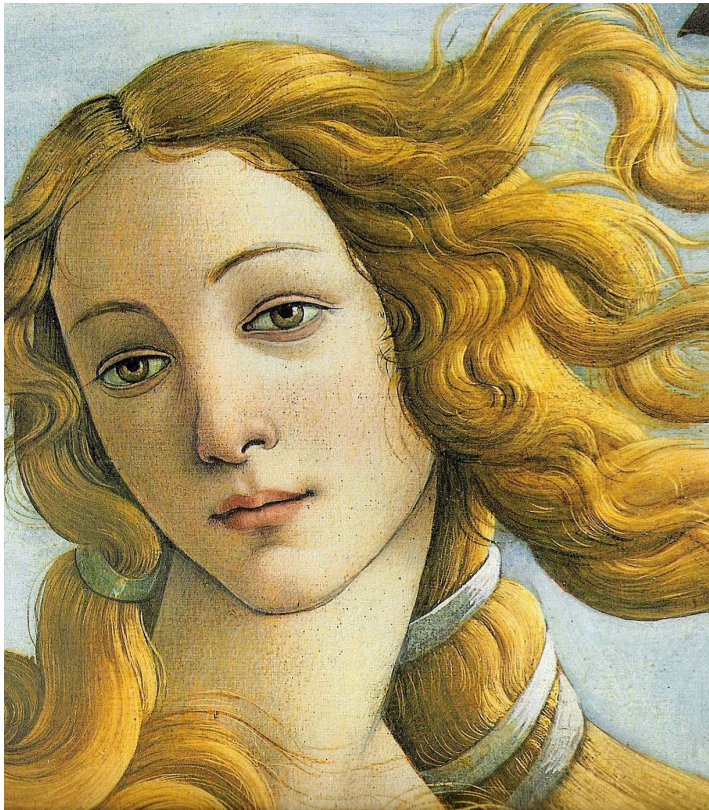




**Standard  
Times  
Midlands  
VTTA  
June  
2023**





### Front Cover:

Joe Costello on his way to winning a bronze medal in the national VTTA 25mile final. Joe set off like a runaway train fuelled by more caffeine than you find in a major coffee plantation and had to reset his speed after about 5 miles. Despite or because of that he got round the course, (in surprisingly slow conditions) in 54-14 just missing gold by 12 seconds.

### Inside Cover:

A classical theme for the inside cover (see race report on Cyprus). The island is known for its classical routes and is famed for the birthplace of Aphrodite and the sanctuary of Steelie.

One of the above is known for their handsome features & godly bearing and the other is ..... You decide!



# Contents

A new edition this time with an update on what is happening within the VTTA from Alastair, reports from a world championship qualifier in Cyprus, a few race reports and the odd joke.

No Member Profile this time round but looking for volunteers for the Winter edition! In news and developments awards to be presented at Group Level and generally more encouragement for people wishing to race on road bikes (but no read across to TT times)

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## Chairman's Report— a view from under my umbrella

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Alastair Semple

Well my garden looks fabulous, plants are thriving in the warm damp weather, but it's not helping improve my racing form. Despite a rather soggy start our Midland riders are well placed in the National Short Bar competition with Joe Costello (Legato RT) 4<sup>th</sup> and Susan Semple (Legato RT) in 10<sup>th</sup> place currently. Mark Hamer (Legato RT) has set the fastest Midland's members time at 25 miles with an impressive 50:48, with the best yet to come let's hope. Fastest rider at 15 miles is Simon Adcock (Team Echelon) with a 31:36. At 10 miles 4 riders have ridden sub 20 min 10's (Simon Adcock (Team Echelon), Mark Hamer (Legato RT), Ed Moss (Beacon RCC) with Tim Hood (Team Bottrill) fastest with a 19:52. So despite the damp start to the year that has again caused disruption to many of our planned events the early results are looking promising as the weather and the racing hots up.

### **National 25 mile Championships**

We had 6 Midlands VTTA riders take part in the National 25 mile championships in North Yorkshire. A deceptive course, flat with a few gentle lumps, so one would have thought it should have been a fast one. But when the riders set off early on Sunday morning, despite relatively still dry conditions, it was soon obvious that it was not a float day. All our riders finished strongly in a competitive field of riders and Joe Costello (Legato Racing Team) finished on the podium winning a bronze medal and just a handful of seconds off gold.

### **National 50 mile Championships**

This has to be one of the most challenging events for any rider. 50 miles 'on the rivet' and on this occasion into a strong block head wind for two 12.5 mile sections of the course, in 33 degree heat. I heard someone comment that they had never seen riders crossing a finish line so slowly, and there were 18 DNF, which reflected the conditions. Fastest Midland female VTTA rider on AAT was Fay Barrington (Banbury Star CC) who wins the Victory Cup. Mark Hamer (Legato RT) was fastest Midland VTTA rider on scratch, winning the Stoke Cup and Joe Costello (Legato RT) fastest man on AAT and wins the Wells Cup.

### **Time for a big round of applause**

Our dear friend and editor Steelie has decided to step down from his role as editor and I wanted to thank him for the skill, enthusiasm and wit he has put into his role as editor. On a personal note he has always jazzed up my scribbles and made them much more presentable to the reader. So thanks Steelie on behalf of all your readers.

