

**Standard
Times
Midlands
VTTA
March 2024**





Front Cover:

Dave Stockley (pilot) & Murray Kirton (stoker) on their way to another national age record. The pair took 3 national records this year (in 2 cases beating their own record) and now hold every national tandem record from 10 miles to 50 miles (inclusive). At least they left the 100 miles, 12 hour and 24 hour for others (& a wise choice too in my opinion—Ed)

Inside Cover:

Debbie Sheridan racing in Antalya, Turkey where Debbie got her qualification in early for this year's world championships. Debbie took gold and received her medal from ex UCI president Brian Cookson (although everyone thought he was a local distinguished Turkish dignitary.)

Steve Jenks really took up the reins in promoting a ZWIFT winter series which has now gone national under Steve's auspices. Further report inside.



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I am looking forward to the first key event this year for the VTTA where not only will we get to race, and beat I hope the BMRC, but our Chairman will present to our district Champions their 2023 National VTTA medals, District Trophies, Standards Medals and plaques, and award £500 worth of Echelon Cycles vouchers to last year's Top 10 Points Series Winners.

I would like to formally invite you all to the awards ceremony that will take place in the HQ (Welland Village Hall WR13 6LA) after the K45/15 TT. The presentations will take place straight after the Welland Trophy is awarded followed by tea and buns for all 😊.

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A View from an old(*) Chair

Alastair Semple

Or as I would say 'one with character, that has been around a while, had a few knocks, but still able to fulfil most of what it was designed for'. Anyhow age is just a number right! My motto is that it is better to 'wear out' than 'fade away'. So 2024 racing season here I come!

I am looking forward with a certain amount of optimism to the 2024 racing season. Despite there being fewer events up and down the country, I was pleased to see that Clarion Wheelers sporting TT near me got over 80 entrants on a cold February morning, made up of a 50/50 split between RB and TT bikes. I hope this pattern continues across the Midlands' district events this year. I would like to take this opportunity to say thank you to all the event organisers and their helpers/marshals/timekeepers for allowing us so many opportunities to race.

April 6th Celebration – Champion of Champions

I am looking forward to the first key event this year for the VTTA where not only will we get to race, and beat I hope the BMRC, but I will get to present to our own district Champions their 2023 National VTTA medals, District Trophies, Standards Medals and plaques, and award £500 worth of Echelon Cycles vouchers to last year's Top 10 Points Series Winners.

I would like to formally invite you all to the awards ceremony that will take place in the HQ (Welland Village Hall WR13 6LA) after the K45/15 TT. The presentations will take place straight after the Welland Trophy is awarded followed by tea and buns for all 😊. The venue has outside spaces and a children's play area so a perfect place to come along with your family and friends to celebrate the achievements of our members last year, both nationally and regionally. (* - you look pretty young to the rest of us! -Ed)

I also have 3 very special awards to hand out and these have been issued to VTTA members over the age of 80 who are still racing. In our district we have Norman Fenn, Murry Kirton and David Stockley who are still going strong (& beating national records).

National Champion Medal Winners

Deb Sheridan (Warwickshire Road Club) - Bronze 15 mile Championships.

Legato Racing Team composed of **Joseph Costello**, **Mark Hamer** from the Midlands and Simon Horsley (North district) - Gold in the 30 mile Championships.

50 miles Championships **Joe Costello** took Silver in the Solo event and the Group Team winners taking gold were Midlands with **Joe Costello** (Legato Racing Team), **Mark Hamer** (Legato Racing Team), and **Simon Dighton** (Beacon RC).

At the National 10 mile Championships **Jon Howard** (Team Echelon) won Silver, **Susan Semple** (Legato Racing Team) won Bronze and in the Group Prize **Jon**, **Susan** and **Tim Wood** (Team Echelon) won Gold. In the Team Prize Legato Racing Team won Gold which comprised of 2 Midland riders, **Susan Semple** and **Steve Lorraine** with teammate Simon Horsley (North district).

Midland Trophy Winners

Cyclo Shield AAT Men/Women any open 25, 50, 100 miles

Emma Bexson – Stratford Cycling Club.

