

Standard

Times

Midlands

VTTA

Nov 2025



Front Cover

Yes, that is a boat on the front cover and not a bicycle. We are not going under but have an article about Peter Horton, record holder on land and a more than accomplished racer on the sea.



Above

Glorious Goodwood – Eamonn Sheridan reports on the rise of Closed Circuit TT's on page 17 & above are the a3CRG at the end of their season. Midlands VTTA members Debbie and Eamonn Sheridan are front row 4th and 5th from the right.

Naomi de Pennington was a convincing winner of the women's event – beating her nearest challenger by 61 miles (Ed !!!!!) in the National 24 hour championships recording a staggering actual distance of 414.29 miles. The full list of Naomi's national titles from this year are shown on page 11.

Contents

A round up of the season, provisional dates for next year, plus articles on a Midland's World Record Holder, Eamonn Sheridan's views on Closed Circuit TT's and much more including a few memes to hopefully make you laugh.

2	Front Cover Details – Simon Dighton
4	Chairman's Report – Alastair Semple
8	Midlands 2025 VTTA Championship Results – Alastair Semple
9	National BAR Results
10	Proposed National and Midland championship dates for 2026
11	National Podiums
12	Editorial – Simon Dighton
13	V718 is Back – Alastair Semple
15	Peter Horton – Record Breaker on Land & Sea
17	The Rise of the Closed Circuit Time Trial – Eamonn Sheridan
19	ZWIFT Hill Climb championships
20	Midland Age Records
26	Cerebral Challenge – Steve Jenks
27	Bit of Fun
28	Cerebral answer
29	A Fresh Approach for the Midlands VTTA
31	VTTA Midlands Committee Contacts

Chairman's Report – Alastair Semple

As the season draws to a close, it's a great moment to pause, reflect, and celebrate the journey we've all been on this year. Personally, 2025 began with more hurdles than I'd hoped for, but those challenges helped me refocus and appreciate the progress I've made. Although I couldn't pursue my goal of improving my BAR time due to post-op recovery, I managed to ride 25 miles by May — a milestone I'm proud of. Staying motivated wasn't always easy, but gradually my 10 mile race pace returned, and by September, I felt like I had my legs back from the end of 2024!

Looking ahead, I'm excited for winter training and hopeful that next season might even include another 12-hour ride. Let's see what's possible!

While final dates are still being confirmed, I'm pleased to share that the Midlands CTT has assured us there are no clashes for two key events: the **Welland Trophy** is set for 11 April, and the **Midlands VTTA Championship will take place on 22 August 2026** — slightly earlier than usual to avoid overlapping with the National VTTA 15 in September.

Although we won't be hosting 25 or 50 mile open events ourselves, neighbouring districts are. The 50 mile Championship will be held on 9 May (R50/1b), and the 25 mile Championship on 16 May (A25/33) — so be sure to mark those dates in your diary!

May is shaping up to be an exciting month, kicking off with the National 10 mile VTTA, followed by Midlands Championship events, all leading up to the VTTA 100-mile Championship at the end of the month. Thankfully, we'll have a couple of bank holidays to catch our breath 😊.

I also want to extend heartfelt thanks to Alan Colburn, who is stepping down as President due to ill health. Alan's decades of dedication to both the Midlands VTTA and the National VTTA Executive Committee have left a lasting legacy. As Steelie reminded me, not many members can say they were part of the VTTA during both the Queen's and the King's coronations!

With Alan's departure, we've taken the opportunity to ask ourselves: is our current committee structure still fit for purpose in today's world? We believe it's time for a refresh. At this year's AGM, we'll be voting on proposed changes — please take a moment to read the article *A Fresh Approach for the Midlands VTTA* (on page 29) and come ready to share your thoughts.

Midland Champions

What a fantastic season it's been! We've seen some truly inspiring performances across the board, with several age records being smashed — a testament to the dedication and spirit of our members. If you've been following the Midlands VTTA Facebook page, you'll have noticed Steve's regular updates celebrating these achievements. It's been a joy to see so many riders pushing their limits and making headlines. Full details in this edition of the Standard Times.

Points Series Highlights

It's fantastic to see that 49 of our 98 members took part in at least one Midlands open event this season — a brilliant show of support for local racing! At a time when entries haven't quite bounced back to pre-lockdown levels, every rider who pinned on a number helped keep the spirit of competition alive and well in the Midlands.

This year's new scoring system brought an exciting edge to the Points Series, with just 9 points separating the top four riders — a real nail-biter! We also saw some dramatic shake-ups near the top in the final few events, which kept things thrilling right to the end.

A huge congratulations to our top 10 riders, who will each receive vouchers to spend at Echelon Cycles. We're incredibly grateful to Tim Wood, the owner, for his continued sponsorship and support — it's partnerships like this that add something special to the Midlands VTTA season.

Full name & club	Points sum of best 6	Rank of best 6	Events ridden		Points + events	Rank of best 6
Joe Murray Team M.I. Racing Townsend Vehicle Hire	359	1	7		366	1
Simon Dighton Beacon Roads CC	357	2	6		363	2
Hon Max Chan Royal Sutton CC	353	3	7		360	3
Ed Moss Beacon Roads CC	350	4	7		357	4
Alastair Semple Legato Racing Team (LRT)	341	5	6		347	5
Mark Wise Team M.I. Racing Townsend Vehicle Hire	337	6	7		344	6
Denise Burrows AeroCoach	334	7	7		341	7
Leon O'Regan ABR Cycle Team	326	8	7		333	8
Simon Davis VTTA (Midlands)	291	9	6		297	9
Gary Smith Stourbridge CC	280	10	5		285	10
Susan Semple Legato Racing Team (LRT)	278	11	5		283	11
Garry Shuker Walsall Roads Cycling Club	265	12	5		270	12
Bob Awcock Born to Bike - Bridgtown Cycles	255	13	5		260	13
Michael Deacy VTTA (Midlands)	251	14	5		256	14
Michael Lythgoe Legato Racing Team (LRT)	240	15	4		244	15
Stephen Cooke Walsall Roads Cycling Club	238	16	5		243	16
Kris Poole Cheltenham & County Cycling Club	231	17	4		235	17
Mark Hamer Legato Racing Team (LRT)	229	18	4		233	18
Martin Lines Team Echelon	226	19	4		230	19
Paul A Edwards Leamington C & AC	218	20	4		222	20
Simon Law Team M.I. Racing Townsend Vehicle Hire	178	21	3		181	21

