

Standard

Times

Midlands

VTTA

June 2025



Front Cover

The VTTA were successful in defending the Welland Trophy with the fastest riders on AAT being left to right; Martin Lines Team Echelon, Ed Moss Beacon Roads CC, Mike Lythgoe Legato RT, Simon Dighton Beacon Roads CC, Deb Hutson-Lumb Legato RT, and Mark Hamer Legato RT with Steve Wood presenting the trophy. Superb result in some challenging windy conditions 🏆



Above

Michael Lythgoe with 2 gold medals – both individual and team. In the individual Michael beat Richard Oakes by a mere 3 seconds - a huge and very gracious scalp who acknowledged what a storming ride Michael had completed. Overall Team Legato (Steve Lorraine, Simon Horsley, Michael Lythgoe and Deb Hutson-Lumb) won gold by 8 seconds.

Contents

Seems a very serious issue with lots of race news, interesting article from Alastair on aerodynamic analysis via Body Rocket & Debbie Sheridan talks about her road to recovery after a nasty injury.

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A View from a Very Windy Chair – Alastair Semple

I recently attended a training course on tools being developed to measure forest gales and assess storm damage risks. The presenting scientists explained that while the Met Office doesn't expect wind speeds to increase, they do anticipate more frequent catastrophic storm events. At this point, I had to raise my hand in protest.

As cyclists, we know all too well that the wind has been relentless throughout 2025, spending weeks blowing from the northeast—bringing not just constant headwinds but bitter cold as well. Add the daily forecast gusts, and training has been particularly challenging. I recall a quote from a disgraced pro cyclist: "The wind is your training partner and will make you strong." Perhaps that's true, but I'd much prefer a calm day or just a gentle breeze. Now that the weather has finally warmed up, hopefully we'll see more favourable conditions.

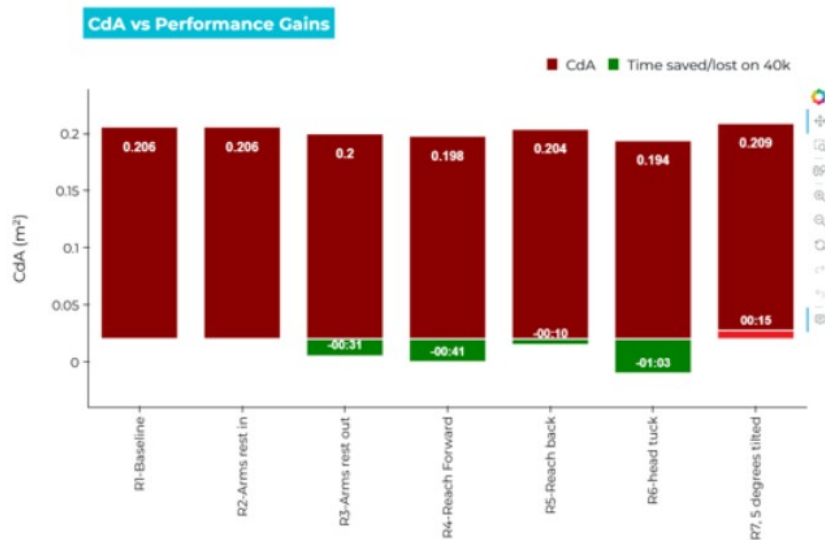
On a different note, I've been assured that by the time you read this, the link between the CTT and VTTA websites will be restored, allowing us all to track our competition progress. When checking the competitions page (short distance, 3-distance Bar, etc.), remember to use the filters on the left side of the screen.

Who Said You Cannot Buy Speed?

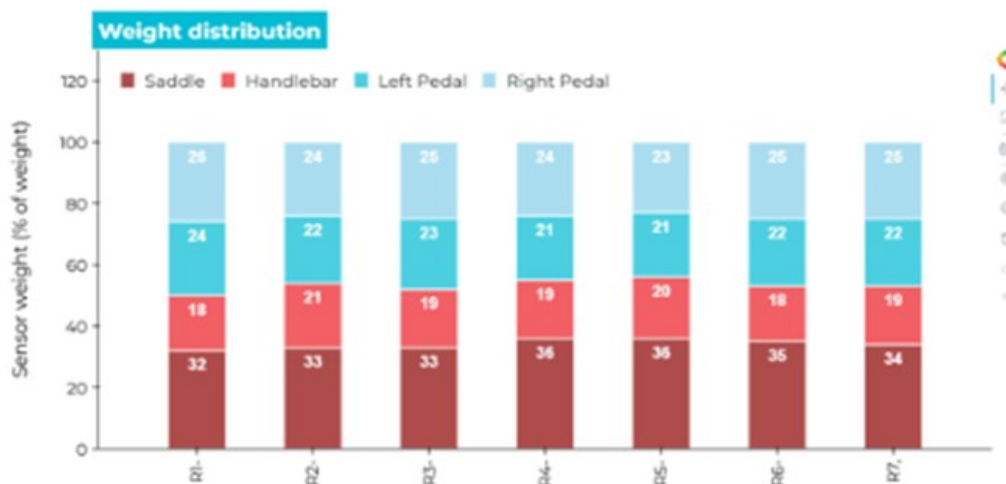
Well, they were wrong. I've been fortunate enough, through Steve Lorraine Coaching, to get involved with a new company called **Body Rocket** (<https://www.bodyrocket.cc/>), which uses cutting edge engineering to measure a rider's CdA while riding on the road.

Their equipment goes far beyond providing a standard CdA report (aerodynamic efficiency). It also measures your movement in the saddle, weight distribution on the handlebars, and the force you apply to both left and right tri-bars—whether pushing or pulling. Additionally, it captures the classic metrics of left and right pedal balance and identifies the optimal power application point in your 360-degree pedalling cycle.

