

Standard Times Midlands VTTA



June 2024

Front Cover:



Jon Howard on his way to breaking the world (yes you have read that correctly) 20k, 25 mile and (subject to official confirmation at time of writing) hour record. A staggering ride in British conditions made the ride even harder (but with encouragement from all the volunteers necessary in setting up an official time Jon took 3 world records!

Inside Cover:



Richard Oakes grabbed a photo of himself with our own Gary Shuker at a recent 25 mile National Championships. Richard got round in a sub 50 min performance with Gary coming back in windy conditions at just over the hour.

Wrong type of ZWIFTIE— for details of the real thing please read Steve Jenk's report

PS Think Alex Dowsett pinched this joke off me!

Contents

The racing season is well underway and the Group is performing strongly—although more members would be good. In this issue we have Jon’s successful world record attempt, Deb’s round up on world qualification for Denmark this year, Steve Jenks on the success of the ZWIFT league and much more.

2	Front Cover Details—Simon Dighton
4	Chairman’s Report—Alastair Semple
10	Editorial—Simon Dighton
12	2024 Points Series & VTTA Championship Dates
13	Race Report
14	ZWIFT League— Steve Jenks
15	Gran Fondo Update—Deb Sheridan
18	Jon Howard—World Record Holder
19	Cerebral Challenge—Steve Jenks
20	Midlands Age Records—Steve Jenks
25	Cerebral Answers
26	Good Causes
27	VTTA Midlands Committee Contacts

View from a Hospital Chair

Alastair Semple

June is here again and the racing season is well underway, or at least it was up until I went into hospital for a shoulder operation in May which has now curtailed my racing calendar. Although I hope by the time you're reading this I will be back in the saddle, out on the roads and joining you in the 'race of truth' once again.

My Standards

I was looking at 'My Standards' the other day on the VTTA website to remind me of what my target times were for each distance this year and spotted a few anomalies. My 25, 50 and 100 results were set 5 or 6 years ago and my target time related to those times. I thought that these were reset after 3 years if you had not bettered your previous times, but this does not happen automatically.

I made some enquires with the national VTTA team who confirmed that the regulations allow a rider to request that a baseline is reset to the standard for his or her age if there has been no claim in the last 3 years. The intent of this is to allow riders to make a new start, for whatever reason. The request should be sent to the group recorder. In the Midlands district that's our very own Steve Jenks.

I thought I would share this as you may have similar historical results and to raise awareness that this table is available for our new members. To access this log go to the VTTA website <https://www.vtta.org.uk> and select 'My Profile' and then 'My Standards' from the drop down where your name is shown.

World Record Times (literally) from Jon Howard—See page 18 for details.

25 miles in 56-14

20k in 28:22

& the hour record just waiting for ratification

My Profile	Membership Extras	Donations	Competitions	My S
------------	-------------------	-----------	--------------	------

My Baselines					
Event	Date	Result	Plus	AAT/D	Target Time/Distance
10 Mile	17/06/2023	00:21:50	00:05:28	00:20:40	00:21:55
15 Mile	26/08/2023	00:33:06	00:08:02	00:31:18	00:33:12
25 Mile	03/06/2018	00:52:21	00:15:35	00:50:25	00:53:40
30 Mile	21/08/2022	01:10:13	00:12:46	01:06:43	01:10:39
50 Mile	13/07/2019	01:51:30	00:27:39	01:46:41	01:53:34
100 Mile	07/09/2019	03:53:16	00:57:59	03:40:29	03:55:58
12 Hour	04/09/2021	202.37 miles	0 miles	221.89 miles	200.38 miles
24 Hour	04/09/2021	339.05 miles	0 miles	368.68 miles	326.16 miles

Improvements on baseline					
Event	Machine	Date	Result	Plus	AAT/D
15 Mile	BIKE	27/04/2024	00:32:43	00:08:32	00:30:48

2024 Points Series

Early days yet in this year's Midlands' VTTA point series with the majority of the riders only participating in two counting events so far this year. But nice to see Joe Murray making a strong return this season after over a decade away from time trialing. So good luck to Joe and the rest of you this season racing on Midlands' K counting courses. The table below shows the current standings as of the 1st June. I will keep updating this periodically throughout the year and will post the results on the VTTA Midlands news page on the national VTTA website.