Jo Wilkie Cheltenham & County Cycling Club	164	22	3		167	22
Jude Mansfield Birmingham Midland Cycling Club	155	23	3		158	23
Darren Giles - Webb Leamington C & AC	147	24	3		150	24
Gabriela MacKinnon Coventry Triathletes	142	25	3		145	25
Martin Stanley Droitwich Cycling Club	116	26	2		118	26
Andrew Simpkins Team Echelon	114	27	2		116	27
Steven Loraine Legato Racing Team (LRT)	113	28	2		115	28
Scott Palmer Aerologic RT	112	29	2		114	29
Roger Coupe ABR Cycle Team	110	30	2		112	30
Mark Shore Walsall Roads Cycling Club	108	31	2		110	31
Emma Bexson Stratford Cycling Club	107	32	2		109	32
Wayne Baker Team Echelon	105	33	2		107	33
Kev Satterthwaite Birmingham Midland Cycling Club	104	34	2		106	34
Jason Garratt ABR Cycle Team	100	35	2		102	35
Philip Wooldridge VTTA (Midlands)	100	35	2		102	36
Malcolm Timmis Bromsgrove Olympique CC	59	37	1		60	37
David Lynes Droitwich Cycling Club	57	38	1		58	38
Tom Kenderdine Droitwich Cycling Club	57	38	1		58	39
David Belln Stockley A5 Rangers CC	55	40	1		56	40
Peter Horton Team Bottrill	55	40	1		56	41
John Frydman Leamington C & AC	54	42	1		55	42
Paul Gardiner Birmingham Midland Cycling Club	52	43	1		53	43
Dave Pemberton Born to Bike - Bridgtown Cycles	51	44	1		52	44
Diana Egerton-Warburton Team M.I. Racing Townsend Vehicle Hire	51	44	1		52	45
James Lees VTTA (Midlands)	50	46	1		51	46
Debbie Bradley Team Bottrill	48	47	1		49	47
Tony Foster Royal Leamington Spa Cycling Club	47	48	1		48	48
Eamonn Sheridan ...a3crg	42	49	1		43	49

Awards Presentation

We can't wait to celebrate all the amazing achievements from this season at our upcoming awards presentation! It's always one of the highlights of the year — a chance to come together, share stories, and cheer on the incredible efforts of our Midlands VTTA community.

Winners of the Midland VTTA trophies, Points Series, National Medals, and Standards Medals will be recognised, and we'll make sure it's a joyful and memorable occasion for everyone involved.

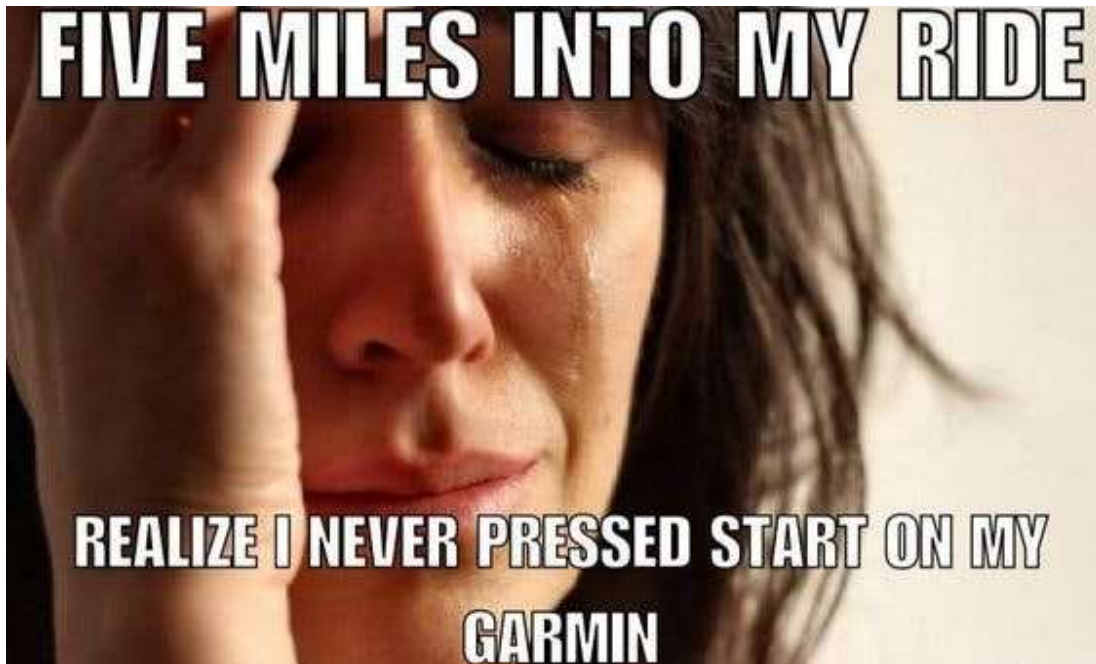
To help us choose the best time and place, I'll be sending out a quick poll soon. In the past, we've held the presentation as a sit down dinner, and more recently, it's taken place at the HQ following the Welland Trophy — which many of our winners ride. We're open to ideas, so let's make it something special together!