What makes this particularly valuable is that these readings often shift as fatigue sets in during longer events. Being able to test across varying scenarios provides invaluable insights for performance optimisation.



Above picture showing how my CdA changed and below weight distribution in each position tested.



I've tested with numerous companies over the years, but I've never received such detailed analysis of my weight distribution on the bike. You might be fortunate enough to have perfect biomechanics, but I'm not. After a hip and shoulder operation, understanding my weight distribution on my arms and maintaining an open hip angle are crucial if I want to continue racing without further injury—and at what I consider a competitive speed.

For anyone seeking marginal gains, or like me, trying to find the optimal position for a slightly damaged, less-than-supple body that allows for competitive racing with reduced injury risk to aging joints, testing with Body Rocket could be the solution. While it's expensive equipment, we're fortunate to have Steve Lorraine Coaching locally, who can offer this testing service. As the BBC would say, "other testing equipment and coaches are also available." 🤖

So until we next meet up in a HQ, Stay fit, stay fast, stay on your bike!

Alastair Semple

George Orwell wrote an essay 'The Moon under Water' where he described his perfect pub (see below). What would make your perfect time trial (obviously a tailwind on the way back and an opening push off that got you to the first roundabout)? All thoughts and suggestions welcome for publication next time. In the meantime, here is the perfect pub (and suggestions welcome here too).

1. The architecture and fittings must be uncompromisingly Victorian.
2. Games, such as darts, are only played in the public bar "so that in the other bars you can walk about without the worry of flying darts".
3. The pub is quiet enough to talk, with the house possessing neither a radio nor a piano.
4. The barmaids know the customers by name and take an interest in everyone.
5. It sells tobacco and cigarettes, aspirins and stamps, and "is obliging about letting you use the telephone".
6. "[...] there is a snack counter where you can get liver-sausage sandwiches, mussels (a speciality of the house), cheese, pickles and [...] large biscuits with caraway seeds [...]."
7. "Upstairs, six days a week, you can get a good, solid lunch—for example, a cut off the joint, two vegetables and boiled jam roll—for about three shillings." (about £8 today)
8. "[...] a creamy sort of draught stout [...], and it goes better in a pewter pot."
9. "They are particular about their drinking vessels at "The Moon Under Water" and never, for example, make the mistake of serving a pint of beer in a handleless glass. Apart from glass and pewter mugs, they have some of those pleasant strawberry-pink china ones. [...] but in my opinion beer tastes better out of china."
10. "[...] You go through a narrow passage leading out of the saloon, and find yourself in a fairly large garden [...] Many as are the virtues of the Moon Under Water I think that the garden is its best feature, because it allows whole families to go there instead of Mum (Ed - it was written a long time ago) having to stay at home and mind the baby while Dad goes out alone."

Midlands 2025 VTTA Championship Events

Here is an update on the current trophy winners this season and a list of the outstanding events as a reminder for you to enter these Midlands open TT's.

Trophy Winners

Birks Cup 15 miles – K47/15 was won this year by **Michael Lythgoe** (Legato RT) who did a sensational ride finishing with an AAT of 30:12.

Wells Cup Men 50 miles – hosted on the R50/1B in May and was won by **Andrew Simpkins** (Team Echelon) with an AAT of 1:48:09.

Victory Cup Women 50 miles and Stoke Cup Fastest 50 miles – again hosted on the R50/1B in May where both were won by one of our new members, the very talented **Naomi de Pennington (DRAG2ZERO)** with an AAT of 1:36:36 and scratch time of 1:51:12 which for those of you who know the Welsh 50 is a very impressive time indeed.

Season Long Competitions

The current standings (28/6/25) in the 4 season long competitions are:

- Cyclo Shield BOS Men/Women any open 25, 50, 100 miles – **Emma Bexson** (Stratford CC)
- Godiva Cup BOS Men any two open 10 miles plus any two open 25 miles **Alastair Semple** (Legato RT)
- Bayliss Cup BOS Women any two open 10 miles plus any two open 25 miles **Susan Semple** (Legato RT)
- Les Lowe Trophy Furthest cumulative distance ridden on open "K" course events - to be announced

Outstanding Trophy and Age Awards

Our next event took place on the K46/10 on July 13th, hosted by Wyre Forest Cycle Racing Club. Riders competed for the **Massie Plate** (fastest on AAT over 65), **Jones Cup** (fastest on AAT 50-64), and **Nomads Cup** (fastest on AAT under 50).

September brings an exciting back-to-back weekend of racing. On Saturday, September 6th, the Midlands VTTA will host its district championship, awarding the Bart Cup to the fastest woman based on AAT and the Williams Rose Bowl for the fastest in the open events based on AAT. The following day, Sunday, September 7th, Legato RT will host the first 25-mile event in the district for several years on the K15/25. The fastest woman on AAT will claim the coveted Bicknell Cup, while the fastest rider overall (based on AAT) in the open category will win the Billy Steer Cup.

With such fabulous results already achieved this season, I'm confident there are plenty more impressive performances to come in our remaining events and season long competitions.

Midlands Point Series – Update 20th June

We now have 38 members racing in K course open events this year, with all their results contributing to the Point Series. This month brings a new leader, with **Denise Burrows** (AeroCoach) taking the top spot.

Remember, the series counts your best 6 events plus one bonus point for every open event ridden in the Midlands district. With 12 Midland open events remaining this year, there's still plenty of opportunity to climb the standings. Don't miss out on entering these events—there's £500 in prizes awaiting the best-placed riders, providing excellent recognition for your 2025 racing season.