I would now like to welcome into the role of editor Simon Dighton who many of you will know as he recently featured in the Standard Times. Simon is one of our most competitive riders in the district winning his age group in Cyprus at the UCI Grand Fondo TT, and recently taking 1st place on AAT in the 4<sup>th</sup> round of the Merlin Classic series and 2nd place overall. If his editorial skills are anywhere close to his bike skills I know we are in safe hands.

### **Key dates for your race calendar**

The Massie Plate, Jones Cup and Nomads cup are being raced on the 22nd July on the **K47/15**. On the 27<sup>th</sup> August we will use the **R25/7a** event to contest our **Billy Steer Cup** and **Bicknell Cup** for BOS for men and women. Again out of our district as we have no 25 open events this year. Then on the **K48/10** on the 17<sup>th</sup> September we will be hosting the National VTTA 10 mile championships where we will award the **Bart Cup** BOS Women and the **Williams Rose Bowl** BOS Men. Fingers crossed we pick up some well placed Midlands members in the National Championships too.

As an event organiser for the National VTTA 10 mile Championships (**K48/10**, 17<sup>th</sup> Sept) I will sadly not be able to ride as I will need to focus on the event organisation. The one thing I do not have is any helpers and I will need at least 10 out on the course and a couple in the HQ. So if you are not riding yourself perhaps you can make yourself available to help out in some way, more hands make light work. I appreciate it might be a bit of a trek for some of you and I will happily cover travel costs for all my helpers.

So please email me [ascoaching@outlook.com](mailto:ascoaching@outlook.com) to confirm your availability THANKS

### **2023 Midlands VTTA Championship Events**

This year the committee chose the following events to contest the Midlands Trophies.

Congratulations so far this season go to Joe Costello, Mark Hamer & Fay Barrington.

- Birks Cup BOS 15 miles (usually 10) K47/15 Joe Costello
- Wells Cup BOS Men 50 miles A50/2 Joe Costello
- Victory Cup BOS Women 50 miles A50/2 Fay Barrington
- Stoke Cup Fastest 50 miles A50/2 Mark Hamer
- Billy Steer Cup BOS Men 25 miles R25/7A 27th August 2023
- Bicknell Cup BOS Women 25 miles R25/7A 27th August 2023
- Williams Rose Bowl BOS Men 10 miles K48/10 17th Sept 2023 (VTTA National)
- Bart Cup BOS Women 10 miles K48/10 17th Sept 2023 (VTTA National)
- Massie Plate BOS over 65 K47/15 22nd July 2023
- Jones Cup BOS 50-64 K47/15 22nd July 2023
- Nomads Cup BOS under 50 K47/15 22nd July 2023

In addition to the 11 shiny trophies listed above we also have 4 competitions below that are season-long competitions with the first 3 applying to Open events across the country: The first 3 awards allow you to submit results from across the country. It's just the Les Lowe that is restricted to K courses.

#### **Season Long Trophies – Best All Rounder**

**Cyclo Shield** BOS Men/Women Any open 25, 50, 100 miles

**Godiva Cup** BOS Men Any two open 10 miles plus any two open 25 miles

**Bayliss Cup** BOS Women Any two open 10 miles plus any two open 25 miles

**Les Lowe Trophy** Furthest cumulative distance ridden on open "K" courses.

The competition is now hotting up in this year's league table. No one has yet exceeded the 6 counting events and only 3 people have ridden the minimum 4 'K course events' to be eligible for prizes.

| Name      |            | Points | No. rides | Club                             | Gender |
|-----------|------------|--------|-----------|----------------------------------|--------|
| Joseph    | Costello   | 690    | 5         | Legato Racing Team (LRT)         | M      |
| Simon     | Dighton    | 469    | 4         | Beacon Roads CC                  | M      |
| Emma      | Bexson     | 419    | 4         | Stratford Cycling Club           | M      |
| Deborah   | Sheridan   | 368    | 3         | Warwickshire Road Club           | F      |
| Denise    | Burrows    | 348    | 3         | AeroCoach                        | F      |
| Andrew    | Simpkins   | 343    | 3         | Team Echelon                     | M      |
| Bob       | Awcock     | 333    | 3         | Born to Bike - Bridgtown Cycles  | M      |
| Philip    | Wooldridge | 318    | 3         | VTTA (Midlands)                  | M      |
| Susan     | Semple     | 287    | 2         | Legato Racing Team (LRT)         | F      |
| Micheal   | Lythgoe    | 272    | 2         | Warwickshire Road Club           | M      |
| Phil      | Brown      | 272    | 2         | Walsall RC                       | M      |
| Alastair  | Semple     | 252    | 2         | Legato Racing Team (LRT)         | M      |
| Fay       | Barrington | 252    | 2         | Banbury Star                     | F      |
| Steven    | Loraine    | 247    | 2         | Legato Racing Team (LRT)         | M      |
| Adrian    | Osborn     | 202    | 2         | Stratford upon Avon Cycling Club | M      |
| Eamonn    | Sheridan   | 202    | 2         | Warwickshire Road Club           | M      |
| Tim       | Hood       | 156    | 1         | Team Echelon                     | M      |
| Jon       | Howard     | 146    | 1         | Team Echelon                     | M      |
| Mark      | Hamer      | 136    | 1         | Legato Racing Team (LRT)         | M      |
| Martin    | Lines      | 136    | 1         | Team Echelon                     | M      |
| Mark      | Wise       | 121    | 1         | Team Enable MI Racing McCann     | M      |
| Simon     | Law        | 121    | 1         | Race Rapid                       | M      |
| Gabriella | MacKinnock | 106    | 1         | Coventry                         | F      |
| Mark      | Shore      | 106    | 1         | Walsall RC                       | M      |
| Mark      | Franckel   | 101    | 1         | Royal Sutton Cycling Club        | M      |
| Steven    | Cooke      | 101    | 1         | Walsall RC                       | M      |

We have 9 more events still to take place in the Midlands so I am sure we will see some big changes this summer. Good luck to all of you. I will post this table on our Midlands Group news page on the VTTA website.