Look forward to seeing you all at the AGM and awards presentation, but in the meantime

Stay Fit, Stay Fast, Stay on your Bike

Alastair

& if you have won Echelon vouchers from last year and not yet used them then it is time to make a trip to see Tim @ Echelon Cycles in Pershore.



Midlands 2025 VTTA Championship Events

Birks Cup	BOS 15 miles
Wells Cup	BOS Men 50 miles
Victory Cup	BOS Women 50 miles
Stoke Cup	Fastest 50 miles
Billy Steer Cup	BOS Men 25 miles
Bicknell Cup BOS	BOS Women 25 miles
Williams Rose Bowl	BOS Men 10 miles
Bart Cup	BOS Women 10 miles

Michael Lythgoe (Legato RT)
Andrew Simpkins (Team Echelon)
Naomi de Pennington (DRAG ZERO)
Naomi de Pennington (DRAG ZERO)
Joe Murray (Team M.I. Racing Townsend Vehicle Hire)
Not awarded no female riders
Mike Lythgoe - Legato RT
Gabriela MacKinnon - Coventry Triathletes

Age Awards

The 3 trophies below were contested on the 13th July K46/10.

Massie Plate	Fastest on AAT over 65
Jones Cup	Fastest on AAT 50-64
Nomads Cup	Fastest on AAT under 50

Gary Smith (Stourbridge CC)
Simon Dighton (Beacon Roads CC)
Simon Davis (VTTA Midlands)

Season Long Trophies – Best All Rounder

Cyclo Shield	BOS Men/Women any open 25, 50, 100 miles	Peter Horton (Team Bottrill)
Godiva Cup	BOS Men any two open 10 miles + any two open 25 miles	Steve Loraine (Legato RT)
Bayliss Cup	BOS Women any two open 10 miles + any two Open 25 miles	Susan Semple (Legato RT)
Les Lowe Trophy	Furthest cum distance ridden on Open "K" course events	Simon Dighton (Beacon Roads CC)*

*Simon drew with Ed Moss (Beacon Roads CC) on 109 and the trophy was awarded to Simon as he had the higher placing on AAT

National BAR competition

Our best placed riders this season in the National BAR competition based on results in every district were as follows. I am sure you will all agree on what fabulous times these produced, Chapeau!

Short BAR (2 x 10 and 2 x 25)

			AAT Speed	Actual Speed
1	Steven Loraine	Legato Racing Team (LRT)	32.35 mph	27.46 mph
2	Joe Murray	Team M.I. Racing Townsend Vehicle Hire	31.633 mph	27.93 mph
3	Mark Hamer	Legato Racing Team (LRT)	30.616 mph	29.69 mph

3 Distance BAR (25 -50 – 100)

			AAT Speed	Actual Speed
1	Peter J. Horton	Team Bottrill	28.043 mph	26.02 mph
2	Emma Bexson	Stratford Cycling Club	25.758 mph	22.86 mph

BAR (50 -100 – 12hrs)

			AAT Speed	Actual Speed
1	Peter J. Horton	Team Bottrill	26.771 mph	24.710 mph

Proposed Championship Dates – 2026

VTTA National Championships 2026

Proposals as at 17th September 2025

Event	Date	Course	Organiser
10 miles	Sunday 3 rd May	F11/10	LH&C: Joy Payne
15 miles	Sunday 6 th September	V223	Yorkshire: Jymmy Trevor
25 miles	Saturday 20 th June	F8/25A	East Anglian : Chris Dyason
Road bike	Sunday 19 th April	U871	West : Roy Carless
50 miles	Sunday 7 th June	L5012	NL&L/ and NLTTA : Richard Taylor
100 miles	Sunday 24 th May	H100/8	Hounslow and District - Bruce McMichael
12 hour	Sunday 5 th July	D12/2	West Cheshire TTA - Phil Guy
24 hours	25-26 th July	D24	Use the CTT championship

1. Birks Cup	BOS 15 miles	K47/15 Welland Trophy	11 April
2. Wells Cup	BOS Men 50 miles	R50/1b	9 May
3. Victory Cup	BOS Women 50 miles	R50/1b	9 May
4. Stoke Cup	<u>Fastest</u> 50 miles	R50/1b	9 May
5. Billy Steer Cup	BOS Men 25 miles	A25/33	16 May
6. Bicknell Cup	BOS Women 25 miles	A25/33	16 May
7. Williams Rose Bowl	BOS Men	K48/10 Mids VTTA Champs	22 Aug
8. Bart Cup	BOS Women 10 miles	K48/10 Mids VTTA Champs	22 Aug

Age Awards

The 3 trophies below will be contested on the 25th April K48/10.

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

National Podiums

VTTA 10	Michael Lythgoe		Gold
	Team Legato (Michael Lythgoe, Debbie Hutson-Lamb, Simon Horsley and Steve Loraine (due to same time for Steve and Simon)		Gold
VTTA 15	Team Legato (Michael Lythgoe, Debbie Hutson-Lamb, Simon Horsley)		Gold
VTTA 25	Simon Dighton		Bronze
	Team Legato (Debbie Hutson-Lamb, Steve Loraine, Simon Horsley)		Gold
VTTA 30	Team Legato (Mark Hamer, Steve Loraine, Simon Horsley)		Gold
VTTA 50	Team Legato (Mark Hamer, Steve Loraine, Simon Horsley)		Gold
VTTA 100	Naomi de Pennington		Gold
RTTC 12hour	Naomi de Pennington	276.72 miles (!!)*	Gold
RTTC 24hour	Naomi de Pennington	414.29 miles (!!)*	Gold

Believe it or not those are actual distances not age adjusted. The age adjusted distances for 24 hours is 471.07 miles.