Good luck! 😊

Full name & club	Barbry	Welland Tr	Dian Cook	Royal Sutton	AeroCoach	Droitwich C	Beac
Denise Burrows AeroCoach	0	40	56	0	58	58	
Joe Murray Team M.I. Racing Townsend Ve	0	0	59	60	0	60	
Ed Moss Beacon Roads CC	0	58	0	57	60	0	
Michael Lythgoe Legato Racing Team (LRT)	0	60	60	0	0	0	
Martin Lines Team Echelon	0	56	0	0	0	0	
Hon Max Chan Royal Sutton CC	0	0	0	55	0	0	
Alastair Semple Legato Racing Team (LRT)	0	53	57	0	0	0	
Susan Semple Legato Racing Team (LRT)	0	51	58	0	0	0	
Simon Dighton Beacon Roads CC	0	50	0	0	0	0	
Simon Law Team M.I. Racing Townsend Ve	0	0	0	59	0	59	
Kris Poole Cheltenham & County Cycling Clu	0	0	0	0	59	0	
Scott Palmer Aerologic RT	0	52	0	0	0	0	
Jo Wilkie Cheltenham & County Cycling Clu	0	0	0	0	56	0	
Mark Wise Team M.I. Racing Townsend Ve	0	50	0	58	0	0	
Leon O'Regan ABR Cycle Team	0	0	52	56	0	0	
Emma Bexson Stratford Cycling Club	60	47	0	0	0	0	
Garry Shuker Walsall Roads Cycling Club	0	0	0	53	0	0	
Rev Satterthwaite Birmingham Midland Cyl	0	0	50	54	0	0	
Bob Awcock Born to Bike - Bridgtown Cycles	0	46	55	0	0	0	
Philip Wooldridge VTTA (Midlands)	0	44	0	0	0	56	
Jason Garratt ABR Cycle Team	0	43	0	0	57	0	
Stephen Cooke Walsall Roads Cycling Club	0	0	46	52	0	0	
Mark Hamer Legato Racing Team (LRT)	0	57	0	0	0	0	
Tom Kenderline Droitwich Cycling Club	0	0	0	0	0	57	
David Lynes Droitwich Cycling Club	0	0	0	0	0	0	
Dexter Horton Team Red Bull	0	55	0	0	0	0	

Table as of

20/6/25

Points Competition Rules

- Open to all active (paid-up) Midlands VTTA members.
- Rides in all category A events on K courses eligible.
- Solo bikes and trikes only (no tandem rides).
- Best six rides score – but only four rides needed to qualify for awards.
- Competitor's age on the day of the event ridden to be used to calculate individual Age Adjusted Times (AAT).
- Points score based on standards achieved by each competitor (who is a VTTA Midlands member on the day of the event) in each event ridden, and then by ranking those riders 1st to last on AAT.
- Points allocated to be 60 for 1st, 59 for 2nd, 58 for 3rd place and so on.
- In 2-up or 4-up events, the riders in each team will be allocated the same points based on their team's finishing position in the event against other teams with Midlands VTTA members.
- To minimize the risk of a tie in the final table each rider will receive one additional point for every K course event ridden.

I hope you all have a great summer out racing and build upon what you have done already this season.

Stay Fit, Stay fast, Stay out there on your bike 😊

Alastair

Stop Press

At the time of going to press the race for the Massie Plate, Jones Cup and Nomads Cup has just been completed. Run by Wyre Forest on the K46/10 in the shadow (luckily) of the Malverns the 10-mile open time trial was a fantastic success.

It was brilliant to see everyone out on the course, and with the sun even making a welcome appearance on what was a very hot day, we couldn't have asked for better conditions.

Massie Plate	Gary Smith	AAT 22.46	Act 25.48
Jones Cup	Simon Dighton	AAT 19.23	Act 21.24
Nomads Cup	Simon Davis	AAT 28.35	Act 29.02

Stop Press – good to see that Deb Sheridan is back on Strava both cycling and swimming

Midland Races 2025

Date	Title	Miles	Course
12-Jul	AeroCoach Midland Championships	15	K47/15
13-Jul	Wyre Forest*	10	K46/10
27-Jul	Rugby CC	10	K11/10T
03-Aug	Shropshire 4 up	31	K52
10-Aug	Eileen Sheridan	10	K11/10T
31-Aug	Leamington C&AC	10	K11/10T
06-Sep	VTTA (Midlands) 10*	10	K41/10
06-Sep	Tricycle Association	10	K41/10
07-Sep	Legato Racing team*	25	K15/25
07-Sep	Tricycle Association	25	K41/25
28-Sep	Shire Hill Climb	1	KH32/1.4

* Midlands' Championship event

Trophy Winners 2025 to date

Birks Cup	15 miles	Michael Lythgoe
Wells Cup	Men 50 miles	Andrew Simpkins
Victory Cup	Women 50 miles	Naomi de Pennington
Stoke Cup	Fastest 50 miles	Naomi de Pennington

National podiums to date

VTTA 10	Michael Lythgoe Team Legato (Michael Lythgoe, Debbie Hutson-Lamb, Simon Horsley and Steve Lorraine (due to same time for Steve and Simon)	Gold Gold
VTTA 15	Team Legato (Michael Lythgoe, Debbie Hutson-Lamb, Simon Horsley)	Gold
VTTA 25	Simon Dighton Team Legato (Debbie Hutson-Lamb, Steve Lorraine, Simon Horsley)	Bronze Gold
VTTA 30	Team Legato (Mark Hamer, Steve Lorraine, Simon Horsley)	Gold
VTTA 50	Team Legato (Mark Hamer, Steve Lorraine, Simon Horsley)	Gold
VTTA 100	Naomi de Pennington	Gold
RTTC 12hour	Naomi de Pennington 276.72 miles (!!)	Gold

Editorial

Simon Dighton

It always feels strange after months of training and next moment it is halfway through the season and thinking of summer holidays whilst trying to squeeze in a few more events – especially in the Midlands and the Points series. It felt like it took a bit of time to get acquainted with the CTT website but that it is now gradually falling into place. The integration between the CTT and the VTTA is, I understand, now reconnected which should also make it easier to find results. The delay did mean however that the integration of standard reporting between the CTT and VTTA is much easier and we should also get back to automatic record reporting for national and non K course Midland records. Hopefully all this provides a bit of extra incentive to enter events as it feels like race numbers are low. VTTA membership is just about holding in the Midlands, but it would be great to see it increasing – which is good for everyone and hopefully we will see a bit more reporting of the VTTA results within the CTT commentaries. Any ideas as to how we can encourage new members is greatly appreciated. I do worry that pure time trialling is becoming a bit niche and without all our efforts we will end up with fewer races.