That's it for now folks, so until next time Stay Safe, Stay Fit and above all, Stay on your Bike!

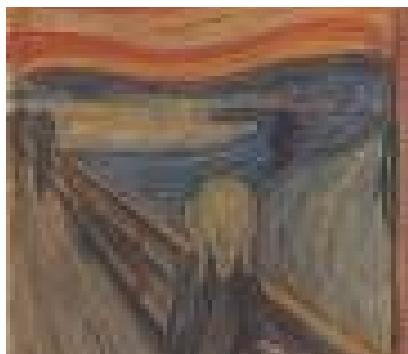
*Alastair*



## Editorial - Simon Dighton

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I suddenly realised / remembered there was a blank page in the magazine called 'editorial' and my immediate reaction was of horror as I realised I had to fill a blank canvas. Luckily the start of the editorial is easy— a huge and very heartfelt thank you from everyone involved in the VTTA to Steelie for all the work and the entertainment provided by editing the VTTA times over the last years - - difficult shoes to fill . I am sure there won't be quite as many jokes but will try to preserve the wit & essence of the magazine.



This thought then made me think of two themes and please feedback any comments to my e-mail address (back page), namely what would people like to read in the magazine and how can we boost membership?

In terms of content very keen to make it entertaining but at the same time both informative and relevant. Hence this edition includes a couple of race reports from the VTTA National Championships where in particular Joe Costello has been an outstanding performer—with an individual bronze in the National 25 Mile Championships, individual silver in the National 50 mile Championships and leading the way to a Team Gold for the Midlands in the 50 miles as well—with a massive contribution also from Mark Hamer, and hanging on by your editor. Not sure but winning a team National gold feels like something we haven't done for a while.

The other thought revolves around membership and how we start to boost numbers for next year and beyond. Although the numbers for 2023 are now probably more or less fixed, making the VTTA more visible as we head into the second half of the season must be beneficial for next year. I remember Ruth Eyles telling me about the VTTA some years back. Word of mouth can be one of our biggest adverts. I am thinking what I can do to publicise with clubs and people I know and appeal to everyone to articulate the advantages of joining. I have always been grateful to Ruth for the introduction. The page has filled surprisingly quickly so until next time...

## Qualifying Events—Margaret Colburn

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Listed below are the 23 Open K-Course qualifying events for this years' Points Series, for which the prize list value is £500: - huge thanks to Tim Wood and Echelon Cycles

|                                                      |         |      |
|------------------------------------------------------|---------|------|
| 01 Jul 2023 AeroCoach (Midland Champs)               | K47/15  | 15 M |
| 09 Jul 2023 Legato Racing Team                       | K15/10  | 10 M |
| 15 Jul 2023 Wyre Forest CRC                          | K46/10  | 10 M |
| 22 Jul 2023 Worcester St Johns CC                    | K47/15  | 15 M |
| 23 Jul 2023 Leamington C&AC                          | K11/10T | 10 M |
| 30 Jul 2023 Rugby Racing Cycling Club                | K11/10T | 10 M |
| 13 Aug 2023 Coventry CC                              | K11/10T | 10 M |
| 26 Aug 2023 Droitwich Cycling Club                   | K32/10  | 10 M |
| 17 Sep 2023 Midlands VTTA (Inc VTTA National Champs) | K48/10  | 10 M |
| 23 Sep 2023 VC Sevale (Malvern)                      | K46/10  | 10 M |

**Age 40 or more? Ride a Bike? Above Average Intelligence?**

**Then surely you must already be a V.T.T.A. member!**

**To join contact Margaret Colburn**

**[margaret.colburn@martley.org](mailto:margaret.colburn@martley.org)**

**or go to the website <https://www.vtta.org.uk/>**

# A Greek Theme—Steelie

## Known Behaviour!

Every 10 years or so, I get the urge to embark upon some bike riding challenge to raise money for a worthwhile cause. I have tried to suppress this urge of course by using a variety of recommended techniques, like counselling, hypnotism, Altruette™ patches etc., but despite this it still seems to happen.

In my 50s I rode from the UK to Greece and raised £5k for Macmillan Nurses, then again in my 60s I repeated this same ride and raised another £5k. A decade later, in 2016 I decided that a change would be a good idea, but not being very imaginative, I again decided to ride to Greece, London to Olympia in fact, that being an Olympic year.

I had learned from a friend with MS that there had been some very encouraging developments in stem cell research, and from the MS Society website that incubators, essential for such research, cost £5k, so that was that, I would ride from London to Olympia to raise £5k for the MS Society.