Name	Name	Points	No. rides	K46/10	K4/21	K22/17	K22/39	K11/10T	K47/15
Joseph	Costello	453	3	130				180	140
Martin	Lines	343	3	120		110	110		
Ed	Moss	318	3	115		100	100		
Kevin	Satterthwaite	313	3		100	105	105		
Diana	Egerton-Warburton	302	2					175	125
Alastair	Semple	272	2					155	115
Joe	Murray	257	2					135	120
Leon	O'Regan	252	2					140	110
Philip	Wooldridge	227	2	105				120	
James	Lees	202	2	100				100	
Susan	Semple	171	1					170	
Debbie	Bradley	166	1					165	
Steven	Loraine	161	1					160	
Denise	Burrows	151	1					150	
Gary	Smith	146	1					145	
Simon	Law	136	1						135
Mark	Wise	131	1						130
Paul	Edwards	131	1					130	
Gary	Shuker	126	1					125	
Tim	Wood	126	1	125					
Gabriela	MaKinnock	116	1					115	
Adrian	Osborn	111	1	110					
Richard	Watson	111	1					110	
Paul	Westwood	106	1						105
Steven	Cooke	106	1					105	
Bob	Awcock	101	1						100

The vicar and the police

The police stopped a vicar at night for not having a backlight.
The vicar says: "I don't need a backlight; the Lord is with me".

"Two on a bike as well, that's another offence," the policeman replied.

Midlands' VTTA Trophy Events 2024

Due to the cancellation of the Welland Trophy earlier this year we have arranged with Coventry CC to award the Birks Cup to the fastest Midlands' VTTA member based on AAT at their 10 mile event on the 11th August. Which means the next trophy event is the National 50 mile championship event in south Wales where we will award 3 trophies to Midlands' VTTA members. Hopefully we will see a good turnout for this event and I will get to race alongside you on a sunny Saturday afternoon, fingers crossed. Please see below the season long competitions as well as the trophies awarded at one specific event.

1. **Wells Cup** Men 50 miles – R50/1b VTTA Nat'l C'ship
13 July 2024
2. **Victory Cup** Women 50 miles - R50/1b VTTA Nat'l C'ship
13 July 2024
3. **Stoke Cup** Fastest 50 miles - R50/1b VTTA Nat'l C'ship
13 July 2024
4. **Birks Cup** 10 miles - K11/10T Coventry CC
11 Aug 2024
5. **Billy Steer Cup** men 25 miles – A25/34 VTTA East Mids
17 Aug 2024
6. **Bicknell Cup** BOS Women 25 miles - A25/34 VTTA East Mids
17 Aug 2024
7. **Williams Rose Bowl** BOS Men - K48/10 VTTA National on
17 Sept 2024
8. **Bart Cup** BOS Women 10 miles - K48/10 VTTA National on
17 Sept 2024

Age Awards

The 3 trophies below were contested on the K34/10F
on 22 June 2024

- 9. Massie Plate** fastest on AAT over 65
- 10. Jones Cup** fastest on AAT 50-64
- 11. Nomads Cup** fastest on AAT under 50

Season Long Trophies – Best All Rounder

- 1. Cyclo Shield BOS Men/Women any open 25, 50, 100 miles
- 2. Godiva Cup BOS Men any two open 10 miles plus any two open 25 miles
- 3. Bayliss Cup BOS Women any two open 10 miles plus any two Open 25 miles
- 4. Les Lowe Trophy Furthest cumulative distance ridden on Open “K” course events.

National VTTA proposals

I sit on the VTTA forum group that meets every 2 months where representatives from each VTTA group sit to discuss items to help inform the National VTTA Committee. Following discussions with our editor Simon I have put forward the following two proposals for discussion at the next forum meeting. I hope that we will get a show of support from the other groups, following which we will submit these two proposals to the National AGM in Jan for approval. I wanted to share these with you so you are aware of these two proposals and hopefully get your support and backing for these.

1st – In national championship events we would like to see recognition of winners in 5 year age groups when the results are published. We appreciate the resource implications of awarding medals and do not think this would be necessary, nor do we want to detract from the overall winner's award presentation on the day.

Proposal – when results are published winners in the 40-44, 45-49, 50-54, 55-60 etc, age group are recognised based on AAT. This would give recognition to the achievements of more riders and allow them to be listed in the VTTA electronic record tables. If the other groups give this proposal their support we will submit this as a proposal to the 2024 AGM and if approved could be implemented in 2025.