On the international scene I can only laugh (as it beats crying) as the UCI have decided that handlebar widths must be a minimum of 40cm on the outside (with other measurements on the inside to prevent pointing in too much). Whilst good to see that the UCI is thinking of rider safety there must be better ways of implementing without discriminating against smaller riders and in particular women (where 40cm wide would be uncomfortable I suspect for a lot of female riders).

I have particularly enjoyed the racing this year – it seems as though most people are staying for prizegiving so a fair bit of chat afterwards. A couple of races outside the Midlands have excelled themselves in the variety of prizes offered with the VTTA 10 South championship also categorising riders into 5 year age bands and awarding both TT and road bikes – this really recognised a good proportion of the riders taking part, and coupled with being on a closed road (motor racing circuit) no doubt contributed to the 140 entries. Elsewhere in Devon it was nice to see a return to almost 'spot prizes' – the organiser had split the competitors into 3 bands for likely finishing times and the first rider in each band got a prize.

On the subject of training, I hear the latest thing instead of sweetspot is holistic training – this is where you look after the whole body rather than just the engine by a mandatory coffee stop and pausing for photos whenever there is opportunity. Perhaps not every ride but does sound more fun than the strangely worded sweetspot.

Time Trial, Disappointment and the A Team.

How TT prepares you for life's difficulties
Deb Sheridan ...a3crg.
With a little help from my friends.

A freak accident in February blew me off my bike and fractured my hip. I had surgery the next day and I am now on the long road to recovery. Coupled with the pain came the real disappointment that my season was delayed or over before it started but time trialling is a sport that prepares you for disappointment from the very beginning.

The fracture I sustained is called a NOFF by the medical team, short for Neck of Femur Fracture. It's a common injury sustained by the elderly and I have had to face the sadly strange thought that this now includes me. The treatment is called a Dynamic Hip Screw. It is common amongst another group I belong to, ie us cyclists. A quick Google finds a mass of scientific studies for example,

'Hip fracture in cyclist - a six year cohort study at a single large volume trauma centre. Senthooan Kanthasamy et al Injury. 2021 July.'

The trauma centre is Addenbrookes Hospital which coincidentally is where I ended up after being knocked off on the E2 in 2020.

Time trialling and disappointment go hand in hand. Most athletes start at a club event which will likely be a 10 mile TT typically ridden on a summer evening and frequently ending in the realisation that you are not as quick as you thought you were. To some extent I was spared this disappointment because I came to TT from triathlon so I had a pretty good idea of how quick I could ride 20km so when I just scraped under 28 mins for 10 miles, I was not unduly surprised but still deflated.

The first victim of this disappointment was the bike. I had been riding a road bike with clip on aerobars which is still common in triathlon today. Clearly that wouldn't do. Normann Stadler had won Kona on the Kuota Kalibur (Normann is a German athlete who ran his first marathon aged 11!) My local bike shop was a Kuota dealer and so the Kalibur was ordered and arrived complete with a new level of disappointment. I wasn't actually that much quicker, well not initially, as I realised TT bikes are not easy to ride (Ed – I remember that feeling of riding a TT bike for the first time and weaving down the road, feeling like I had ridden 11 miles in a 10 mile TT).

Other things needed to change and that brings me to training. In the past if you were in a

cycling club then training and coaching most likely came from one of the elder statesmen of the club who would offer advice and regale you with stories of Alf Engers, Beryl Burton, the Emperor (Eddie Adkins) or in my case tales of Stuart Dangerfield. At the time I had no idea who any of these icons were and the training advice seemed to involve just riding hard all the time. More disappointment (Ed - & hard work?).

Then I found a coach, or to be exact Eamonn my husband found him, Joe Beer (www.jbst.com) is a well respected coach and author. I have worked with Joe since I was a triathlete. We talk every week now and the plan is constantly updated. Joe leads me to success and makes sense out of all the noise. Time Trialling is full of noise these days. There are the training apps like Training Peaks, Golden Cheetah and Zwift. Predictive apps like Spindata and My Windsock. Recording apps like Garmin Connect and Strava. Not to mention the whole alphabet soup, FTP, TSS, HRV, HR, IF, CdA, VO2max, Watts per kg, sweetspot, tempo and so on. More importantly Joe is supportive and helps me deal with the inevitable disappointment that comes with racing against the clock and my current and past injuries.