That all sounded very straight forward, a “no-brainer” you might say, until I had the bright idea to do the ride on a 64 year old Ellis Briggs bicycle that I had when I was a kid, and which had resurfaced as a rusting old hulk in a leaking relative’s greenhouse.

However, whereas on my previous trip in 2007 I had averaged 180 miles per day, this time my schedule for the 1,250 mile trip was a relatively leisurely 100 miles per day, departing on 9<sup>th</sup> June from Marble Arch.

An unexpected complication was that a couple of weeks before I was due to leave for Greece, I tore my calf whilst running a half marathon. Not content at that, just 5 days before I was due to leave I twisted my back and spent the next 4 days leaning on furniture for support as I negotiated my way around the house.

On the morning of my planned departure though, I did manage to get out of bed more or less unaided, and even made it to the bathroom before it was too late – a not to be underestimated achievement I may add!

## **Day 1: Thursday 9<sup>th</sup> June - London to Paris. 190 miles.**

Despite the previously mentioned impediments, and calls from loved ones (it sounds better using the plural don’t you think?) to postpone, being blessed with a very strong pig-headed gene, at 4pm on Thursday 9<sup>th</sup> June I set off from Marble Arch with a rather pronounced lop-sided pedalling action to ride to Newhaven to catch the overnight ferry to Dieppe.

Within 5 miles, the 60 year old bottle cages on the handlebars fell apart and deposited both bottles into the road. A few cable ties later and we were back in business, but it was an omen of things to come.

The 9<sup>th</sup> June was therefore a very memorable day, and not only because it was also my wedding anniversary! (I have always been a bit of a romantic).

I arrived at the ferry terminal in plenty of time, so wolfing down a Chinese chicken curry and boiled rice from a local takeaway, I slid into the queue amongst some bikers and checked in.

After 4 hours' fitful dozing on the deck, I set off cross country from Dieppe at 04:30 BST via Gisors, Pontoise and Versailles, to reach Paliseau, just to the South of Paris, within 24 hours of leaving Marble Arch.

Getting on and off the bike was a bit tricky because of my back, but fortunately once I was rolling along, it was fine, despite the rucksack I was unaccustomed to wearing.

My calf injury was no worse, and I rather fancied that the smooth action of pedalling was proving to be beneficial, so after washing all my cycling kit and finding a restaurant, I was more than ready for a good night's sleep! The rest of the trip did not quite go so smoothly, with punctures, lots of rain, collapsing wheels etc., - more of that later perhaps - but at least me and "Ellis" survived and we managed to raise £10.3k for The MS Society.

In a couple more years it will be time for another ride – maybe to Cyprus! (Ed—and another article please!)

### **Steelie x**

50 Miles into Northern France

Sunny and Warm – bring it on



## Dates For Your Diary

|                    |                                                                                          |
|--------------------|------------------------------------------------------------------------------------------|
| <b>4 Mar 23</b>    | VTAA beat the CTT at Welland                                                             |
| <b>16 Apr 23</b>   | Joe Costello takes bronze in the National 25                                             |
| <b>13 May 2023</b> | Ben Healy wins Stage 8 of the Giro d'Italia                                              |
| <b>6 June 2023</b> | Debbie Sheridan takes silver at world qualifier Tour of Cambridge                        |
| <b>8 June 2023</b> | Susan Semple in Cycling Weekly winning in E Mids                                         |
| <b>10 Jun 2023</b> | Joe Costello takes silver at the National 50                                             |
| <b>10 Jun 2023</b> | VTTA Midlands takes gold at the National 50<br>(Joe Costello, Mark Hamer, Simon Dighton) |
| <b>11 Jul 23</b>   | Closing Date for Massie Plate K47/15                                                     |
| <b>11 Jul 23</b>   | Closing Date for Jones Cup K47/15                                                        |
| <b>11 Jul 23</b>   | Closing Date for Nomads Cup K47/15                                                       |
| <b>15 Aug 23</b>   | Closing Date for Billy Steer Cup R25/7A                                                  |
| <b>15 Aug 23</b>   | Closing Date for Bicknell Cup R25/7A                                                     |
| <b>5 Sep 23</b>    | Closing Date for Williams Rose Bowl K48/10                                               |
| <b>5 Sep 23</b>    | Closing Date for Bart Cup K48/10                                                         |
| <b>30 Nov 2023</b> | Closing deadline for Winter edition of Standard Times                                    |

## Cyprus—Land of Aphrodite & Steelie

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### Simon Dighton

I suspect that 2024 will see many more of us going to Cyprus for this fine event. I wanted to try and get an early qualification in for the Amateur World Championships as I thought competition might be especially fierce this year with the finals being held in Dundee. Next year there is sadly no Tour of Cambridge but Cyprus makes an excellent alternative if within budget (and I am sure the bike airfare was more £ than my seat).

The TT event consisted of a hilly time trial on the Friday of about 18 miles and 1,000 feet of climbing – pretty much a climb on the way out only needing to get out of TT position nearing the top and a shoot back down again. The roads were open – but I have seen more cars on closed roads in the UK than on open roads in the Cypriot mountains. Road surfaces are excellent, such a pleasure riding on smooth tarmac, no potholes and warm weather in March. The race itself started in UCI fashion rolling down a ramp, clunking off it and away we go. It was rumoured there may be bike specification checks but none were carried out & never have been in Cyprus. I managed to get round in just over 43 mins which gave me first place in my age category by about 40 seconds, and a new jumper at the prize giving in the evening.