2nd – Starting orders of riders – Slowest to fastest, rather than setting out the field of riders with fastest being 10's, then 5's etc. We would like the VTTA to encourage event organisers when holding events on single carriageway courses to set off riders slowest to fastest to reduce the chance of riders been slowed by cars waiting to pass slower riders ahead of them. Under CTT regulations event organisers can choose how they would like to set out their field of riders and we would not want to change this.

Proposal -We would like this recommendation to be included in information sent out to event organisers & documentation on the website.

So time for me to do some physio on the shoulder and ensure I am back out with you all again real soon & racing in the warm sunshine, on traffic free roads with a fast smooth surface oh if only

Stay Fit, Stay Fast, Stay on your Bike

Alastair 😊

Editorial -

Simon Dighton

It's about halfway through the season and Joe Costello asked how my form was. I realised I did not have much idea—the season started in biblical conditions with the first two races leaving me literally a shivering wreck—if this weather is a shape of things to come I reckon I might start producing fleece lined skin suits. I then did most of the Classic Series. The more sporting courses are great fun but as they are not always the same parcours each year are harder to calibrate. Finally on the trip to Croatia (see Debbie's excellent report further on) I managed to get COVID and had to have a small spell on the sidelines before coming back for the National 30. At least COVID this time around wasn't too bad—more of an irritation whereas in 2022 I managed to lose about a stone in weight in a week and half my power.

I definitely feel like I have been watching some amazing results from Midlands' riders. Jon Howard is the standout (just which shows the strong competition) by breaking 3 world records for his age, and several riders have qualified for the world championships. Debbie Sheridan has put in some stunning rides overseas and came 4th in The National 10. Nearer to home Joe Costello was also 4th in the VTTA 10 mile TT. In the same race Ed Moss stormed round in 21-01, Mark Hamer 21.08 (these are non age adjusted!) just over a minute behind multiple world champion Richard Oakes. I asked Ed how the race went —but he said it was just a blur which I guess is how a race is meant to be when it is ridden that fast!. Team Legato have been winning more national medals from a combination of their riders taking the National 30 (Joe and Mark). Steve Lorraine was 12th in the National 10 and Susan Semple 4th in the National 30 and 5th in the National 10.

Editorial -

Simon Dighton

Many thanks to Alastair for putting some proposals forward to the National Committee Discussion Group. The hope is that by having more recognition in 5 year age categories a wider pool of riders get recognised and it encourages more riders to take part .

Additionally starting in order with the slowest predicted rider first and the quickest latest off I think drastically reduces the chance and impact of someone being held up in cars waiting to get past a slower rider. I also suspect it is a safer way of racing too as when flat out the instinct can be to try and get past the car (s) behind the slower rider with less thought perhaps for thinking of the overtaking risks. There should be less chance of a car overtaking you and then braking shortly thereafter as it can't get past the next bike.

Talking of risks I had a new one the other day. Once I got stopped by a lady in the National 50 (I thought she had crashed her car in a ditch and thought the right thing was to stop, albeit reluctantly) but it turned out she wanted to talk to me about littering (like 99.9% of us I don't), and I had to gently prise her off my handlebars without too much force. — quite hard to do so whilst trying to be polite and internally screaming with frustration) This time however in the National 30 I got overtaken when I heard a loud bang and assumed the rider's back wheel had blown big time. Next moment though a clay pigeon dropped out of the sky and landed on the grass verge by me and I realised I had almost been shot!

Please give me any odd stories from time trialling or perhaps acts of TT'ing stupidity to paraphrase a more famous writer.

That's all for now and look forward to catching up at the next race.