Time trialling and disappointment go hand in hand so why do I do it? Well to quote George Peppards' character 'Hannibal' in the 1980s Tv show the A team

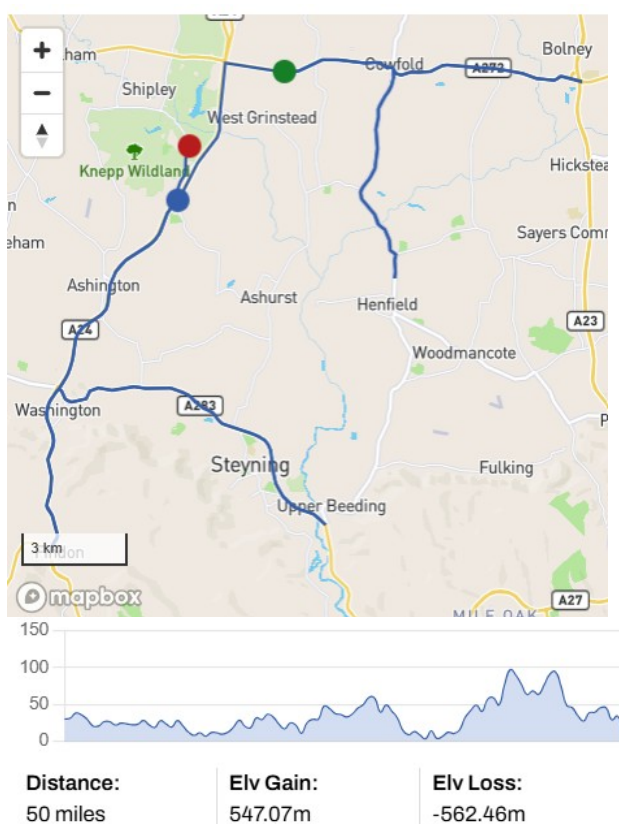
'I love it when a plan comes together.'

The plan came together when I rode a 58 on the R25/7, a 23 on a summer's evening on the P881, a silver medal at UCI Gran Fondo Trento (Ed- Debbie was only a whisker off gold, the difference being a motorbike photographer that in his keenness to get a good shot slightly delayed Debbie by taking the racing line and 3 seconds was the difference) and a bronze at the VTTA 50 last year or any event when I feel the preparation has gone well and I couldn't have given any more regardless of the time. The plan doesn't come together very often but when it does the disappointments fade into the background though I know they will return.

Currently I need to focus on walking without my stick. I will have to make do with helping with the sign on and the numbers at round one of the ...a3crg Goodwood time trial league and enjoying the company of my friends and team mates at ...a3crg the other ...A team! It's nice to give something back and everyone in the team is really supportive. We hand out chocolates to the juniors when they sign back in (Ed – think I might lie about my age!) and it's refreshing to see their excitement. I'm hoping that I may be able to enter one of the later rounds, ride not really race, and if that happens the plan will have come together again.

VTTA 50 Race Report

This year the VTTA 50 was held on the Surrey Sussex border starting in West Grinstead on June 8th. The parcours was interesting and one definitely worth studying beforehand. The first part heading out East was relatively flat along single lane A roads, before a dual carriageway down towards the coast and then what felt like quite a few ascents onto the South Downs (& off again).



Pacing was particularly key, and I think a bit of local knowledge probably came in handy – certainly Steve Lorraine’s tip off to me about the return from Steyning being deceptively hard was a boon. The drive of the course the previous day was deceptive & hid the dragginess of the slope. I saved a bit back for this section courtesy of Steve and was indeed surprised quite how hard this part was. The first of the 55 riders shivered (well I did anyway) at the early start of 6.30am with the

starting temperature at 5 degrees C. Certainly I took a bit of time to warm up (I think I should have put some deep heat on my legs) but couldn't overdress as the finishing temperatures were 20 degrees and sunny. After returning from Steyning one then turned down towards the coast (so close to the sea but I never saw it) with another climb before reversing and doing it in the opposite direction. Around the roundabout one more climb and then salvation with a downhill finish, past HQ, and the end just before a scenic small bridge.

Midland and Legato riders were particularly prominent in the results. Mark Hamer was the quickest on actual time with a 1-53-30, an impressive time on this good to ride but slow course. Yours truly managed to come in under the 2 hours at 1-58-41 giving an AAT of 1-47-25 and 7th overall. Team Legato scooped the team honours with Mark, Steve and Simon Horsley (from NW). Fellow Legato team member Deb Hutson-Lumb won the women's event in an age adjusted time of 1-51-21. Unfortunately, we did not manage to hold onto our gold medals this year as Surrey / Sussex took the honours with some really strong times knocking on the door of the course record.

		AAT	Act time
Simon	Dighton	01:47:25	01:58:41
Steve	Lorraine	01:47:58	02:06:08
Mark	Hamer	01:50:10	01:53:30
Andrew	Simpkins	02:01:24	02:21:56

Age adjusted example

I last did a 100 mile time trial when I was 52 in 4-16-12. If I borrowed some of Peter Horton's / Naomi de Pennington's perseverance and stamina and did another one what time would I need to get a standard? If I look at today's tables, the age allowance for a 52 year old is 9-56 and for a 62 year old is 25-58 – a difference of 16mins and 2 seconds. Therefore if I finished in less than 4-32-14 (my latest actual time for which a standard was claimed + 16mins and 2 seconds) I could make a standard claim, or as it's been more than 3 years since I claimed I could have my standard reset which would go back to a target time of 5:07:12 - & the machine automatically works out which is the best option for me & makes a new standard claim .

Racing and Other News

In racing there have been some amazing Midlands performances so far. Real standouts are Naomi de Pennington going under 4 hours in the VTTA 100 and taking gold (unsurprisingly with that time, and the AAT was 3-28-51!) & also winning the RTTC National 12 hour championships with 276.72 miles. We wish her luck in the forthcoming 24 hour championship.

Michael Lythgoe, who has only recently returned to racing, won the National 10 against world standard competition. Michael beat Richard Oakes and Mike Twelves, (both of whom have a wardrobe of jerseys with rainbow stripes and world records) by 3 and 14 seconds respectively with an AAT Of 18-23.

Team Legato have managed a clean sweep of all VTTA National distance titles from 10 miles to 50 miles edging out Ohten Aveas (who with Richard Oakes and Mike Twelves and others have won world team competitions) by 8 seconds in the National 10. Contributions from Steve Lorraine, Mark Hamer, Michael Lythgoe, with backing from Alistair and Susan Semple, and outside Midlands contributors Debbie Hutson-Lumb and Simon Horsley, have provided a formidable force that has comprehensively beaten the likes of Ohten Aveas, Team Bottrill, Drag2Zero, Team Echelon and others. Many congratulations on an amazing season.