Victory Cup AAT Women 50 miles

Fay Barrington - Banbury Star Cyclists' Club

Bart Cup AAT Women 10 miles and **Bayliss Cup** AAT Women any two open 10 miles plus any two Open 25 miles

Susan Semple - Legato Racing Team (LRT)

Stoke Cup Fastest 50 miles

Mark Hamer - Legato Racing Team (LRT)

Williams Rose Bowl AAT Men - K48/10 VTTA National

Jon Howard Team Echelon

Godiva Cup AAT Men any two open 10 miles plus any two open 25 miles , **Jones Cup AAT** 50-64 , **Billy Steer Cup AAT** men 25 miles , **Birks Cup AAT** 15 miles, **Wells Cup AAT** Men 50 miles and the **Les Lowe Trophy** Furthest cumulative distance ridden on Open “K” course events.

Joe Costello - Legato Racing Team (LRT) 112.7miles

Standards Winners

29 members, that's nearly a 3rd of our members also won at least one standard medal this year. Very big congratulations to:

Emma Bexson, Joseph Costello, Susan Semple, Jon Howard, Simon Smart, Deborah Sheridan, Mark Hamer, Simon Dighton, Ed Moss, Steven Loraine, Tony Ball, Diana Egerton-Warburton, Martin Lines, Philip Brown, Fay Barrington, Denise Burrows, Andrew Simpkins, Garry Shuker, Karl Moseley, Philip Wooldridge, Gabriela MacKinnon, Philip Gardner, David Steel, Dave Stockley, Murray Kirton, Bob Awcock, R. Coupe, R. Watson and Me .

Point Series Winners 2023

Rank	Name		Club	Prizes
1	Joseph	Costello	Legato Racing Team (LRT)	£75
2	Denise	Burrows	AeroCoach	£70
3	Susan	Semple	Legato Racing Team (LRT)	£65
4	Philip	Wooldridge	VTTA (Midlands)	£60
5	Mark	Wise	Team Enable MI Racing McCann	£55
6	Simon	Dighton	Beacon Roads CC	£50
7	Phil	Brown	Walsall RC	£40
8	Alastair	Semple	Legato Racing Team (LRT)	£35
9	Deborah	Sheridan	Warwickshire Road Club	£30
10	Simon	Law	Race Rapid	£25

As you can see it will be a fabulous event on the 6th April so please come and join us to receive your awards in style, celebrate the success of others and seeing as you are there, perhaps ride the 15 miler too.

2024 Points Series

I am pleased to report that thanks to Tim Wood's (Echelon Cycles) continued generosity, and to the Midlands VTTA Committee for matching the sponsorship, we will again be running the Midlands Points Competition in 2024, with £500 worth of prizes. Prizes will be awarded to the top ten best placed riders on K Course events this year.

We will publish results throughout the season on the Midlands Group News page on the VTTA website around the end of April, June, July and late September once all the open events are completed.

For those of you who are new to the VTTA or perhaps like me a getting a little forgetful here is how the points are allocated.

All Midlands 'K' Open events (except hill climbs) are counting events.

Open to all active / paid up Midlands VTTA members.

Solo bikes and trikes only (no TTT's or tandem rides)

Best six rides score – but only four rides needed to qualify for awards.

Age Adjusted Times / Standards used to decide the position of the field.

Only Midland VTTA members included when deciding the finishing positions.

Points allocated as follows: 100 to the last placed rider, 105 to the second-last, and so on up to the first placed Midlands VTTA rider.

To minimise the risk of a tie in the final table each rider will receive one additional point for every K course event ridden. This is not limited to the 6 counting events.

Any remaining ties will be resolved by the rider with the highest average placing across his/her highest scoring six events taking the higher place in the final table. If there is still a tie this principle will be extended to seventh event, and so on.

Midlands VTTA Trophy Events 2024

The Committee has agreed this year's events where the Midlands VTTA trophies will be contested. Again, this year we have no 25 or 50 mile events on K courses so we have chosen two events in our neighbouring districts to contest those trophies. All trophies below (except for the Stoke cup which is based on finishing time) will be decided on Age Adjusted Times.