Saturday and Sunday I crossed to the dark side. The event is actually a 3 dayer with the next two days being road stages – so as the entry was all encompassing I had a go. Thankfully both stages started with climbs once we had left the neutralised zones. It very soon came to resemble a TT but on a different bike as I was the last person dropped both times from the leading pack of 5 or so. It was only until near the end of the race that I had company but managed to hold people off at the finish to come 6<sup>th</sup> and 5<sup>th</sup> respectively and 3<sup>rd</sup> on GC.

Although the parcours was hard with about 6,000 feet of climbing both race days I still think my biggest achievement (& those that have seen me in mechanical mode and how long it takes will understand this next part) was managing to dismantle

(the easier bit) and reassemble 2 bikes in working order for the races. Most people seemed to take only a road bike and fix on TT extensions or take the alternative non competitive ride instead of the TT.

Paphos itself is a town based on the coast in SW Cyprus. Surrounded by mountains as soon as away from the main road it is picturesque and tranquil. End of March was just before the tourist season kicks off and it was noticeable how many more people were there at the end of the week. The centre has a long sandy beach, an old castle and a plethora of archaeological sites and catacombs. It never ceases to amaze me just how vast these sites can be & definitely good fun to explore. If you had a big interest in ancient history you would probably still be there now. Just to make us feel at home though they did have roadworks in the centre.

Food wise where we stayed provided a copious buffet. We did venture out a couple of times – once to a place on the front called the Pelican which featured a .....Pelican. He strolled in halfway through lunch, walked up the stairs, realised he wouldn't make it to the loo on time and promptly left a fine mess for the staff to clean up before sauntering out. Elsewhere we had a fine dinner in the hills on the last night enjoying the red wine as reward for all the riding.

Overall a very friendly event. The riding was competitive but with good etiquette. The final prize giving was that well attended there wasn't a seat left on the beach – it kicked off with free beer and buffet in the sun!

# Race Reports

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## Zwift VTTA 10—Steve Jenks

A pleasing total of 92 entered the event although a few were evidently not VTTA members who had got the unique entry code off other members grrrrr but hopefully next time. 63 riders lined up on the day with 30 VTTA members who had registered on ZwiftPower so were the only finishers that counted. I made a schoolboy error of making changes to the bike two days before the race. Having only done TTTs for a long time I decided to make the biggest change I could - get my steel 58/18 single gear Peugeot out. Rode it for two days which was definitely not enough to get the legs used to the different feel such that from feeling great just before half way I felt distinctly in a 'I'm not going to maintain this' feeling. Slowing down to watch other Mids riders and take their screenshots seemed a much better use of my time. Sadly the only photo that ended up in the folder was, for some reason, Sue Semple. I also forgot to exit before the end of the event so my time which went from sub 13min at half way to 32 min plus at the end is forever somewhere out there in the ether, although I expunged it from the printed results. The results for Mids riders shown as age-adjusted are below with congrats especially to Paul Duncan.

|                 |       |
|-----------------|-------|
| Paul Duncan     | 20.34 |
| Mark Wise       | 20.37 |
| Andrew Simpkins | 20.38 |
| Sue Semple      | 20.42 |
| Adrian Osborn   | 23.06 |
| Tim Butler      | 23.33 |
| Alastair Semple | 23.39 |
| Keith Gelder    | 25.18 |

## Race Reports continued

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### National 25—Simon Dighton

A strange one this back on 16 April 2023 in Thirsk. The parcours was two laps of a circuit of a relatively quiet dual carriageway near Thirsk. Conditions were good, an 8 mph wind and only 89m of climbing & yet it just felt slow. Perhaps it was the relatively early part of the calendar with the temperature taking a while to warm up that kept things feeling slightly sluggish. However the actual race was good, well marshalled and supported—109 riders finishing (full field entered with reserves) & I would say the vast majority staying for the prize giving with the HQ not too far from the start. Results wise the Midlands did well. Joe Costello set off like a super caffeine propelled rocket and with the mercury in danger of busting the HR monitor had to dial back about a quarter of the way in. Never the less he romped home in 3rd place with an age adjusted time of 48-21 only 12 seconds off gold. Susan Semple was first Midlands female back only 38 seconds off the podium (world champion Linda Dewhurst took first place) in an age adjusted time of 51.17. Elsewhere your scribe (all AAT) notched a 51-41, Steve Lorraine 52.50, Mark Hamer 53.24 & Alastair Semple 54-05. With the top 3 riders counting for the team prize we came in 4th—not far off the podium and a taste of things to come?

### National 50—Simon Dighton



The National 50 was hard, seriously hard, in fact so hard that if every race was like this I think I would give up! Like nearly everyone else I was caught out by the heat—the thermometer didn't look that scary so perhaps all lulled into a false sense of

## Race Reports continued

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security. Set as two laps on the dual carriageway from Newark almost into Nottingham and back the race was put into doubt by temporary traffic lights on the course. A last minute decision was made to continue with the race although understandably a fair number of riders dropped out in advance. A difficult decision to make whether to run the event & no right or wrong answer whether organising or competing. In the end the traffic lights were not the limiting factor as did I mention the heat.