& a clean sweep for Team Legato on all distances of 50 miles or less against some tough competition including Team Ohten Aveas – who are stacked with world champions and record holders. Team Legato edged them out in the 10 miler and also beat the rest of the competition in the other events too. No doubt Team Legato (or to use the official name Legato Racing Team) will be looking to repeat their success next year in what is an increasingly competitive team battle which can only be good for our sport.

Editorial

Simon Dighton

I am worrying about time trialling and levels of participation. Some events I have entered this year have been well subscribed but others have been very low on entries, even with later entry deadlines. I believe some have been cancelled due to low numbers – or are in danger of not being run next year. As I sit here tapping away with only a handful of races to go it is easy to criticise and think how things could be run differently or better but this entirely misses two points.

Firstly, the sport is pretty much run by volunteers and even if a change has occurred it is done for the best of intentions to keep the sport moving forward – and may take a bit of time to bed in before it is fully working and an improvement on what went before.

Secondly and in some ways more importantly what can I do to keep the sport popular. In a pastime that has given pleasure over not just years but decades or even lifetimes is there anything I can do to encourage more participation? Naturally I don't know the full answer to this (otherwise this editorial piece would be redundant) but it did start me reflecting over 2025 and considering;

Could I encourage more people to join the VTTA?

Have I encouraged people to enter a particular event to boost numbers and raise a bit of camaraderie?

Have I thanked organisers after the event for putting on a TT?

Have I stayed on afterwards to chat / drink tea / coffee etc and make it more than just a race but a chance to catch up with friends and gradually make new friends?

Have I helped at races?

Have I promoted races in any way be it on social media, club message boards or local bike shop?

What else could I be doing to keep the sport vibrant?

What else have I missed?

Apologies, perhaps a bit of a serious message as we run up to the festive season so will be more light hearted elsewhere but perhaps one for reflection as we go into 2026.

V718 Is Back - A Lightning Fast Return!

Alastair Semple

When I first spotted V718 in the CTT events list this year, I dismissed it as a typo. It wasn't until a chance conversation at an HQ this summer that I discovered the truth: one of Britain's fastest 10-mile time trials had returned from the dead (& talking of fast courses so is the 'ski slope' – R25 in South Wales – Ed).

The Legend Returns

For those unfamiliar with cycling folklore, the V718 was legendary—arguably the fastest 10 mile course Britain has ever seen. Its reign came to an abrupt end when racing was halted due to access issues with the weighbridge where timekeepers had been stationed. For years, it seemed like this speed merchant's paradise was lost forever.

Enter Vive le Velo, who've worked magic to bring the course back. The new route features a layby start, and riders come off the dual carriageway, placing timekeepers in a safe, accessible public space. Problem solved, racing restored.

What to Expect

Yes, the new course may never quite match the blistering speeds of its predecessor—the Saturday afternoon traffic flow gave the old route a slight aerodynamic advantage over the new early Sunday morning slot. But don't let that fool you: with 18:03 as the fastest time on opening day, this course is absolutely flying.

The profile is a dream. After a gentle rolling first half mile to warm up your legs, it's pan-flat all the way to the turn and back to the finish. The road surface? Absolutely pristine. You'll find the finish just off a roundabout at the bottom of a slip road—similar to the old K33/10d—which means you need to unleash your finishing kick on the slip road itself. There's no room for a late surge, so commit everything you've got.

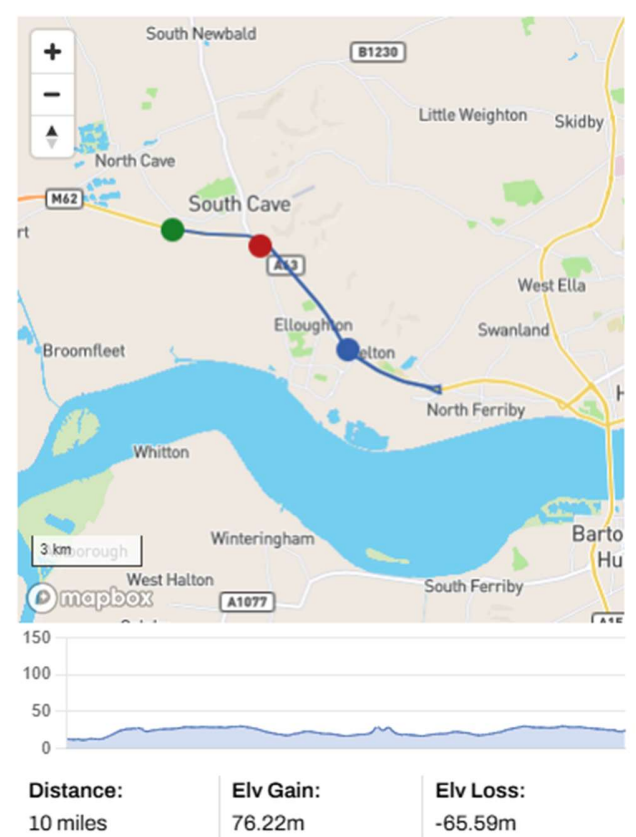
Why You Should Ride It

As a Hull native, this course has always held a special place in my heart. There's something brilliant about combining a family visit with the chance to chase a truly fast time. And let's be honest—we all deserve the occasional ego boost that comes from seeing those speed numbers tick up.

I'm keeping my fingers crossed that they'll revive the 15-miler that used to run on this course too. That was another rocket ship of a route.

Get It in Your Calendar

This year's event ran on August 10th, so mark your calendars for next summer. With any luck, Vive le Velo will give us at least one chance—possibly more—to experience this reborn classic. The V718 is back, and it's fast. Don't miss your chance to be part of cycling history.



