteen seconds per mile start on category E riders i.e. 7 mins. for a 30 mile race. Where E&F categories are combined with D category they should whenever possible be given a start.

12. Races for categories A, B, C and D should have at least twenty starters in each group. If this number is not attainable, the event organiser should combine groups in order to reach this figure.

13. Except for criteriums, the aim of LVRC promotions is to provide A,B,C and D category riders with a race of two hours duration and categories E,F and G with a race of one hour thirty minutes duration.

PRIZE PRESENTATIONS

14. All prizewinners not attending the prize presentation give up any claim to a prize won, except on the condition that the organiser has been notified beforehand.

FIRST AID AT EVENTS

15. All events must be provided with a qualified first aider and a suitable method of communication with him/her

LVRC Successes in World Championships

1986	1st UCI World Road Champs	50 – 59	Dave Orford
1989	1st UCI World Road Champs	60 – 64	Harry Hall
1989	1st ICF World Road Champs	60 – 64	Harry Hall
1989	1st UCI World Road Champs	65 – 69	Bob Maitland
1990	1st ICF 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
1999	1st UCI World Road Champs	50 – 54	Ian Hallam
1999	1st ICF World Road Champs	50 – 59	Ian Hallam
2000	1st ICF World Road Champs	60+	George Bennett
2000	1st UCI World Road Champ!s	50 – 54	Ian Hallam
2001	1st UCI World Road Champs	50 – 54	Ian Hallam
2002	1st ICF World Road Champs	60+	Tony Woodcock
2004	1st UCI Masters Road Champs	60 – 64	Tony Woodcock
2005	1st UCI World Road Champs	50+	Claire Greenwood
2006	1st UCI World Road Champs	60+	Roger Iddles

Time-trial

1990	1st ICF International TT Champs	50+	Dave Orford
1995	1st UCI World TT Champs	65 – 69	Dave Orford
1996	1st UCI World TT Champs	65 – 69	Dave Orford
2001	1st UCI World 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

MTB & Cyclo-Cross

1996	1st ICF World MTB Champs	50-54	Barrie Mitchell
1996	1st ICF World 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



Top: Bob Maitland; above Dave Orford (with Peter Ryalls); below, Mick Ives



Please enclose a stamped addressed envelope with every entry

SUNDAY 9th SEPTEMBER – REGION 4

STAFFORDSHIRE OATCAKE RR 10.00am. Swynnerton. Undulating, AB 55m, CD 55m, EFGH 44m. Dave Farmer, 33 Howard Place, Westlands, Newcastle-under-Lyme, Staffordshire. Tel: **01782 635585**

WEDNESDAY 12th SEPTEMBER – REGION 9

TEAM QUEST HILLINGDON CRITS 6.45pm, Hillingdon Cycle Race Circuit, Hayes, Flat. All cats 1hr + 5 laps. Entry on line only. Bill Butterworth, 40 Harlech Gardens, Heston, Middlesex TW5 9PR. tel: **0208 7595165**

SUNDAY 16th SEPTEMBER – REGION 6

E.F.G & H NATIONAL ROAD RACE CHAMPIONSHIPS 10.00am. Nr Pershore. Undulating, EFGH 50m. **Supporting events** AB 50m, CD 50m. Graham Brown, 1 Cherry Hill Drive, Barnt Green, Birmingham B45 8JY Tel: 0121-445-3193

SUNDAY 16th SEPTEMBER – REGION 10

BEAULIEU RR 10.00am. Lyndhurst. Flat. AB 48m, CD 40m, EFGH 32m. Tim O'Donnell. 1 Argyle Road, Parkstone, Poole, Dorset BH12 2DR tel: **01202 388505**

SUNDAY 23rd SEPTEMBER – REGION 7

PLASTRIBUTION/ST IVES CC RR 10.00am, Huntingdon, Flat, AB 47m, CD 47m, EFGH 37m. Andy Wylde, 22 Mint Lane, Great Paxton, St Neots, Cambridgeshire PE19 6RT. Tel: **01480 213075** mobile: **07802 388042**

SUNDAY 30th SEPTEMBER – REGION 2

EAST COAST RR 10.30am. Hunmanby. Undulating, AB 45m, CD 37m, EDFGH 37m Jim Morrison, 18 Grange Avenue, Scarborough, North Yorks YO12 4AA tel: **01723 354827**

SUNDAY 30th SEPTEMBER – REGION 10 – SE ENGLAND GREEN JERSEY SERIES EVENT 9

READING RR 10.00am. Henley on Thames. Undulating. AB 56m, CD 49m, EFGH 42m, Fred Hale. 30 Newfield Road, Sonning Common, Reading RG4 9TB tel: **0118-972-1829**

SUNDAY 7th OCTOBER – REGION 7

EAS NATIONAL TIME TRIAL CHAMPIONSHIP 11.00am. Warmington nr Banbury, Undulating. ABCDEFGH 24m. Dave Penn, 30 Despard's Road, Coventry CV5 7DF tel: **02476 461709** Time Trial bikes, Tri bars & Aero Helmets allowed

SATURDAY 24th NOVEMBER – REGION 7

CIRCUIT OF THE WINDMILL 10.30am. Napton, Warwickshire, ABCDEFGH 40m. Barrie Mitchell, Holly Cottage, 15 High Street, Marton nr. Rugby CV23 9RR tel: **01926 632948**

SATURDAY 24th November – REGION 7

ANNUAL GENERAL MEETING 2.30pm, Napton, Warwickshire. Peter Wilson, 52 Knoll Drive, Southgate, London N14 5NE. Tel: **0208 3680698**

SATURDAY 24th November – REGION 7

ANNUAL DINNER & PRIZE PRESENTATION 7.30pm, Dunchurch Park Hotel, Dunchurch, Warwickshire. Mick Ives, 78 Mill Hill, Baginton nr. Coventry. CV23 9RR tel: **02476 304009**

LVRC CD or DVD

The LVRC CD contains 25 back numbers of the *Veteran Leaguer*, 50 back numbers of *Cycle Coaching*, 100 pages of training and nutrition, over 1000 photos & videos, a total of 650 Mb of material. The DVD contains twice as many photos, and other odds and ends, totalling 1.8 Gb. The photographs can be shown on most modern television sets and printed using a computer and printer. Magazines and articles are in .pdf (Acrobat) format and you will probably need a computer to look at them and/or print them. **Half the proceeds go to the LVRC, half to the David Rayner fund.**

CD £7, DVD £8, from the Editor, cheques payable to LVRC.