Several riders will have qualified for new records since the last magazine. In particular Peter Horton managed a 4-07-56 on the E2/100C which sets a new record for a rider from the Midlands so again massive congrats (your editor has snuck on for a 30 mile record but Joe Costello - think you can claim and take me out as I vaguely remember you going faster than me – national 15 in Levens about 2/3 years ago. Hoping I am wrong!).

The hotly contested Welland trophy was a big win for the VTTA. Several riders can drop Steve Jenks an e-mail (noting his e-mail address has changed from last time out – see page 27) from this event as I believe Susan Semple, Mark Hamer, Ed Moss & maybe others have set new 15mile records on a K course.

Elsewhere the qualifying time for standards has been amended. The basic rule is that if your

time on race day less than the last award time is less than the standard between the age you were on your best standard time and the age you are on the day of the race then you qualify for a standard award (basically your annual allowance is the movement between the standards). The rationale for this when age adjusted times change is that in some cases a standard was harder to achieve despite being another year older. Not as complicated as it sounds & the computer works it out! (See page 16 for example).

I don't normally ride a double header weekend but the races on the 6th and 7th of September are both too good to miss. First up on the 6th September we have the Midlands VTTA 10 mile championships run on the K48/10, slightly North East of Stafford. The course is out and back but more interesting than most whilst still being reasonably flat. The HQ is super convenient, the event is always well run, social and being a championship event this feels like a must do.

On the 7 Sep Legato are running the only 25 mile Open TT this season on a K course. The launch is a new two-lap course, the K15/25, based on the reinvigorated K15/10. The race is a perfect late season opportunity to burnish your VTTA ranking and get some points in the season-long Midland Points Series.

As usual, Legato have a high quality HQ, plenty of parking, great refreshments, and it's open TWO hours before the first rider is away, at 08.00.

For those who have competed in LRT's three previous Open TT's, you'll know the prize list value is amongst the best because of the excellent support from USN supplements, plus of course cash prizes in all categories - Open & Women TT and Road bikes and vets. on AAT. There is an entry limit of 90 riders. Use it or lose it.

Let's get those entries rolling in for both events!

Midlands age records Steve Jenks

Reminder as to how to CLAIM STANDARDS AWARDS

There is a presentation about standards on the VTTA website – go to about, documents, VTTA Standards and CTT Target Times or direct at [VTTA-Standards-and-CTT-Target-Times-v3-FINAL.pdf](#) Also there has been an article on how to claim in the Veteran - you need to press a button to claim your standard - it doesn't just happen automatically - as follows :

1. On the website (www.vtta.org.uk) login with your email address and password.
2. Click on your name, My profile and then Standards. You will see a new screen with two sections:
3. Your Name – Baselines: This shows your most recent claim for each distance (or 12/24 hours) over the last 3 seasons. If you have not made a claim at any distance (or time) then the standard for your current age will be shown. Based on your past claims the system will also show your Plus on standard and the Target Time/Distance you need to achieve in 2022 to win a medal
4. Improvements on Baseline; In this section are shown all the results you have achieved this year, taken from the CTT site, which improved on your standards' baselines.
5. The 'Claim' button: If you have made a payment for standards then you will see a 'Claim' button after each improvement. If you have improved on standard in more than one event at a distance (or 12/24 hours) then all improvements will be shown and you can select which one to claim for.
6. Claim recorded – once you have clicked on a claimed improvement, you will see your baseline is updated with the new performance. After the end of the season **you then click on 'order'** - your claim will be recorded on the system and reported to your Group Recorder. Your Group recorder will then order your medals or plaque. If you do not click on order then it is assumed that you do not want to use the current years results for a claim.

If you do not have your VTTA and CTT accounts linked then you need to send me a claim form before September 30th.

There are two versions of Midlands age records.

On the Midlands area of the VTTA site under 'group records'. These are age records set on any course in the country.

If you have your VTTA and CTT accounts linked, these claims will be made for you automatically. You will be notified by email.

Found in the magazine and on the Midlands VTTA Facebook site are age records set only on K (Midlands) courses and will be called Midlands age records (K). For this reason, the only Midland age records are for 10, 15, 25 and 50 miles as these are the only distances available on K open courses. Records are published regularly in our club magazine and are updated on the Midlands VTTA Facebook page. They are no longer published on the VTTA website on the Midlands News page to avoid confusion. Applications for these records need to be sent to me via VTTA Midlands Facebook message or email along with a link to the appropriate CTT result.

Congratulations to the members below for setting new Midland age records (any course)

Naomi de Pennington age 48	50miles	1.51.12
Naomi de Pennington age 48	100miles	3.46.37
Naomi de Pennington age 48	12 hr	276.72 miles
Emma Bexson age 50	100miles	4.27.17
Peter Horton age 58	100miles	4.07.56
Susan Semple age 59	10miles	22.51
Susan Semple age 59	25miles	1.02.00
Wayne Baker age 68	Trike 10miles	26.19
Steve Lorraine age 69	50miles	1.59.58
Andrew Simpkins age 71	50miles	2.11.15
Bob Awcock age 81	10miles	27.09

Special mention to Wayne who broke the ten mile trike record four times. I calculate that at his current trajectory he will go sub 20 on September 18th.

