

VTTA Midlands
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Front Cover:

This edition we have highlighted Team Legato (LRT) - although not exclusively Midlands based you will no doubt recognise most of the faces on the front cover. From left to right we have Alastair Semple, Mark Hamer, Simon Horsley, Joe Costello, Susan Semple and Steve Lorraine. LRT both as a team and individually have had a stellar season & been very much at the forefront of the Midlands VTTA medalling consistently throughout the season. See page 15 for more.

Inside Cover:

I think we have all felt that way a few times and possibly even given that advice to the family...

And a photo from LRT—did they get to the end too quickly—given their times I don't think it could have been too slowly.

Contents

This edition really is a round up of all the racing from the year. As Alastair says in his Chairman's report there hasn't been a year quite like it & so we have lots of reports from the front line. Factor in the excitement of a world championship in Scotland and the Midlands hosting the VTTA National 10 and we have quite an issue - Competitive Cycling for Life as our motto goes. Please don't forget to claim standards, check key dates and persuade a new member to join.

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View from a Chair— Well that went quickly, nearly as fast as me on a bike, I wish.

Alastair Semple

Yes that's it, the 2023 racing season (on the road) is done and dusted, and what a success! Midland VTTA riders have excelled all season winning 8 National Championship medals and setting numerous new Midland age records!

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).

At the 15 mile Championships Deb Sheridan (Warwickshire Road Club) won Bronze.

At the 30 mile Championships Legato Racing Team composed of Joseph Costello & Mark Hamer from the Midlands and Simon Horsley (North district) won Gold.

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

What a success, and it's been very inspirational to be able to watch many of these performances take place this year.

The 2023 Midlands TT season has now drawn to a close with the K46/10 event late September. Great to see a large field of riders taking part in both the solo and 2 up event Cycling Time Trials: VC Sevale (Malvern) - Participation List.

Midlands Points Series 2023

In the Midlands Points Series, it was nice to see of the 46 Midland VTTA riders taking part in Open events, 39 of them rode at least one K course on our local roads. Congratulations to this year's winner Joe Costello! A full list of participants and overall results table is shown in this edition. The Points Series has again this year kindly been sponsored by Echelon Cycles owner Tim Wood and the Midlands VTTA. The top 10 riders will be awarded prizes to recognise their achievements this season.

Looking forward to the 2024 season I attended the date fixing meeting in September and confirm that there will be 22 Open Events again next year and one hill climb. The two key events for your calendar are the Welland Trophy on the **6th April** when the Midlands' VTTA riders will take on the BMCR members and then on the **7th September** the Midlands VTTA will once again run an event on the K48/10.

VTTA Membership Around the Groups

At a recent VTTA meeting the issue of declining membership across the country was discussed and groups were encouraged to be proactive in recruiting more testers. Not easy I know but one simple step we can all take over the winter is when out riding with your own clubs and friends is to mention the VTTA. I myself will make the VTTA my number one topic of conversation and mention it to someone every time I am out riding. Hopefully by spreading the word and making more people aware of what the VTTA is all about 'Competitive Cycling for Life' we will see even more people taking part in VTTA events. Which reminds me do not forget to claim your Standards for this year. Closing date is the 1st November each year.

10 Mile National Championship hosted by Midlands VTTA

It was a pleasure and a privilege to host this year's VTTA National 10 mile Championship in the Midlands District which attracted 108 entries and proved to be the biggest entry field in the Midlands District this year. Conditions on the lumpy K48/10 were going to be challenging with a brisk cross head wind for the riders on the return leg, and as times started coming in at the HQ it was obvious that no course records were going to be broken in that wind! Best placed riders from the Midlands District were Jon Howard (Team Echelon) who was 2nd in the men's event and 4th overall with an AAT of 20:17.

I bought a bike for my grandma when she was 75 to improve her fitness. She absolutely loved it & she's cycling 20 miles a day. The only problem is now she's 85 no one knows where she is.