2024 Points Series & VTTA Dates

Qualifying Events

Listed below are the remaining Open K-Course qualifying events for this year's Points Series, for which the prize list value is £500, and the National VTTA Champi-

		MIDLANDS	Distance
Date	Club	Course	(miles)
30-Jun-24	Hinckley 4 up*	K41/25	25
07-Jul-24	Legato Racing Team	K15/10	10
13-Jul-24	Aero Coach (Midland Champs)	K47/15	15
14-Jul-24	Wyre Forest	K46/10	10
28-Jul-24	Rugby Racing Club	K11/10T	10
04-Aug-24	Shropshire 4 up*	K52/31.3	31.3
11-Aug-24	Coventry CC	K11/10T	10
01-Sep-24	Leamington CC	K11/10T	10
07-Sep-24	Midlands VTTA	K48/10	10
08-Sep-24	Trikes only	K41/25	25
21-Sep-24	Banbury Star CC	K4/10	10

* Not part of points series

		NATIONALS	
Date	Group Organising	Course	Distance Event
13-Jul-24	South Wales	R50/1b	50
27-Jul-24	CTT	D24HR	24 hour
18-Aug-24	London & Home Counties	H15/3	15
01-Sep-24	Tyneside Vagabonds	M100/10	100
08-Sep-24	Merseyside	D25/23T	25

Race Report—Jones Cup, Nomads Cup & Massie Plate

Redditch Road and Path Cycling Club kindly held the following event on Sat June 23rd on the relatively new K34/10F course. A combination of the K34/25 and a bit of the Evesham Vale Road Race backwards sees the par-cours starting in Flyford Flavel and within a few hundred yards joining the A422. From there it is up to the first roundabout at Spetchley and back with the finish on the A422. The course isn't hilly but does have a few lumps and bumps to make it interesting and the headwind on the way out made the start tough and the return quick.

Sunny weather greeted the contestants and the event included cycling royalty, Alex Dowsett setting off as the final rider. Dowsett duly obliged setting a new course record in 19-24 although pushed hard by several promising riders meant he only won by a few seconds. Dowsett however wasn't the only person to set a course record with Denise Burrows (AeroCoach) setting a female course record of 25-19 and runner-up Debbie Hodson clocking 30-57 for Worcester St Johns CC.

On her win, Burrows said: "Having ridden the same race last year in a sweltering 29 degrees it was a far more comfortable 20 degrees today, though with a reasonably brisk headwind out to fight against."

Redditch did a great job in running the event and also organising a corporate sponsor for the day—Woodcote Brewing Company based in Dodford. Prizes were particularly good including a 3 pack of Woodcote Beer which sorted Sat night out. Definitely recommend the Squires Gold, Supreme Pale Ale or the English Pale Ale!

Provisional results

1. **Massie Plate** fastest on AAT over 65 **Gary Smith** *Stourbridge Velo*
2. **Jones Cup** fastest on AAT 50-64 **Simon Dighton** *Beacon Roads CC*
3. **Nomads Cup** fastest on AAT under 50 **Keith Satterthwaite** *Gorilla Coffee CC*

ZWIFT League

Steve Jenks

Zwift Five mile TT League

Currently we are nearly half through the Zwift five mile Thursday evening series having completed nine counting events with the best eight positions counting. Thirty-three VTTA members have ridden from nine areas with seven riders representing the Midlands. Top rider for us is Richard Watson who is lying sixth overall on four events with the riders above him having done 5,6,6,6 and 7 so plenty of time to move into a podium place as a minimum. Our other representatives are Jon Howard, Michael Lythgoe, Gary Jones, Andrew Simpkins, Adrian Osborn and John Malen.

& a real Zwiftie photo



Gran Fondo World Series Update.
VTTA members continue to shine on the World Stage!
Deb Sheridan
Contributions from Alexa Forbes, Matthew Smith and Simon Dighton.

The qualifying events for 2024 World Series Finals in Denmark in late August have gathered pace into the New Year. Events with Time Trials have taken place in Jordan, Cyprus, Portugal & Croatia. These events will be closely followed by events with Time Trials in France, Croatia, Austria, Slovenia, Switzerland, Ireland and the Isle of Man.

A little clarification of the rules is perhaps needed at this point. Riders who qualify in an event that doesn't have a TT will also be granted a qualifying place in the TT at the world finals. Consequently, there are a number of GB listed qualifiers from Dubai which did not have a TT who will be offered places in the TT final.

For the purposes of this update I have concentrated on events with a separate TT as these are likely to contain the most VTTA members. The Isle of Man qualifier will be after this edition of the Veteran is published and I suspect will have a significant influence on the number of GB qualifiers and VTTA members possibly heading to Denmark.

Cyprus it seems was the main qualifier for British riders who continued to be successful. Alexa Forbes, London Dynamo and VTTA London, sent me this report following her win in W 60-64.