Whenever i see someone cycling
faster than me I
assume they aren't
going as far.



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Peter Horton – Record Breaker on land and sea

I knew Peter had recently broken some Midland records. I was keen to speak with him about how he had achieved his latest results but in doing so found out there was so much more to talk about. It is incredible how talented people are and often you do not realise unless one takes the effort to sit down and listen to them.

In Peter's case the initial discussion was regarding his being the fastest man from the Midlands over 100miles - anywhere in the UK (the Midland Group records). More of this in a second but I also discovered that Peter has National track records, an entry in the Guinness Book of Records, raced across America twice, World records and if that is not enough, he is also an elite competition standard yachtsman with trophies here as well! Amazing what you learn talking with people – and being air lifted off the track about 7 years ago has not diminished his enthusiasm (or speed).

The story starts with Peter running for his school where he competed at pretty much every distance except 100m. Unusually he was at home in anything from 400m up to and including cross country and this range of speed and endurance has translated into his cycling. So back to the 100 mile record which Peter was targeting. As a 58 year old the plan was to go lower than 4hours and 21 minutes – the time set by Andrew Simpkins as a 65 year old. Travelling to the ECCA championships and a 4 lap course between Cambridge and Newmarket the TT went to plan. After the first lap the pace was at 4-10, and by the end Peter had got faster finishing in 4-07-56 and taking not only the record for a 58 year old but also all the younger age groups. (average speed at 24.2 miles per hour or under 25 minutes for every ten miles).

Away from the 100 miles and on wetter ground the passion is for yachting – and at speed and serious. Peter has competed five times in the biennial Fastnet race as a crew member. This is a serious race – which typically starts in Cowes, rounds Fastnet rock on the SW coast of Ireland before returning to Cowes or sometimes to France. Anyone in doubt of the severity of this race should read Nick Ward's book 'Left for Dead' of the 1979 race where storms created conditions that ended up with 21 fatalities & the largest ever peacetime rescue operation. In fact, it is a fascinating read anyway and highly recommended.

In 2024 with Peter as a crew member the yacht won Yacht of the Year, was 3rd in Class and 4th fastest British Boat out of approximately 400 competitors.

It must be hard working out what the next challenge is but as Peter moves into his 60's in 2026 the World TT championships start to look interesting as does the 50 mile & 12 hour record.

Aside from racing, Bond films are particularly good for relaxation and most forms of music. Suggestion for the VTTA Midlands is how to make the short BAR national competition more visible and what we need to do as a regional team to win – an interesting thought. An idea for future magazines is to keep tabs on this competition & highlight where we are and how far off 1st – At the time of writing we were running 2nd but couldn't reach the next step.

World Record Breaker - WUCA

*World Ultra Cycling Association

Track	Indoor	2 person relay (with Matt Bottrill)	6 hours	50-59	168.476 miles
Track	Outdoor	Individual	6 hours	50-59	138.27 miles
Track	Outdoor	2 person relay (with Matthew Hancox Bott	6 hours	18-49	149.89 miles
Track	Indoor	2 person relay (with Matt Bottrill)	100k	50-59	2-12-29
Track	Outdoor	2 person relay (with Matthew Hancox)	100k	18-49	2-26-59
Track	Outdoor	Individual	100k	53	2-29-10
Road	Outdoor	Individual	100k	51	2-54-07
Road	Outdoor	Individual	100 mile	50-59	4-46-22
Track	Indoor	2 person relay (with Matt Bottrill)	100 mile	50-59	3-33-35
Track	Outdoor	2 person relay (with Matthew Hancox)	100 mile	18-49	3-59-18
Track	Indoor	2 person relay (with Matt Bottrill)	200k	50-59	4-25-45
Track	Outdoor	2 person relay (with Matthew Hancox)	200k	18-49	4-58-06
Track	Outdoor	Individual	200k	50-59	5-20-44

3 x World champion in 2 man 12 hr c'ships + record & once in 2 man 24 hour c'ships



The Rise of the Closed Circuit Time Trial.

Eamonn Sheridan

I'm at Goodwood Motor Racing Circuit tonight, under a cloudless blue sky. A Rolls Royce Merlin engine splutters into life and a Spitfire rises above the stand and the children next to me wave as it heads towards the English Channel. Thankfully, this Spitfire will return in about 30 minutes to more waving and cheers. However, I'm not here for the Spitfire tonight but rather for the VTTA Closed Circuit Championships South. VTTA have run a North and South Closed Circuit Championships for a few years now. The North is held at Croft and the South at Goodwood. Four VTTA Midland members have made the journey south. Deborah and I are Midland VTTA, but our club is ...a3crg who promote this event at Goodwood and tonight we are joined by Beacon CC's Kate and Simon Dighton.

The first rider is a 10 year old girl. Her bike is slightly too big for her but not as big as the look of determination on her face. She will ride 7.6 miles full of excitement and will finish in time to watch the Spitfire land and be rewarded with her time and some chocolate when she hands her number back. There are 20 under 18's and another 119 seniors and vets including World tour rider, Izzy Sharpe, from Lidl Trek, who will break her own course record and para world champion, Felix Barrow. Dame Sarah Storey is a regular.

Goodwood has over 100 riders for each event and is well promoted on social media by ...a3crg. I asked organiser David Collard-Berry for his thoughts,

'We are trying to challenge the norm in Time Trialling. This Wednesday we have 138 riders in total. 2 on trikes, including para world champion Felix Barrow. 64 on TT bikes and 72 on road bikes. The age range is from 8 to 78! We have averaged 124 riders over the series so far. I run them as open events so that they count for LTS and we have quite a few riders who have set their PB here.'