Birks Cup 15 miles - K47/15 Welland Trophy 6st April 2024

Wells Cup Men 50 miles – R50/1b VTTA National Championship 13th July 2024

Victory Cup Women 50 miles - R50/1b VTTA National Championship 13th July 2024

Stoke Cup *Fastest* 50 miles - R50/1b VTTA National Championship 13th July 2024

Billy Steer Cup men 25 miles – A25/34 VTTA East Mids 17th Aug 2024

Bicknell Cup BOS Women 25 miles - A25/34 VTTA East Mids 17th Aug 2024

Williams Rose Bowl BOS Men - K48/10 VTTA National on 7th Sept 2024

Bart Cup BOS Women 10 miles - K48/10 VTTA National on 7th Sept 2024

Age Awards

The 3 trophies below will be contested on the 22nd June
2024 on the **K34/10F**.

Massie Plate fastest on AAT over 65

Jones Cup fastest on AAT 50-64

Nomads Cup fastest on AAT under 50

There is a great spread of events across the season which I hope you will all be part of. We also have 4 season long competitions. The first 3 are based on your best times on any course in the country and the last, the Les Lowe been awarded to the rider who accumulates the most miles in Midland open events in the season, so not the fastest, but to the rider with the biggest appetite for local events.

3 trophies were not awarded this year due to no one racing in those categories. Please look at this year's calendar and see if you can win one of these prestigious trophies in 2024.

Massie Plate AAT over 65, **Nomads Cup** AAT under 50, **Bicknell Cup**
ATT Women 25 miles – all *not awarded*

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.

On behalf of the committee, I would like to wish you all a fulfilling racing season, blessed with good weather and favourable winds. Looking forward to racing alongside you on the 6th April when we defend the Welland Trophy.

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

It's that time of year again—when I realise I haven't raced for the best part of 6 months, not caught up with too many people in the VTTA but have an editorial to write and a bad case of Editorial cramp. Last season left me with 2 overriding reflections which we have touched on in previous articles so I will do nothing more than to highlight them here. These are how well the Midlands Group is doing nationally with a whole collection of medals and top of podium positions and how this has also translated into success on the world stage. Separately how do we get membership numbers moving upwards within the VTTA & greater number of entries to time trials. With those points in mind I then realised I had a number of questions about the forthcoming season of which some might resonate;

Will all that winter suffering on the turbo translate to decent legs come the first race? Answer—Will let you know in the November edition of Standard Times

Why is my first race on a road bike cycling round Darley Moor and not on a TT bike—Not really sure but in retribution for not starting off with a TT the weather gods have decided it will be a double rain drop day and a moderate breeze (except that a moderate breeze for the area translates into a howling gale at Darley Moor, surely the coldest place on earth)

Will the new skinsuit really save me as much time as promised—we all know the answer to that one.

Who can I get to volunteer to write an article or be a willing contributor to a rider profile - over to you for the answer on this one, please let me know

How many years can I hold out racing a TT bike with rim brakes before I finally find I can't get wheels for it? - Not sure but luckily I did manage to get the old one repaired on warranty even if that did mean it got caught in Spanish customs a few times (which is where the nearest distributor now is—did a great job mind)

& what races shall I enter this season—to be fair I normally try and work it out as

Editorial -

Simon Dighton

soon as the race calendar comes out. Similar to last year I will be looking at the National VTTA events, the Merlin Classic Sporting Series (noting that Beacon run one of these events on 21st April aka 'Little Mountain'), our own Midlands Series and as many Midland events as I can fit in , and finally will have another go at the World Championship qualifiers and hopefully finals (in Denmark this year before it moves to Australia in 2025).

Will I be racing at Welland on 6th April, hopefully beating BMCR (nicely) and enjoying the prizegiving afterwards - see you there, and friends and family also more than welcome!

Think that is all for now so look forward to catching up with everyone shortly and any questions -I can feature them next time!