Personally I wanted to throw the towel in after about 5 miles as I watched my HR average out at just under 170 for the race and my wattage shrink by about 25% - in the last hour I was kicking out a power that might normally be just entering aerobic territory from recovery



pace despite the HR. The only glimmer (or was that the shimmer of the heat haze) was only 1 rider came past me so knew there must be a lot of other people suffering out there. The final leg into a 14mph headwind also didn't help before 2 miles of wind assisted finish. Crawling over the line and cycling back to HQ I can honestly say I have never seen so many riders finish a race at way below what I would imagine their normal pace to be. HQ was like a war zone survivor's camp, no one talking, blank stares into the distance.

Having said all that some riders were better prepared and did cope well with the conditions. Joe Costello got round in an AAT of 1-48-03 to take silver, Mark Hamer 1-52-19, myself 1-53-46, Jonathan Mills-Keeling 1-54-47, Fay Barrington 2-01-51 & Andrew Simpkins 2-01-56. With the top 3 riders counting for the team delighted to say the Midlands took GOLD!!!

### **2023 Giro and Dauphine non-crossword wordsearch**

The words are all linked to the two races above. Have a go at answering the clues that follow and spot them in the grid or just look for the words. All answers are two words and always meet at some point but don't overlap. Note one answer is an awful pun. Bonus point for spotting the mis-spell of one rider's first name. The answer grid is on page 27.

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

#### **Clues : Giro**

Stage five winner; Combativity winner; Second place;  
Second on last stage; Stage 10 winner; The jersey to spot;  
Caused carnage; Caused Evenepoel crash; Fractured pelvis caused?  
UCI rider who froze and crashed on stage 10;

#### **Clues : Dauphine**

Stage 5 winner; Lost white jersey on final stage; Team with 3 initials

**VTTA Closed Circuit Championships South.  
Goodwood Motor Racing Circuit, Saturday July 10  
Eamonn and Deborah Sheridan, Warwickshire Road Club.**

The VTTA has been for a number of years perhaps the most forward thinking organisation in Time Trialling. In 2022 VTTA launched two closed circuit championships, North, at Croft and South at Goodwood. We had already ridden what a3crg call 'Glorious Goodwood' so were inspired to enter the Southern age group championships. Having had a great experience in 2022 we returned this year.

Clearly Goodwood Motor racing circuit is not a Midland venue and so it may seem a long way to travel for a 10 mile TT on a Saturday night and this year it clashed with the VTTA 50, but we have friends in a3crg and the VTTA 50 wasn't exactly local either (Ed note - & a lot hotter).

Racing at Goodwood has the big event feel. We had been at the Tour of Cambridge the week before and this seemed like a natural extension. To enter the track you drive through a tunnel into the infield. We park up and a Spitfire takes off from the airfield. Apparently, you can book a flight in a Spitfire, the two seater trainer TR9 from the airfield at Goodwood.

We sign on, and are surrounded by the iconic sights of Goodwood, where famous names, like Stirling Moss, once raced and is now the home of the Goodwood Revival. The race is divided up into categories, giving an opportunity to everybody, Juniors, Road Bikes, TT bikes, and Tricycles.

The event is run on 30 second starts so you have to be attentive! I nearly missed my start chatting away with excitement. Deborah is focused and on the rollers.

On the start line, David Collard Berry is ramping up the excitement, music is blasting out, and each rider is announced. The countdown ends. I'm off in the Road Bike class! Four and a bit laps on smooth tarmac with no traffic or junctions to navigate.

Some twenty minutes behind me, Deborah, racing in the Women's TT bike category, is about to start. Behind her, is her friend, Sarah Matthews from a3crg. Deborah knows Sarah is quicker so she is focused now on staying away as long as possible to give her a chance of a podium. It's a hot evening and the circuit has little shelter and what



breeze there is doesn't seem to take away from the heat.

30 minutes of effort and it's over for me. Not my best time but as I sign back in and return my number there's free beer cooling in an ice tub. Deborah finishes in 25:34. She has not quite held off Sarah but it's enough for 2nd Women's TT bike with an age adjusted time of 20:31. Result Sheet on our phones gives us instant feedback on our race.

We are the only Midlands riders to have made the journey South but we come away with two nice event mugs. I'm not quite sure how I managed that but Deborah's is for 1st in age group and a certificate for 2nd women's TT bike.

This event is in its second year and VTTA are to be commended for it. We have not done the northern event at Croft but I'm sure it's every bit as good. It's a long way from the Midlands but we made a weekend of it staying in Bognor Regis.

(Ed note—looks like a good one for next year)

A friend of mine works for a company that makes bikes. He's their spokesman.

# Midlands Age Records (Repeated)

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## Steve Jenks

### **There are two versions of Midlands age records.**

- 1) This is on the Midlands area of the VTTA site under 'group records'. These are age records set on any course in the country.
- 2) Found in the magazine and on the Mids VTTA facebook site are age records set only on K (midlands) courses and will be called Midlands age records (K).

### **Why Midland records are not entered on the National website**

Looking at the two sets of records one thing stands out – Midlands (K) records have representation across the age groups. The main reason for Midlands age records (K) for road time trials to be continued that all records on the VTTA records site of a lower standard than that of an older person are subsumed by the older members' record. For example, last year, a sixty year old member achieved an outstanding ten mile time of 19 mins 31 seconds.