Challenging the norm includes blasting out Black Sabbath at the start, motorcycle marshals, and pro photographer Lee Campbell who for about £8 will sell you a digital image that make you look like a pro. More importantly, the TT League gives riders target times and bonus points for beating them - something that keeps you engaged. Five races will count for the final rankings.

The use of motor racing circuits for TT is a growing success. Earlier this year I raced at Thruxton. My first experience of Thruxton was the National Closed Circuit Championships, but this is one of several evenings promoted by Andover Wheelers. Thruxton is a challenging circuit, especially on a windy evening. That event had a maximum of 90 riders and attracted a full field.

Last year ...a3crg promoted the National Closed Circuit Championships at Goodwood but this year it moves to Croft Circuit near Richmond in Yorkshire. Mike Penrice the editor of the Veteran told me that TT's at Croft have gone from strength to strength thanks to the work of

Gavin Russell. Croft played host to the VTTA Closed Circuit Championships North, an all comers event for veterans that was open to non VTTA members. A highly successful event with jerseys and medals awarded in both road bike and TT bike classes. The VTTA Southern championships are hosted at Goodwood, and both are an example of VTTA trying to challenge the norms.

At tonight's Southern Championships Simon, Kate and I will race. Deb is still recovering from her fractured femur but will still play an important role running sign on and helping to co-ordinate the results. I'm the first of our Midland trio to start. I'm on a road bike and I have been having a slow season. Tonight, will be no different but it's a lovely evening and the atmosphere is great. Simon is fully focused and hoping to make the podium on AAT. His time of 21:19 will put him second in his age group and will give him a top 10 finish on actual. Unfortunately, he will miss the podium on AAT by just 10 seconds. Kate is last of the trio to start and will win her age group and be rewarded with the coveted ...a3crg prize mug. The warm summer evening ends with us sitting outside our vans with beer and pizza.

The attractions of closed circuits are many. The obvious one is that they are traffic free. This may not be an attraction to those hunting PBs on traffic assisted dual carriageways but for most it's the perfect environment. The course record at Goodwood Circuit is 18:25 in the open class TT bike and 20:09 by Izzy Sharpe in the female TT class so not exactly a slow circuit. Another advantage is that closed Circuits are inclusive. The most inclusive aspect is that families can race together. At Goodwood and Croft, the youngest riders are 8 and there are whole families that compete. Having families racing changes the whole dynamic and atmosphere of the evening. Families race at the same event as World Tour pros, Para World Champions, Grand Fondo World Series amateur world champions and some of the quickest UK time triallists. Parents and supporters can watch from the stand at Goodwood and cheer with enthusiasm. It's an atmosphere that is simply impossible to replicate on the open road and changes racing from the solitary experience it can often be.

There are advantages for the organiser. Fewer marshals, if any, are needed and signage is not an issue (and marshals don't get accidentally left behind on a roundabout without transport as happened to Kate, my wife, at a club event! – Ed). Parking is also easier than a village hall and toilet facilities are available. Timekeepers are not stuck in a lay-by on a dual carriage way or a grass verge opposite a telegraph pole adjacent to a field gate!

Closed circuits are not for everyone and we certainly don't want to lose racing on the open road, but they are a growing part of Time Trialling and the VTTA with its National Championship have shown they are committed to offering something different and challenging the norms.

Zwift VTTA Hill climb Championships Midlands

The first VTTA virtual hill climb on Saturday 1st Nov drew an entry of 54 with 39 toeing the line and 31 finishing. Of these, thirteen were VTTA members, sadly including only one lady entrant. The course was the tricky 4.6km ZG25 which was used to host the elite racer's Climb Championship in the 2025 Zwift Games. It has a slightly downhill start then hits an accurate representation of Fox Hill with 1.6km uphill and 800 metres slight downhill to the finish, so allocating effort was key.

The two finishers from the Midlands (I didn't finish as I was, again, behind the camera) were Andrew Simpkins 6th in 11.27 AAT (12.29 actual) with Adrian Osborne 12th in 13.08 AAT (13.53 actual).



Other ZWIFT News

Here is the news you've all been waiting for! Our VTTA/Zwift Winter 10 mile TT Series starts next Tuesday (11th) at 7pm. We were well advanced with our plans to run these on Wednesdays when we became aware of the CTT series happening that day. Since we know you'd love to race as many times as possible (!) and after some furious rejigging behind the scenes with some great work by Midlands Group member Steve Jenks and our friendly Zwift supremo James Bailey, we've been able to slot into the same schedule as last year. That's every Tuesday evening at 7pm. It'll run up until just before Christmas on the Tick Tock course with the final round on the 16th Dec. The best four times from six on AAT count for final positions. In the New Year we'll switch over to Tempus Fugit for the Spring Series. Link to the first round is here (& no doubt other rounds can be found on ZWIFT if the first round is missed).

<https://www.zwift.com/uk/events/view/5183517>

Midlands age records Steve Jenks

Reminder as to how to CLAIM STANDARDS AWARDS

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

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

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

There are two versions of Midlands age records.