(& below is what you get for road racing—actually good fun although seems weird going round corners)



2024 Points Series

Qualifying Events

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

Date	Club	Course	Distance (miles)
23-Mar-24	VC Sevale (Malvern)	K46/10	10
24-Mar-24	Banbury Star CC	K4/21	21
06-Apr-24	VTTA Midlands	K47/15	15
21-Apr-24	Little Mountain (Beacon)	K22/39	39
05-May-24	Coventry CC	K11/10T	10
18-May-24	Worcester St. Johns CC	K46/10	10
21-May-24	Legato Racing Team	K15/10	10
25-May-24	Stafford RC - CANCELLED	K48/10	10
08-Jun-24	WattShop 2 Stage TT	K48/10	10
15-Jun-24	Aero Coach (Midland Road Champs)	K47/15	15
22-Jun-24	Redditch Road & Path CC	K34/10F	10
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

Have a go at a National Competition – AND perhaps be part of a Group team

There are three national competitions and they are all based on your average speed which are worked out from age adjusted times for the distance. They don't cost you anything and you are given a National position at the end of the year!

a) Short Distance Competition: Your best results for the season in two open 10s and in two open 25s.

b) Three Distance Competition: Your best -times in open events at 25, 50 and 100 miles.

c) BAR (Best All Rounder): Your best results in an open 25, 50, 100 miles and a twelve hour.

For each of the three National competitions the best Midlands performances are worked out and each VTTA group is awarded a position. The best three in the Midlands VTTA are also awarded a plaque in each of the three competitions.

At the end of the season these are awarded automatically as long as your VTTA and CTT accounts are linked.

More details can be found at [VTTA - Veterans Time Trials Association - Competitions](#)

VTTA Championship Dates

Date	Group Organising	Course	Distance Event
11-May-24	East Anglian	E2/30C	30
18-May-24	North Midlands	O10/1	10
09-Jun-24	Yorkshire	V12HR	12 hour
19-Jun-24	North Group	Croft circuit	North CCC*
26-Jun-24	Surrey / Sussex	Goodwood circuit	South CCC*
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

* Closed Circuit Championships

Worth just keeping an eye on these dates as they do sometimes get rearranged

NOTE: There will also be a national 10 mile Zwift TT later in the year - info on the VTTA site when it becomes available.

2024 VTTA Round up

The end of 2023 sees both the Midlands' AGM and the National AGM for the VTTA. Rule changes etc were administrative rather than affecting riders with the exception of some changes to standards. The Group had analysed the last 133,000 results (! - Ed) comparing 2021 results with 2023 for both TT's and Trikes. The conclusion is ;

Standards for all riders aged 40-59 is harder except for the Open 24 hour events

Standards for riders aged 60-69 is easier for men but harder for women

Standards for all riders aged 70 and above are easier

All 24 hour event standards are easier

The changes are not dramatic and a summary is shown in the VTTA Handbook.

(The fact that your editor has just turned 60 is entirely coincidental)

Elsewhere the VTTA has run workshops on

Membership renewal—looking at ways of making more seamless / automatic

Participation of road bikes—welcoming more road bikes and running separate competitions

Season long competitions—being more accessible and not necessarily involving the longer distances

Marketing and publicity—keeping websites more up to date and easier to use plus Facebook initiatives

Encouraging new members— especially those just turning 40 as this provides a membership base for many years.

Please let the Committee know if you have any ideas as to how we can encourage participation

ZWIFT League

Steve Jenks

Zwift 10 miles league – race eight account and overall result.

This year we opened the league to the national membership.

Race 8 – the finale of the series, again had 106 entrants although the total of VTTA finishers fell below 60 for the second time down to 45. There was an exciting battle early on between Mark Wise and Ian Foster and our roaming photographer was able to capture the money shot and is seen here first just as Mark made the catch. We had seven finishers with Tim Hood first home in 21.55 followed by Mark on 22.10 then Andrew Simpkins in 23.05. On age adjusted times, Andrew was 3rd overall in 19.52 followed by Tim 5th in 19.55, Sue Semple 9th in 1.20.48 (4th lady) and Mark 12th in 20.32. The next three were Ian Foster in 21.50, Leon O'Regan in 22.02 and Adrian Osborn in 23.51. Overall out of 67 who completed 4 or more events on AAT were Andrew Simpkins 6th on 1.19.35 with Tim Hood a tantalising 12 s behind in 7th, then Sue Semple 9th in 1.20.48. Next was Mark Wise in 17th on 1.22.47, Leon O'Regan 33rd in 1.27.30, Adrian Osborn 45th in 1.30.05, Alastair Semple 46th in 1.30.09, Michael Lythgoe next in 1.30.11 so these three riders after forty miles of racing were separated by a mere six seconds !!