This is faster than EVERY time set by all males from 40 to 59 and so is the first age record in the table - anyone trying to get an age record who is between 40 and 59 would need to ride 19.30 or faster!

If this system were to be used on the (K) records tables it would wipe out around 30 - 40% of all records – clearly not an incentive for members to beat records achieved at the younger ages. For reasons of fairness, another caveat of Midland age records is that they are set on a (K) course.

This supports our local clubs and the officials who put on (K) events which have no really outstandingly fast courses and so prevents members from travelling (up to hundreds of) miles to fast courses purely to get a fast time. Not all members have the capacity to do this.

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 Mids VTTA Facebook page. They will no longer be published on the VTTA website on the Midlands News page to avoid confusion.

# Age Records Table (June 2023)

## Steve Jenks

| <b>Mens</b> | <b>10 miles</b> |                            |      | <b>Time</b> |
|-------------|-----------------|----------------------------|------|-------------|
| 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          | Jon Howard      | Team Echelon               | 2019 | 20.38       |
| 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          | Joe Costello    | Walsall RCC                | 2015 | 21.01       |
| 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 | 22.5        |
| 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           | 2022 | 25.44       |
| 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 | 24.11       |
| 75          | Alan Colburn    | Stourbridge CC             | 2006 | 24.44       |
| 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       |
| <b>Mens</b> | <b>15 miles</b> |                            |      | <b>Time</b> |
| 48          | Simon Adcock    | Team Echelon               | 2022 | 32.33       |
| 54          | Alastair Semple | Stafford RC                | 2022 | 35.32       |
| 59          | Simon Dighton   | Beacon RCC                 | 2022 | 31.32       |
| 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       |

| <b>Mens</b> | <b>25 miles</b>         |                            |      | <b>Time</b> |
|-------------|-------------------------|----------------------------|------|-------------|
| 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-Newton | 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     |
| 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            | M I Racing                 | 2007 | 1.01.57     |
| 77          | Murray Kirton           | A5 Rangers                 | 2018 | 1.09.55     |
| <b>Mens</b> | <b>50 miles</b>         |                            |      | <b>Time</b> |
| 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     |

I told my wife I was making a bicycle out of spaghetti. She didn't believe me...

Until I rode pasta.

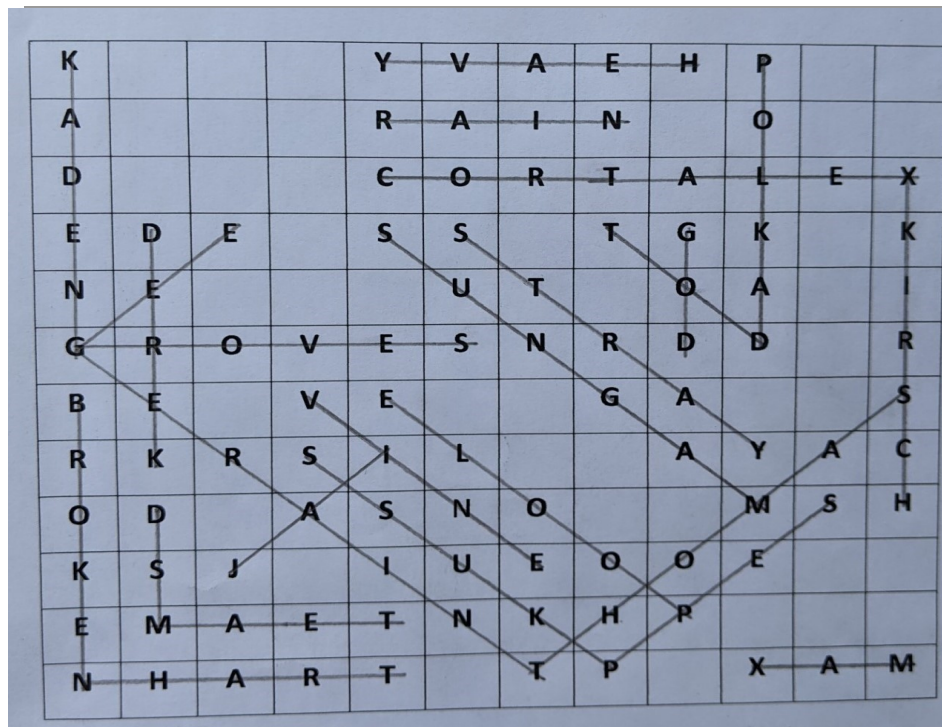
| <b>Ladies</b> |                | <b>10 miles</b>            |      | <b>Time</b> |
|---------------|----------------|----------------------------|------|-------------|
| 41            | Denise Burrows | Aerocoach                  | 2020 | 23.39       |
| 42            | Susan Semple   | Stafford RC                | 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 | 23.2        |
| 55            | Susan Semple   | Stafford RC                | 2021 | 24.44       |
| 56            | Susan Semple   | Stafford RC                | 2022 | 24.15       |
| <b>Ladies</b> |                | <b>15 miles</b>            |      | <b>Time</b> |
| 43            | Denise Burrows | Aerocoach                  | 2022 | 38.42       |
| 56            | Susan Semple   | Stafford RC                | 2022 | 38.47       |
| <b>Ladies</b> |                | <b>25 miles</b>            |      | <b>Time</b> |
| 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     |
| <b>Ladies</b> |                | <b>50 miles</b>            |      | <b>Time</b> |
| 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     |

A pastor discovered his bicycle had been stolen

He decided to use it as inspiration for that week's sermon, and began writing on the Ten Commandments, especially "thou shalt not steal"

Then he got to "thou shalt not commit adultery" and remembered where he left his bike.