Photo – Jon Howard Team Echelon Silver in men's solo, Gold in Group (*photo Roy Follows*)

Susan Semple (Legato RT) came third in the women's event and 6th overall with an AAT of 20:41 and Tim Wood (Team Echelon) came 8th overall with an AAT of 20:46. The Midland riders who excelled in the Group Competition were Jon, Susan and Tim winning Gold and then again in the Team Competition where Legato won Gold with Midland riders (Susan Semple, Steve Lorraine and team mate Simon Horsley (North district). In second place were Team Echelon with Jon, Tim and Andrew Simpkins.



Susan Semple Legato Racing Team – Bronze women's Solo, Gold Team and Gold Group (photo Roy Follows)

So a superb end to the VTTA championship events this year where I am sure you will agree the Midland riders have performed outstandingly. Speaking of outstanding performances, I would like to mention the Midlands VTTA members Margret and Alan Colburn, Sara Simpkins, Scott Westwood and Ian Holbrook who along with our friends from Walsall and Stafford RC helped run this event. Thanks also to Andrew Simpkins Chairman of the VTTA who produced the results for me.

CYCOPATH

noun [c]/ (sy.ko.pæθ)

a person suffering from chronic bike riding disorder with abnormal urges to ride and feel free.



Editorial - Simon Dighton

As I look back on the season a few things really stand out. Firstly the success of Midland riders both individually, within their teams and as part of the Midlands VTTA. Overall 2 National records have been broken (more later), VTTA individual medals at the 10, 15 and 50, VTTA Team Golds at the National 50 and the National 10, and team wins elsewhere for Midlands sponsor team Echelon headed by Tim Wood, and Team Legato. All the riders involved are getting faster which bodes well for next season. Although the individual trophy holders have dominated the season, the supporting cast gets stronger in depth as well.

It was also great to see the Midlands host a National event so successfully which brings me on to my next reflection—the camaraderie and social aspect of the racing is re-emerging after the COVID years. Prize givings have generally made a welcome return to being well attended. Entrant numbers while they could potentially be higher seem to have stabilised & hopefully form a solid base to move forward from in 2024. The road bike time trials have been popular too and perhaps a slight shift away from fast courses to interesting courses. Similarly VTTA numbers have hopefully now bottomed out, only slightly down from 2022 and again a great base from which to build for next year. The back page is a flyer to encourage new members and I have posted a copy on The Beacon RCC Facebook Page and Message board. Please let any of the Committee know if you need a copy to do likewise at other clubs or for leaving at TT's.

& in true British style the weather feels like more of pot luck from when I started TT'ing in that the volatility seems so much greater each year. 2023 saw extreme temperatures (Nat'l 50), races called off due to winds, and absolute deluges. With such a mix I always think best to get a few races in and accept that not every day can be a fast day but the more one enters the better the chance.

With that in mind I look forward to 2024 and wish everyone a great end of 2023 and look forward to renewing friendships in 2024.

2023 Midlands VTTA Trophy Winners

Huge congratulations to all trophy winners. The men's was dominated by **Joe Costello** with only **Jon Howard** also getting in on the act. In the women's **Sue Semple** is a multiple winner with **Fay Barrington** and Emma **Bexson** also taking trophy wins. I think the trophies are self explanatory. On the next page is the season long Midland Points Series thanks to the continued sponsorship of **Tim Wood** and **Echelon Cycles**. There are prizes for the top 10.