Ian Foster unfortunately only completed three events but based on these times would have tucked inside the top forty. Many, many thanks to all the above for making this such a successful event.

Here is the nail-biting moment in race 8 when Mark Wise caught Ian Foster



Zwift summer events

At the time of writing the plan is to have a series of five mile TTs starting first Thursday in March through to the middle of September at 7pm. The idea is to have a sharper TT which

will not take too much out of the legs before weekend real-life events whilst providing competition not only for training but for the new (and some old) members who only race on Zwift and maintain the contacts that have evolved through the 10 mile series. To add variety the events will alternate between Electric Loop <https://zwiftinsider.com/route/electric-loop/> and Tour of Tewitt Well so will be flat then lumpy. <https://zwiftinsider.com/route/tour-of-tewit-well/>

Sometime late September/October there will be a 25 mile, 50 mile and 100 mile which will count for a virtual BAR based on average speeds.

2024 K Course Open Events

For many of these events there are additional categories and events taking place on the same day, but we wanted to give you the key dates and courses to help you plan your season. The 3 highlighted in bold are Trophy events where we know will be presenting results and prizes using VTTA age adjusted times.

23 Mar VC Sevale (Malvern) K46/10

24 Mar Banbury Star CCK4/23

06 Apr VTTA (Midlands)(The Welland Trophy)K47/15

21 Apr CTT Classic Series (3 Of 6)(Beacon RCC) K22/39

05 May Coventry CC K11/10

18 May Worcester St Johns CC K46/10

21 May Legato Racing Team K15/10

25 May Stafford RC K48/10 CANCELLED

08 Jun WattShop 2 Stage TT (Stage 1)K48/10

15 Jun AeroCoach (District Road Bike Champs)(Road Bikes Only) K47/1515

22 Jun Redditch Road & Path CC K34/10

30 Jun Hinckley CRC (4-Up TTT)(Fee Per Rider) K41/25

2024 K Course Open Events cont'd

07 Jul Legato Racing Team K15/10

13 Jul AeroCoach (Midland Champs)(Open)K47/15

14 Jul Wyre Forest CRC K46/10

28 Jul Rugby Racing Cycling Club K11/10T10

04 Aug Shropshire CCA (4up TTT) K52/50

11 Aug Coventry CC K11/10T10

01 Sep Leamington C&ACK11/10

07 Sep Midlands VTTA K48/10

and he's out there in front breaking wind for the rest of the peloton
Phil Liggett

the front wheel crosses the finish line closely followed by the back wheel
Hugh Porter

in cycling you can put all your money on one horse Stephen Roche

A trip to the dark side—aka Cyclo X

Simon Dighton

For those of you who know me I spent a few years dabbling in Cyclo cross before concentrating fully on time trialling. The racing was great, I learned a bit about bike handling (although I did seem to be on first name terms with St. John's ambulance) and wasn't bad at courses that had some straight lines, preferably uphill, although people seemed to disappear without trying on the more technical courses.

The racing did instil a family a tradition of going to watch the world cyclo cross championships wherever they are being held (except for Louisville). Now eight of us including the boys & friends were back to Tabor for the second time. Staying in Prague (worried that the rest of Tabor might be closed for winter) was a good excuse for the final pre-season blowout and location is perfect for that. Feasting on goulash, pilsner, and a local dark brew were the night time entertainments. Day time was exploring the Charles River, old town, astrological clock, strong coffee and for those with the inclination the odd art gallery and Kafka museum was a great way of spending the Saturday before travelling out to the Czech countryside on the Sunday.

The locals were very keen to make us feel at home - the train broke down about 30 minutes after leaving Prague and we had to wait for a new engine. Never the less we made it to Tabor with less time to spare than planned, but still there to first see Zoe Backstedt demolish the opposition in the women's U23 race and then the legend Matthieu van der Poel do the same in the men's—which gave us enough time to get back to Prague for one final smart meal out at about a third of the UK cost. Recommended—next year France.