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

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

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

New Midlands K courses only age records

Name	Age	Event	Result
Simon Dighton	62	10 miles	21.24
David Stockley	85	10 miles	30.01
Simon Dighton	61	15 miles	34.43
Mike Lythgoe	75	15 miles	37.57
Bob Awcock	81	15 miles	48.26

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

New Midlands All course age records

Name	Age	Event	Result
Wayne Baker	68	10 miles	26.19
Bob Awcock	81	10 miles	27.09
Deborah Sheridan	68	10 miles	31.21
Deborah Sheridan	68	10 miles	29.23
Wayne Baker	68	10 miles	24.55
David Stockley	85	10 miles	30.01
Malcolm Timmis	85	10 miles	47.50
Mike Lythgoe	75	10 miles	21.45
Wayne Baker	68	15 miles	46.31
Mike Lythgoe	75	15 miles	37.57
Bob Awcock	81	15 miles	48.26
Wayne Baker	68	15 miles	41.19
Ed Moss	25	25 miles	49.44
Steve Loraine	69	25 miles	54.47
Naomi de Pennington	48	50 miles	1.51.12
Emma Bexson	50	50 miles	4.27.17
Steve Loraine	69	50 miles	1.59.58
Andrew Simpkins	71	50 miles	2.11.15
Naomi de Pennington	48	100miles	3.46.37
Peter Horton	58	100miles	4.07.56
Susan Semple	59	100miles	1.02.00
Naomi de Pennington	48	12 hours	276.72 miles
David Steel	78	12 hours	140.17 miles
Naomi de Pennington	48	24 hours	414.29 miles

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

Midland Age Records (K courses)

Mens	10 miles	Club	Year	Time
40	Tim May	Media Velo	2018	20.57
42	Brett Lowndes	Pro-vision Cycle Clothing	2017	21.34
43	Steve Biddulph	Born to Bike - Bridgtown C	2018	21.24
44	Peter Blackwell	Solihull CC	2016	22.26
45	Mark Hamer	Stratford Roads CC	2020	22.12
46	Brett Lowndes	Pro Vision RC	2021	21.26
49	Jon Howard	Team Echelon	2018	20.24
50	Paul Westwood	Brereton Wheelers	2023	20.01
51	Alastair Semple	Stafford RC	2019	22.08
52	Jon Howard	Team Echelon	2021	20.22
53	Jon Howard	Team Echelon	2022	20.54
54	Simon Dighton	Beacon Roads CC	2017	22.07
55	Joe Costello	Walsall RCC	2014	20.45
56	Jon Howard	Team Echelon	2023	20.44
57	Mark Wise	Team Jewson/MI Racing	2022	21.06
58	Joe Costello	Walsall RCC	2017	21.29
59	Simon Dighton	Beacon Roads CC	2022	21.25
60	Joe Costello	Walsall RCC	2019	21.16
61	Simon Dighton	Beacon Roads CC	2024	21.24
62	Simon Dighton	Beacon Roads CC	2025	21.24
63	Steve Loraine	Team Swift	2019	22.50
64	Steve Loraine	Legato Racing Team	2021	22.34
65	Joe Costello	Legato Racing Team	2024	21.45
66	Steve Loraine	Legato Racing Team	2022	22.33
67	Steve Loraine	Legato Racing Team	2024	23.39
68	Steve Loraine	Legato Racing Team	2024	22.47
71	Alan Colburn	Worcester St Johns CC	2002	26.05
72	Alan Colburn	Stourbridge CC	2003	24.42
73	Alan Colburn	Stourbridge CC	2004	24.11
74	Alan Colburn	Stourbridge CC	2005	24.10
75	Alan Colburn	Stourbridge CC	2006	24.40
76	Vince Jenkins	Leisure Lakes Bikes.com	2017	24.47
77	Vince Jenkins	LeisureLakesCycles.com	2018	24.17
78	Brian Newton	Team Echelon	2017	24.57
79	Vince Jenkins	LeisureLakesCycles.com	2019	25.33
80	Alan Colburn	Team Echelon Rotor	2011	25.50
83	Norman Fenn	Team Echelon (trike)	2023	37.39
84	David Stockley	A5 Rangers CC	2024	28.45
84	Malcolm Timmis	Bromsgrove Olympique CC (trike)	2024	45.19
85	David Stockley	A5 Rangers CC	2025	30.01

Midland Age Records (K Courses)

Mens	15 miles	Club	Year	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
61	Simon Dighton	Beacon Roads CC	2025	34.43
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	Mike Lythgoe	Legato Racing Team	2025	37.57
77	Bob Awcock	Born to Bike - Bridgtown C	2021	44.54
81	Bob Awcock	Born to Bike - Bridgtown C	2025	48.26
Mens	25 miles	Club	Year	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	Club	Year	Time
50	Alastair Semple	Stafford RC	2018	1.53.12
53	Simon Dighton	Beacon Roads CC	2016	2.02.35
54	Simon Dighton	Beacon Roads CC	2017	1.53.37
55	Simon Dighton	Beacon Roads CC	2018	1.58.55
56	Joe Costello	Walsall RCC	2015	1.54.03
57	Joe Costello	Walsall RCC	2016	1.56.29
59	Joe Costello	Walsall RCC	2018	1.56.55
60	Joe Costello	Walsall RCC	2019	1.53.43
61	Paul Gould	Midland C & AC	2017	2.23.24
62	Steve Loraine	Team Swift	2018	2.00.45
72	Bob Awcock	Born to Bike - Bridgtown C	2016	2.17.15
74	Bob Awcock	Born to Bike - Bridgtown C	2018	2.17.52
75	Alan Colburn	Stourbridge CC	2006	2.14.26
76	Alan Colburn	Team Echelon/Spiuk	2008	2.15.49
77	Murray Kirton	A5 Rangers	2018	2.18.47

Midland Age Records (K Courses)