"The Gran Fondo time trial took place in the beautiful Troodos mountains, finishing and ending in a tiny village called Nikoklia, which was nestled just a short ride away from the centre of Paphos in Cyprus. The 26.8km course showcased a 14km undulating climb out of the blocks, a tight mid-road turn at the top near the village of Pratsio and a fast, undulating return to the village of Nikoklia. A total of 205 men

and 27 women competed in the individual time trial event. Five UK women and six men qualified to compete in the 2024 UCI Gran Fondo World Championships in Aalborg, northern Denmark on 29th August.

Temperatures soared to 26 degrees whilst riders negotiated the mountain top course. Highlights included dodging fallen oranges from the trees close to the road, speed humps in the villages on the route, that tight turn at the top, a gravel section near the top of the fast descent and, finally, speed-killing cobbles in the centre of Nikoklia village just before the final steep uphill push to the finish. Never a dull moment, but a gorgeous course.”

In Croatia, Matthew Smith, Drag2Zero and VTTA, won in M 45-49 on a challenging course.

“It was a well organised, closed roads TT, 21.6km. The road surfaces were a bit challenging, and the course was quite technical with a climb for the first third, a flatter out and back in the middle section, then a tricky descent back down to the start finish. It had a really good international entry and the standard was very high. I was in the 45-49 age group and won that with 29.52 by 4 seconds from the 2nd place finisher, and my time was third fastest overall on the day.”

Simon Dighton Beacon RCC and VTTA Midlands. finished 3rd in men’s 60-64 and then had his result changed.

“I must have upset the cycling gods in Croatia. I was off to the medal ceremony to pick up bronze but then got bumped off by a competitor who missed his time slot. The organisers reversed his time penalty meaning I missed out on qualifying by 20 seconds. I also got caught behind a slow-moving car which stopped on a blind bend and I had to inch round. Particularly annoying as this race was closed road – and on landing back at Stansted the next day I found out my hay fever was COVID – I did wonder why the whole race felt like I was doing a 1 min max effort!”

Happy to report though that Simon was successful in his appeal & has now booked his seat (or should I say ferry ticket) to Denmark.

Below is the current list of qualifiers to the best of my knowledge ;

Cyprus

Naomi De Pennington (Drag2Zero) 1st 45-49
Diane Egerton Warburton Israel, Mi Racing, VTTA Midlands 45-49
Helen Taylor-Carter Bedfordshire RCC, VTTA East Anglia 1st 50-54
Gail Marie Lowe (Stone Wheelers) VTTA M&NW 2nd in 55-59
Jayne Dickens (Stone Wheelers) 3rd 55-59
Alexa Forbes (London Dynamo) 1st 60-64
Joanna Croker (GCN) 2nd 60-64
Pete Norris (Pete's Pedals) 5th 45-49
Richard Brook (VC Walcot) 1st 50-54
Mark Coombe (Ex Machina) 3rd 55-59
David Gearing (Woolwich CC) 3rd 60-64
Pat Ellerbeck St Neots CC VTTA East Anglia 1st 70-74
Ben Thomas (SW Road Club) VTTA Sussex and Surrey 1st 75+

Jordan

Patrick O'Driscoll 50-54,
Robin McGowan 55-59
Fredrick Mayall 60-64

Istria Croatia

Matthew Smith Drag2Zero VTTA East Anglia 1st 45-49
Simon Dighton Beacon RCC VTTA Midlands 4th 60-64

Portugal

Helen McKay 45-49
Andrew Hay 50-54
Patricia Baird Escosse Performance CC VTTA Scotland 60-64

World Record Holder

Jon Howard

After racing since the late eighties a deteriorating eye disease, Vitelliform Macular Dystrophy continues to reduce my vision. Unfortunately I've reached the point where I have had to consider safety and the driving to and from events. This led me to reach the decision of retiring from time trialling. I chose to finish on my terms and with something a little different, hence an age related hour record attempt. This also had a massive emotional aspect . I wanted to ride at Halesowen track as it was there I had met and spent many happy (but painful) training sessions with former cyclocross National Champion Steve Knight, who passed away suddenly last year.

So the track was booked, Sue Kelly kindly agreed to do the timekeeping, and the VTTA National secretary informed. The weather forecast, as is customary, was continually changing but I hoped for the best! I had told family and friends so rearranging was not an option.