Midland Age Records (K courses)

Mens	10 miles		Year	Time
40	Tim May	Media Velo	2018	20.57
42	Brett Lowndes	Pro-vision Cycle Clothing	2017	21.34
43	Steve Biddulph	Born to Bike - Bridgtown C	2018	21.24
44	Peter Blackwell	Solihull CC	2016	22.26
45	Mark Hamer	Stratford Roads CC	2020	22.12
46	Brett Lowndes	Pro Vision RC	2021	21.26
49	Jon Howard	Team Echelon	2018	20.24
50	Paul Westwood	Brereton Wheelers	2023	20.01
51	Alastair Semple	Stafford RC	2019	22.08
52	Jon Howard	Team Echelon	2021	20.22
53	Jon Howard	Team Echelon	2022	20.54
54	Simon Dighton	Beacon Roads CC	2017	22.07
55	Joe Costello	Walsall RCC	2014	20.45
56	Jon Howard	Team Echelon	2023	20.44
57	Mark Wise	Team Jewson/MI Racing	2022	21.06
58	Joe Costello	Walsall RCC	2017	21.29
59	Simon Dighton	Beacon Roads CC	2022	21.25
60	Joe Costello	Walsall RCC	2019	21.16
61	Simon Dighton	Beacon Roads CC	2024	21.24
62	Joe Costello	Walsall RCC	2021	21.53
63	Steve Loraine	Team Swift	2019	22.50
64	Steve Loraine	Legato Racing Team	2021	22.34
65	Joe Costello	Legato Racing Team	2024	21.45
66	Steve Loraine	Legato Racing Team	2022	22.33
67	Steve Loraine	Legato Racing Team	2024	23.39
68	Steve Loraine	Legato Racing Team	2024	22.47
71	Alan Colburn	Worcester St Johns CC	2002	26.05
72	Alan Colburn	Stourbridge CC	2003	24.42
73	Alan Colburn	Stourbridge CC	2004	24.11
74	Alan Colburn	Stourbridge CC	2005	24.10
75	Alan Colburn	Stourbridge CC	2006	24.40
76	Vince Jenkins	Leisure Lakes Bikes.com	2017	24.47
77	Vince Jenkins	LeisureLakesCycles.com	2018	24.17
78	Brian Newton	Team Echelon	2017	24.57
79	Vince Jenkins	LeisureLakesCycles.com	2019	25.33
80	Alan Colburn	Team Echelon Rotor	2011	25.50
83	Norman Fenn	Team Echelon (trike)	2023	37.39
84	David Stockley	A5 Rangers CC	2024	28.45
84	Malcolm Timmis	Bromsgrove Olympique CC (trike)	2024	45.19

Midland Age Records (K Courses)

Mens	15 miles			Time
48	Simon Adcock	Team Echelon	2022	32.33
54	Jon Howard	Team Echelon	2023	33.45
58	Simon Law	Race Rapid	2023	34.32
59	Simon Dighton	Beacon Roads CC	2023	35.16
64	Joe Costello	Walsall Roads CC	2023	34.18
65	Stephen Loraine	Legato Racing Team	2022	37.55
66	Stephen Loraine	Legato Racing Team	2022	36.05
75	Bob Awcock	Born to Bike - Bridgtown C	2019	43.57
77	Bob Awcock	Born to Bike - Bridgtown C	2021	44.54
Mens	25 miles			Time
41	Brett Lowndes	Pro-Vision Cycle Clothing	2016	0.57.24
42	Brett Lowndes	Pro-Vision Cycle Clothing	2017	0.59.35
50	Matthew Moore	Walsall Roads CC	2016	0.55.02
52	Mark Wise	Team Jewson/MI Racing	2017	0.58.55
52	Dave Walker	Worcester St John	2016	0.56.57
54	Simon Dighton	Beacon Roads CC	2017	0.58.31
55	David Scholfield-M	Leisure Lakes Bikes	2017	0.56.00
57	Joe Costello	Walsall RCC	2016	0.53.47
58	Simon Dighton	Beacon Roads CC	2022	0.59.56
60	Joe Costello	Walsall RCC	2019	0.56.48
61	Paul Gould	Midland C & AC	2017	1.06.56
62	Andrew Simpkins	Solihull CC	2016	1.01.34
66	Wayne Baker (trike)	Team Echelon	2023	1.19.27
72	Bob Awcock	Born to Bike - Bridgtown C	2016	1.06.32
73	Alan Colburn	Stourbridge CC	2004	1.04.52
74	Alan Colburn	Stourbridge CC	2005	1.02.44
75	Alan Colburn	Stourbridge CC	2006	1.05.26
76	Alan Colburn	MI Racing	2007	1.01.57
77	Murray Kirton	A5 Rangers	2018	1.09.55
83	Norman Fenn (trike)	Team Echelon	2023	1.50.14
Mens	50 miles			Time
50	Alastair Semple	Stafford RC	2018	1.59.12
53	Simon Dighton	Beacon Roads CC	2016	2.02.35
54	Simon Dighton	Beacon Roads CC	2017	1.59.37
55	Simon Dighton	Beacon Roads CC	2018	1.58.55
56	Joe Costello	Walsall RCC	2015	1.54.03
57	Joe Costello	Walsall RCC	2016	1.56.29
59	Joe Costello	Walsall RCC	2018	1.56.55
60	Joe Costello	Walsall RCC	2019	1.53.43
61	Paul Gould	Midland C & AC	2017	2.23.24
62	Steve Loraine	Team Swift	2018	2.00.45
72	Bob Awcock	Born to Bike - Bridgtown C	2016	2.17.15
74	Bob Awcock	Born to Bike - Bridgtown C	2018	2.17.52
75	Alan Colburn	Stourbridge CC	2006	2.14.26
76	Alan Colburn	Team Echelon/Spiuk	2008	2.15.49
77	Murray Kirton	A5 Rangers	2018	2.18.47

Midland Age Records (K Courses)