Cerebral challenges

Niners (oops six and seven and ten but hey ho).

Each number represents a different letter. Solve the clues and insert the letters in the appropriate squares to uncover a cycling-related word which uses all of the letters.

1, 5, 3 fleece

3, 2, 4 even

1	2	3	4	5	6
---	---	---	---	---	---

3, 6, 7, 4 brood

5, 2, 1, 3 applaud

1	2	3	4	5	6	7
---	---	---	---	---	---	---

5, 6, 3, 7 cut

1, 2, 4, 3, 2 couple

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

What do all of these words have in common – old, range, lack, earl, ink, each

TANDEM RECORDS

Dave Stockley (pilot) and Murray Kirton (stoker), set three national age records on Dave's tandem in 2023.

10mls 24-26 F11/10 total age 165 yrs.

15mls 37-49 F2/15 age 165yrs.

30mls 1-35-24 E33/30 age 164yrs.

30ml. course was two circuits on a sporting course with the temperature below 10degrees, hence slow time (Murray's words not mine – Ed).

Also worth noting that Dave & Murray already hold the 25 mile and 50 mile age records!

Midlands Age Records Steve Jenks

A few words of explanation before moving onto the record breakers.

National level I think speaks for itself— taking this record means you have set the fastest VTTA member actual time for your age or younger on an open event in the UK. This is a very high hurdle but this year we have 2 record breakers in this category set at the National 15 Championships on the F2/15 course. Congratulations go to **Debbie Sheridan** in a time of 36-27 which also saw Debbie take the bronze medal on age adjusted times and **Joe Costello** in 30-50. Joe came 4th overall on age adjusted times finishing 7 seconds off a medal and 24 seconds off gold.

Midlands Age Records cont'd

Next up are the Midlands level records—similar to the Nationals but these 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 have fallen this year—shout outs go to Simon Smart, Sue Semple, Wayne Baker (trike), Norman Fenn (trike), Murray Kirton and Dave Stockley (tandem), Murray Kirton (solo), Emma Bexson, Debbie Sheridan, Steve Lorraine, Mark Hamer, Jon Howard, Andrew Simpkins, Joe Costello & Philip Brown.

Ensure that your VTTA account is linked to your CTT account. If this is done, then any rides that you do which qualify for a Midland or National age record will be logged automatically. I receive notification and allow seven days in case of other records not yet on the system, and then ratify it. You then get an email telling you of your new record – I also put this onto the Midlands VTTA Facebook page.

Both of the above are posted on the VTTA website.

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 really outstandingly fast courses and so deters 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.

K records will no longer be published on the VTTA website.

Midlands Age Records (cont'd)

There are men's and women's records for ages from 40 on for 10, 25, 30 and 50 miles. The criteria for an age record claim are:

- They must be set on a K course in an open event
- The applicant must be a Midlands VTTA member on the day
- age is taken as the riders' age on the day of the event
- Applications can be made at any time in the year.
- Claims need to be sent to me either by post with front sheet and appropriate sheet from results attached, or a simple email or P.M. on Mids VTTA Facebook page including a link to the CTT result for the event. Riders may achieve a record mid-season but it may be superseded before the end of the season. To avoid this, if any member wants a record considered DURING the season they can send a result sheet or an email or P.M. on F/B with link to the appropriate event to Steve Jenks. Any record updates are entered on the VTTA Group Midlands Facebook page.

Age Records Table (March 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 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

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.

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

Cerebral answers

ANSWERS

NINERS –

con, nay, CANYON

pine, clap, ALPECIN

nick, deuce, DECEUNINCK

Word Ladders

Movi - move more sore sort soot spot spat
spar star

Race - pace pact part cart cars bars

Bars - bats bets bees fees feet feat fear
gear

What do all of these words have in common – all missing an initial letter to make a colour – gold, black, pink, pearl, orange, peach

I spent £3.142k on a new machine the other day — I call it my picycle

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

2nd May, 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**