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

1. Complete the cycloku by filling in the grid so that every column and every row include the letters cavendish

	A						E	
		S		D		V		
	E	N	H		V	I	C	
C			I	H	A			N
N			C	E	S			I
	D	H	N		E	A		
		A		V		E		
	N						D	

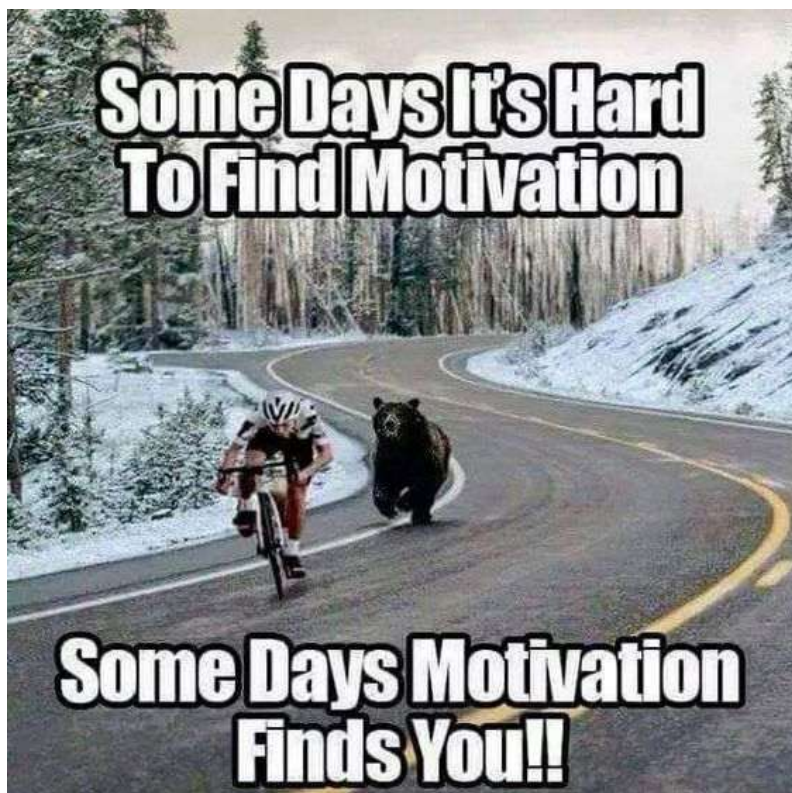
Bit of Fun – Nonsense terminology

1. Froomage – a testing predicament which requires extreme measures. Like being stranded halfway up Mont Ventoux without a bike. In a bike race.
2. Creperie - a low budget team in which the financial resources are spread across a wide area until they are paper thin. It usually folds.
3. Faisan – A pheasant. An overly well groomed, strutting, dim witted rider, given to great shows of pride, but ultimately easy to shoot down.



Solutions to the Cerebral challenge

H	A	V	S	C	I	N	E	D
I	C	S	E	D	N	V	H	A
D	E	N	H	A	V	I	C	S
C	S	E	I	H	A	D	V	N
A	H	I	V	N	D	C	S	E
N	V	D	C	E	S	H	A	I
V	D	H	N	S	E	A	I	C
S	I	A	D	V	C	E	N	H
E	N	C	A	I	H	S	D	V



A Fresh Approach for the Midlands VTTA

Come and Join the Team!

Times change, and so do we. Over recent years, committee structures have evolved significantly, and the formal frameworks set out in mid-20th century constitutions have proved challenging for many clubs and districts to maintain in our modern world.

With our President, Alan Colburn, stepping down due to ill health, we've taken this as an opportunity to pause, reflect, and look forward. We've been thinking about what really matters—what's truly needed to ensure the Midlands VTTA continues to thrive, promoting events and competitions for our members, producing our magazines, and celebrating achievements with our trophies.

What We've Realized

After some honest reflection, we've agreed that rigid formal roles aren't what's most important. What really counts is having a few enthusiastic people who love our sport and want to help promote and support VTTA racing moving forward.

That's it. No intimidating job titles, no weighty responsibilities landing on one person's shoulders—just a team effort.

What we think we need

We're putting out a friendly call for one or two people to come and join the team. There are no formal roles to fill, no expectations beyond bringing your ideas and enthusiasm.

If you've been involved in your local club or team, you'll know how rewarding it is to be part of something bigger. You'll understand that being a team member means helping others—and yourself—enjoy a full racing calendar and great social events throughout the year. As the saying goes: "More hands make light work."

What is the reward?

Beyond the satisfaction of giving back to the sport we all love, you'll be part of a very friendly little group. We'd simply love to welcome some fresh ideas and new energy as we move forward together.

Interested? Curious? Just want to know more? Please give myself or any of the committee members a call for an informal chat. There's absolutely no pressure—we just want to have a conversation and see if it feels like a good fit.

Let's keep the Midlands VTTA thriving together!

Dates for the diary – AGM is a virtual meeting on 4th December & all are welcome. To join the meeting please watch out for announcement of logistics.

Membership renewal

& you can now renew your membership for 2026. This year you have the option to pay by direct debit. This will save having to remember to renew and save the cost of the £1 administration fee on card transactions each year. The facility has been available since April, and I have already taken advantage of it.

To renew, login at www.vtta.org.uk and click the big blue renew membership button in your profile. You are offered the option to automatically pay for membership and standards by Direct Debit during the renewal process. Please consider starting a DD when you renew for the coming season.

There is a fuller explanation of the Direct Debit process in the news section of the website.

Hard copy of Standard Times

To save costs we are asking members to donate £5 for the 2026 issues if they wish to have the hard copy of the Standard Times.

MIDLANDS GROUP VTTA OFFICIALS 2025

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 07990 297419 07388 049768	(stevej43mo7@hotmail.com) 51 Handsworth Crescent Eastern Green CV5 7GD West Midlands
Membership Sec.	Margaret Colburn 01886 888575	(margaret.colburn20@outlook.com) The Willows, Jury Lane, Martley, WR6 6PE
Trophies Sec.	VACANT	WE NEED YOU!!
Standard Times Editor	Simon Dighton 07534 902443	(sgdighton@hotmail.com) 28 Lightwoods Hill, Smethwick, B67 5EA

WE ARE (STILL!) HIRING

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



Veterans Time Trials Association

Competitive Cycling for Life

OVER 40? BE YOUR BEST!



Angela Carpenter
VTTA Women's National
Champion at multiple
distances



Andrew Meilek
2021 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**