Ladies	10 miles			Time
41	Denise Burrows	Aerocoach	2020	23.39
42	Susan Semple	Stafford RC	2008	25.03
43	Susan Semple	Stafford RC	2009	24.42
44	Susan Semple	Stafford RC	2010	25.23
45	Susan Semple	Stafford RC	2011	25.23
46	Susan Semple	Stafford RC	2012	24.24
47	Susan Semple	Stafford RC	2013	23.49
48	Annis Moore	Walsall Roads CC	2016	23.56
49	Lynne Biddulph	Born to Bike / Bridgtown C	2018	23.24
50	Susan Semple	Born to Bike / Bridgtown C	2016	24.00
51	Susan Semple	Born to Bike / Bridgtown C	2017	23.23
52	Susan Semple	Born to Bike / Bridgtown C	2018	23.46
53	Susan Semple	Born to Bike / Bridgtown C	2019	23.20
55	Susan Semple	Stafford RC	2021	24.44
56	Susan Semple	Stafford RC	2022	24.15
57	Susan Semple	Legato Racing Team	2023	24.21
58	Susan Semple	Legato Racing Team	2024	24.02
62	Gabriella MacKinnon	Coventry Triathletes	2023	30.06
66	Deborah Sheridan	Warwicksire Road Club	2023	27.02
Ladies	15 miles			Time
43	Denise Burrows	Aerocoach	2022	38.42
56	Susan Semple	Stafford RC	2022	38.47
57	Susan Semple	Legato Racing Team	2023	38.35
66	Deborah Sheridan	Warwicksire Road Club	2023	41.48
Ladies	25 miles			Time
43	Susan Semple	Stafford RC	2009	1.04.08
44	Susan Semple	Stafford RC	2010	1.06.18
46	Susan Semple	Stafford RC	2012	1.04.48
47	Susan Semple	Stafford RC	2013	1.01.10
48	Annis Moore	Walsall Roads CC	2016	59.02
50	Susan Semple	Born to Bike / Bridgtown C	2016	1.00.38
51	Susan Semple	Born to Bike / Bridgtown C	2017	1.07.06
Ladies	50 miles			Time
42	Susan Semple	Stafford RC	2008	2.27.49
46	Susan Semple	Stafford RC	2012	2.12.20
47	Susan Semple	Stafford RC	2013	2.15.40
52	Susan Semple	Born to Bike / Bridgtown C	2018	2.08.41

Cerebral Challenges - Steve Jenks

1. A man cycles to the café where he complains that the coffee they sold him had a fly in it which floated up as he went to his seat. The barista says he will bring him a new one. He tastes it and complains that it was the original drink with the fly removed. How did he know?
2. In its bike travel bag, the total cost of bike and bag is £2,500. The bike costs £2,400 more than the bag. How much do they each cost?
3. Complete the cycloku by filling in the grid so that every column and every row includes the letters BRAKES

B	S			E	A
		R	A		K
K			B		
		B			
		A	S		

Bit of Fun

1. What is the difference between a biker and Santa Claus? Santa has the red light.
2. What do cyclists and gorillas have in common? They both like to ride in packs.
3. What's the difference between a cyclist and a savings bond? A savings bond eventually matures and earns money!
4. Why did the bicycle go to the bank? To check its balance!
5. I told my family I won my race this weekend. They told me to stop pedalling lies.
6. Why couldn't the old bike find its way home? It lost its bearings.



Solutions to the Cerebral challenges

1. He had put sugar in the original cup and the 'new' one the barista brought was sweet.
2. The bag costs £50 and the bike costs £2,450

B	S	K	R	E	A
A	R	E	K	B	S
E	B	R	A	S	K
K	A	S	B	R	E
S	K	B	E	A	R
R	E	A	S	K	B

MIDLANDS GROUP V.T.T.A. OFFICIALS 2025

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Trophies Sec.	VACANT	WE NEED YOU!!
Social Secretary	Greta Spiers	(greta.trikie@gmail.com)
Standard Times Editor	Simon Dighton 07534 902443	(sgdighton@hotmail.com) 28 Lightwoods Hill, Smethwick, B67 5EA

WE ARE (STILL!) HIRING

The position of Trophies Secretary involves seasonal work (winter period) with 4 social gatherings a year and one party! The role is simply to ensure all trophies are sent to be engraved before Christmas and available at the AGM in January to be presented. Please contact ascoaching@outlook.com or call 07955 032 010. It would be great to have **YOU** as part of our team.



Veterans Time Trials Association

Competitive Cycling for Life

OVER 40? BE YOUR BEST!



Angela Carpenter
VTTA Women's National
Champion at multiple
distances



Andrew Meilek
2021 VTТА Men's
National Champion at
100 miles

If you are over 40 and time trialling is your thing, then join the VTТА.

The VTТА encourages all aged 40 and over to strive to be the best they can.

YOUR best will be recognised.

We have almost 3000 members spread between 16 regional groups to provide UK wide activity. We promote about 100 time trial events a year, including eight national championships from 10 miles right up to 24 hours; we also run three season long national competitions over a range of distances. The local groups also offer competitions and awards for their own members.

All events and competitions are run on an age handicap system which is gender specific, so women and men of all ages compete on an equal footing and have an equal chance of winning a prize.

Riders can also compete 'against themselves' in individual challenges called 'Standards', in which your performance is compared against previous seasons.

We also manage national and group age records for men and women at the different time trial distances and on velodromes.

Members receive four magazines per year and our annual handbook, either in print or digitally.

Membership fees vary by group (due to varying localised costs and member benefits) but is typically £15 to £20 plus a modest additional optional fee for Standards entry. Most members retain membership of their cycling club whilst a VTТА member, but you can join the VTТА and race with it as your main club if you wish.

Visit us on social media:



**JOIN
US...**

**You can find out more and join
any VTТА Group online at:
www.vtta.org.uk**