Birks Cup	BOS 15 miles - K47/15 1 st April	Joe Costello - LRT
Wells Cup	BOS Men 50 miles - A50/2 VTTA National	Joe Costello - LRT
Victory Cup	BOS Women 50 miles - A50/2 VTTA National	Fay Barrington - Banbury Star Cyclists' Club
Stoke Cup	BOS Fastest 50 miles - A50/2 VTTA National	Joe Costello - LRT
Billy Steer Cup	BOS men 25 miles - R25/7A on the 27 th Aug	Joe Costello LRT
Bicknell Cup	BOS Women 25 miles - R25/7A	<i>Not awarded</i>
Williams Rose Bowl	BOS Men - K48/10 VTTA National	Jon Howard Team Echelon
Bart Cup	BOS Women 10 miles - K48/10 VTTA National	Susan Semple - LRT

Age Awards

Massie Plate BOS	Over 65	<i>Not awarded</i>
Jones Cup BOS	50-64	Joe Costello - LRT
Nomads Cup	BOS under 50	<i>Not awarded</i>

Season Long Trophies – Best All Rounder

Cyclo Shield	BOS Men/Women any open 25, 50, 100 miles	Emma Bexson – Stratford Cycling Club
Godiva Cup	BOS Men Best 2 open 10 miles & 2 open 25 miles	Joe Costello - LRT
Bayliss Cup	BOS Women Best 2 open 10 miles & 2 open 25 miles	Susan Semple - LRT
Les Lowe Trophy	Furthest cum distance ridden on Open “K” course events.	Joe Costello - LRT
	112.7miles	

LRT—Legato Racing Team—see page 15 for more!!

Midlands Points Series Results

Please note riders who have exceeded 6 events points relate to their best 6 results only—and the winner is Joe Costello (please bring a supermarket trolley to the prizegiving)

	Name		Points	Events	Club	Gender
1	Joseph	Costello	939	9	Legato Racing Team (LRT)	M
2	Denise	Burrows	737	7	AeroCoach	F
3	Susan	Semple	730	5	Legato Racing Team (LRT)	F
4	Philip	Wooldridge	702	7	VTTA (Midlands)	M
5	Mark	Wise	690	5	Team Enable MI Racing McCann	M
6	Simon	Dighton	677	7	Beacon Roads CC	M
7	Phil	Brown	655	5	Walsall RC	M
8	Alastair	Semple	640	5	Legato Racing Team (LRT)	M
9	Deborah	Sheridan	635	5	Warwickshire Road Club	F
10	Simon	Law	559	4	Race Rapid	M
11	Debbie	Bradley	539	4	Peddlamaniacs	F
12	Steven	Cooke	520	5	Walsall RC	M
13	Jon	Howard	483	3	Team Echelon	M
14	Andrew	Simpkins	474	4	Team Echelon	M
15	Tim	Wood	463	3	Team Echelon	M
16	Bob	Awcock	454	4	Born to Bike - Bridgtown Cycles	M
17	Gary	Shuker	449	4	Walsall Road Club	M
18	Adrian	Osborn	429	4	Stratford Cycling Club	M
19	Emma	Bexson	419	4	Stratford Cycling Club	M
20	Micheal	Lythgoe	418	3	Warwickshire Road Club	M

Dates For Your Diary

31 Oct	Final date for claiming standards
Nov—21 Dec	Early Winter ZWIFT league
5 Jan—23 Feb	Late Winter ZWIFT League
3 Feb 24	VTTA Midlands Group AGM
Best do now	Final date for registering 2023 VTTA National competitions
TBA	Prize giving for standards and trophies

VTTA National Championships 2024

Organising Group/Club	Date	Course	Event
VTTA North Midlands	18 May	010/1	10 miles
VTTA LH&C	18 Aug	H15/3	15 miles
VTTA Merseyside	1 Sep	D25/23T	25 miles
VTTA East Anglian	11 May	E2/30C	30 miles
VTTA South Wales/Bike Pace	27 Jul	R50/1b	50 miles
Tyneside Vagabonds	25 Aug	M100/10	100 miles
Vive le Velo/Y'shire District	23 Jun	12HR	12 hour
CTT championship	20-21 July	D24HR	24 hours
VTTA North Group	TBC	Croft circuit	North Closed Circuit Champs
VTTA Wessex/ ...a3crg	TBC	Goodwood circuit	South Closed Circuit Champs