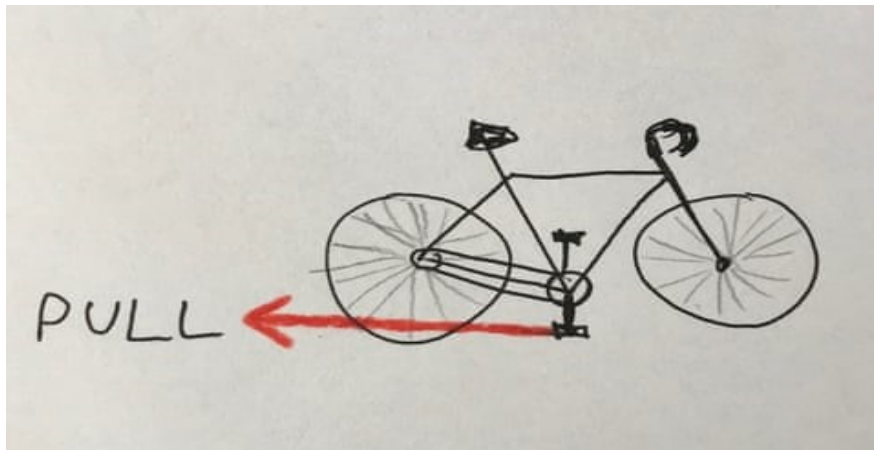
I warmed up under cover as it was now raining. When it stopped, I decided to cut the warm up short and get on with it as the forecast now included thunder and lightning!

Little did I know that less than 25 mins in the rain would started , the track get slippery on the lines followed by torrential rain, hail, winds and the promised thunder and lightning! Thankfully Sue Kelly was well prepared and I continued, it certainly made it memorable!



Cerebral challenges

Gran Fondo World Series Update.



If you attach a piece of string to the bottom pedal and pull it backwards (as illustrated by the red arrow), does the bike move backwards or forwards?

A cyclist went left against a one way and turned right at a no right turn all watched by a traffic policeman. The policeman took no action – why not?

Change RACE to BIKE in as few words as you can changing only one letter at a time. Aim to beat three words in between

Midlands Age Records

~~VTTA members continue to shine on the World Stage!~~

Midlands level records— are the fastest **Midland** VTTA member actual time for your age or younger on an open event in the UK. A huge number of these records fell last year. The Midlands all course records set so far this year are :

Susan Semple	58 25 Mile	01:00:20
Susan Semple	58 10 Mile	00:24:04
Susan Semple	58 15 Mile	00:35:01
Susan Semple	58 10 Mile	00:24:02
Susan Semple	58 30 Mile	01:19:30
Joseph Costello	65 30 Mile	01:11:23
Deborah Sheridan	67 10 Mile	00:27:45
Deborah Sheridan	67 15 Mile	00:40:56
Wayne Baker	67 15 Mile	00:42:48
Deborah Sheridan	67 10 Mile	00:27:23
Deborah Sheridan	67 10 Mile	00:26:06
Wayne Baker	67 10 Mile	00:28:02
Andrew Simpkins	70 15 Mile	00:37:34

Ensure that your VTTA account is linked to your CTT account. If this is done, any rides that you do which qualify for a Midland or National age record will be logged automatically. Both of the above are posted on the VTTA website.

Midlands Age Records (cont'd)

Finally we have the Midland Age K records—these have to be set on a K course in an open event and crucially it is the record for that exact age. For example in the Women's 10 mile records Annis Moore has the record for a 48 year old with a time of 23.56 and Lynne Biddulph has the record for a 49 year old in the faster time of 23.24. If these were the best times for both the categories above (ie National and Midlands (as opposed to Midlands K) the only record that would be recognised is Lynne's. Midland Age records (K) are printed in this magazine and on the Mids VTTA Facebook site.

The K records supports our local clubs and the officials who put on (K) events which have no outstandingly fast courses and so deters members from travelling (up to hundreds of miles) to purely to get a fast time. Not all members have the capacity to do this. K records are not published on the VTTA website.

Cerebral bonus from Steve Jenks

Cross out all of the letters that appear more than once to leave, in order reading across each row then down a row, a word that cyclists need.