## Word Search answers



### Answers : Giro

Stage five winner : Kaden Groves, Combativity winner : Derek Gee

Second place : Geraint Thomas, Second on last stage : Alex Kirsch

Stage 10 winner : Magnus Court, The jersey to spot : Polka Dot

Caused carnage : Heavy rain, Caused Evenepoel crash : Stray Dog

Fractured pelvis caused a : Broken Hart (sorry)

UCI rider who froze and crashed on stage 10 : Jai Vine

### Answers : Dauphine

Stage 5 winner : Sepp Kuss, Lost white jersey on final stage : Max Poole

Three initial team : Team DSM 27

### **You know you are competitive when**

Overheard at the Tour of Cambridge discussing a 14mile time trial on a dual carriageway in Dundee one of the commentators was disappointed to be taking a team on an expenses paid trip to Trinidad rather than racing in Dundee. What's more everyone in the group were genuinely sorry for the individual and sympathetic at their plight!

### **Psychiatry**

A psychiatrist is someone who goes to the Folies-Bergère and looks at the audience.

### **WE ARE HIRING**

An opening on the executive team has now become available. The position of Trophies Secretary attracts a great salary (paid in gratitude and respect), Seasonal work (winter period), includes 4 social gatherings a year and one party plus an attractive benefits package (to be agreed with the Treasurer).

#### **Job description**

Winter working - ensure all trophies are sent to be engraved before Christmas and available at the AGM in January to be presented.

#### **Essential/desirable**

Lots of enthusiasm and a passion to help promote and encourage cycling. A small amount of storage space would also be helpful.

Please send your expression of interest to [ascoaching@outlook.com](mailto:ascoaching@outlook.com) or call 07955 032 010. It would be great to have **YOU** as part of our team.

## Recorder's Report

As usual at this time of year there is very little to report other than, currently, 34 members have paid for standards.

There is a **change** to what can be put on the standards medals/ plaques. Traditionally members have been able to have their **actual time** put on, or, for the vast majority, their **plus (or minus) on standard**. This year, for the first time, members can opt to have their **age-adjusted time**. The default position (**ie unless I am emailed to the contrary**) will be that I will put plus (or minus) on standard and I will continue to put actual time for those three or four who have opted for that previously.

Steve Jenks

### PLEASE NOTE

Standard Times Publication Dates:

March; June; December.

PLEASE SEND ARTICLES TO THE EDITOR AT LEAST  
ONE MONTH BEFORE THESE DATES

### Next Copy Date 30th November 2023

Please contact me right away if you are interested in being "Profiled" in a future edition of Standard Times or if you have a story to tell about one of your exploits, whether it is cycling related or not.

## MIDLANDS GROUP V.T.T.A. OFFICIALS 2023

|                           |                                  |                                                                                                                                       |
|---------------------------|----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| President                 | Alan Colburn<br>01886 888575     | ( <a href="mailto:Alan.colburn@martley.org">Alan.colburn@martley.org</a> )<br>The Willows, Jury Lane, Martley, WR6 6PE                |
| Chairman/press/<br>Comms. | Alastair Semple<br>07955 032 010 | ( <a href="mailto:ascoaching@outlook.com">ascoaching@outlook.com</a> )<br>76 Ascot Road, Stafford, ST17 0AQ                           |
| General Sec.              | Scott Westwood<br>07764 952024   | ( <a href="mailto:scott.westwood41@icloud.com">scott.westwood41@icloud.com</a> )<br>4, Woodpecker Way, Heath Hayes, Cannock, WS11 7WJ |
| Treasurer                 | Margaret Colburn<br>01886 888575 | ( <a href="mailto:margaret.colburn@martley.org">margaret.colburn@martley.org</a> )<br>The Willows, Jury Lane, Martley, WR6 6PE        |
| Group Recorder            | Steve Jenks<br>0121 684 5240     | ( <a href="mailto:stevejmo7@hotmail.com">stevejmo7@hotmail.com</a> )<br>43, Kimberley Rd., Olton, Solihull, B92 8PX                   |
| Membership Sec.           | Margaret Colburn<br>01886 888575 | ( <a href="mailto:margaret.colburn@martley.org">margaret.colburn@martley.org</a> )<br>The Willows, Jury Lane, Martley, WR6 6PE        |
| Trophies Sec.             | VACANT                           |                                                                                                                                       |
| Social Secretary          | Greta Spiers                     | ( <a href="mailto:greta.trikie@gmail.com">greta.trikie@gmail.com</a> )                                                                |
| Standard Times<br>Editor  | Simon Dighton                    | ( <a href="mailto:sgdighton@hotmail.com">sgdighton@hotmail.com</a> )                                                                  |

### 2023 Committee Meeting Dates

Virtual via Zoom or at the Kings Court Hotel, Alcester

10th Aug, 9th Nov

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