Q	C	A	D	V	U	F	J
H	W	M	P	Y	G	Y	D
V	Y	L	F	X	B	Z	S
S	R	Y	U	D	H	A	C
X	H	A	G	W	S	O	S
D	U	T	B	G	X	V	E
X	C	J	Z	I	Q	F	M
L	N	F	B	W	D	G	Y

Age Records Table (June 2024)

Steve Jenks

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	Joe Costello	Walsall RCC	2020	22.09
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	Steve Loraine	Legato Racing Team	2021	23.04
66	Steve Loraine	Legato Racing Team	2022	22.33
67	Garry Shuker	Walsall Roads CC	2023	25.28
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

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-New	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 Kinton	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 Kinton	A5 Rangers	2018	2.18.47

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
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

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. 07955 032 010. It would be great to have **YOU** as part of our team.

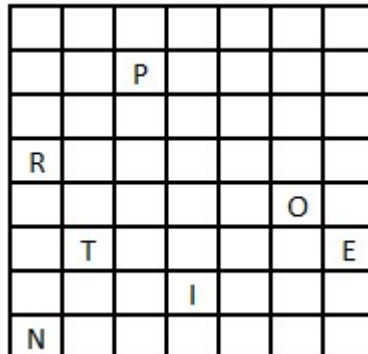
Cerebral answers

The bike moves backwards (while the pedal moves anti-clockwise). Or at least, it will do so in almost all bikes, apart from those set in an extremely low gear. It is a counter intuitive answer, and looks surprising when you try it out yourself. This puzzle got a lot of traction (sorry!) a couple of years ago thanks to the following video by the brilliant [George Hart](https://www.youtube.com/watch?v=Hh3Dh3Dh3D). Here he explains the mechanics of what is going on a lot more eloquently than I ever could.

<https://www.theguardian.com/science/2018/jul/16/did-you-solve-it-head-spinning-bicycle-puzzles>

Cyclist was on foot

RACE, RICE, LICE, LIKE, BIKE



& a huge thank you to Tim Wood & Echelon cycles for sponsoring the Point Series. Looking forward to getting down to Pershore very shortly.

Good Causes

As Group and former National President, Alan Colburn has handed over a quantity of silverware and always regarded that activity as thoroughly enjoyable. However, these presentations rarely happen in the work place which made Jon Howard's ceremony quite unique as it happened at Kidderminster Hospital where he acts as Tutor on the Professional Development Team for Overseas Nurses wishing to pursue their careers in the UK. Jon explained that since the Team was formed over 500 nurses have qualified. After the awards were handed over and duly admired by the current class.



MIDLANDS GROUP V.T.T.A. OFFICIALS 2024

President	Alan Colburn 01886 888575	(Alan.colburn@martley.org) The Willows, Jury Lane, Martley, WR6 6PE
Chairman/press/ Comms.	Alastair Semple 07955 032 010	(ascoaching@outlook.com) 76 Ascot Road, Stafford, ST17 0AQ
General Sec.	Scott Westwood 07983 587440	(scott.westwood41@icloud.com) 4, Woodpecker Way, Heath Hayes, Cannock, WS11 7WJ
Treasurer	Margaret Colburn 01886 888575	(margaret.colburn20@outlook.com) The Willows, Jury Lane, Martley, WR6 6PE
Group Recorder	Steve Jenks 0121 684 5240	(stevejmo7@hotmail.com) 43, Kimberley Rd., Olton, Solihull, B92 8PX
Membership Sec.	Margaret Colburn 01886 888575	(margaret.colburn20@outlook.com) The Willows, Jury Lane, Martley, WR6 6PE
Trophies Sec.	VACANT	
Social Secretary	Greta Spiers	(greta.trikie@gmail.com)
Standard Times Editor	Simon Dighton 07534 902443	(sgdighton@hotmail.com) 28 Lightwoods Hill, Smethwick, B67 5EA

2024 Committee Meeting Dates

1st Aug, 7th Nov



Veterans Time Trials Association

Competitive Cycling for Life

OVER 40? BE YOUR BEST!



Angela Carpenter
VTTA Women's National
Champion at multiple
distances



Andrew Meilak
2021 VTTA Men's
National Champion at
100 miles

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

The VTTA 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 VTTA member, but you can join the VTTA 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 VTTA Group online at:
www.vtta.org.uk**