CTT Championships 2024

50	South	30/06/2024
100	Liverpool	07/07/2024
24 hour	Liverpool	20-21/07/2024
25	Manchester	3-4/08/2024
12 hour	East	11/08/2024
10	London North	31/08-01/09/2024

Others

Road Bike	South East Midlands	14/04/2024
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Bauke Mollema (Netherlands) collides with a seagull during the 2022 UCI Road World Championships
(Image credit: Sprint Cycling Agency)

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

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



The opportunity of a home World Championships inspired many British riders to travel to the Tour of Cambridgeshire and further afield to grab the chance of representing Great Britain at the UCI Gran Fondo World Series Finals & compete for a coveted Rainbow Jersey.

Glasgow might have been the headline city and the name on the banners and skin suits but it was to the small city of Dundee on the banks of the river Tay that 52 VTTA members headed to race on Monday 7th August. The outcome would bring a feeling of victory for some, success for many and inevitably disappointment and missed opportunities for others.

We had been in Scotland for a week already having entered and ridden the VTTA 30. On the Wednesday before the race we parked our motorhome on the excellent Greenacres caravan site. The owner Fraser, a triathlete and local cyclist, was excited by the event and full of advice about local routes we could ride and questions about the race. This was in contrast to the city itself where there was little evidence that anything was happening. In contrast to Trento last year the course had been placed outside the city on a dual carriageway between Dundee and Arbroath and the local paper, the Courier which I picked up in a coffee shop, described it as a missed opportunity to highlight the city. However the race of truth is not about the scenery, the city or the experience.

On Sunday morning I teamed up with Sally Cunliffe to ride the course. Then it was off to registration and the pre bike check. The UCI bike check is always a little stressful but this was chaotic. In the end Sally and I queued for 3 hours for a check that lasted a few seconds because we had done our homework. Others had clearly not. On the plus side the organisers had seen fit to put the Elite men's road race on a big screen and there was also an opportunity to catch up with friends.

The organisers had described the course as being a very British test and so it turned out to be. Sally and I had parked our motorhomes in a car park near the HQ along side some French, Spanish and Belgians and warmed up on our turbos but many had found a lay-by, a piece of grass, the McDonalds car park (in the case of one friend) or a quiet place to warm up and as we rode to the start you could catch a glimpse of concentrated riders, headphones on, deep in preparation. If it wasn't for GBR on our skin suits we could have been forgiven for thinking we were at a VTTA event. Eamonn wandering around talking to anybody and everybody, discovered the back up time keeper with two watches, a recorder, and the spotter was from CTT Scotland and was at the VTTA 30 last week as a marshal.

Sally and I are in the same age group and we are amongst the first down the start ramp. The race of truth is a ruthless discipline and although I try to control everything it has a way of biting you . Three minutes into my race and my Di2 battery, fully charged the day before, dies and I'm now riding single speed. It's manageable on the way out but the return leg is up hill and into a headwind and I can see the race ebbing away. I finish 7th. The only positive is that I have beaten last year's age group world champion. Jeannie Longo has won the age group with Linda Dewhurst in silver. An outstanding ride by Lucia Borrowdale has missed the podium by a second and only a small margin separates the top ten in the age group. It's a cruel sport. Feeling deflated I ride back with Sally.

The disappointment ebbs into the background because all around us VTTA members and friends are winning . Sarah Mathews has won 60-64 and Andrea Nightingale a Bronze, Angela Carpenter wins 55-59 , Naomi De Pennington has grabbed a Bronze in 45-49. Jennifer George and Rebecca Seal take Silver and Bronze in 40-44 and of course Jessica Rhodes Jones wins 19-34. There are not enough Women in time trialling but the upside is that we all know and support each other so the podium ceremony is a noisy affair as every British medalist gets a cheer.

Now it's the turn of the men. I'm not on the course any more but I can follow the results and they are spectacular. 19-34 Bronze, Will Lowden. 35-39 Bronze, Jonny Allen. 40-44 Gold Simon Wilson. 45-49 Gold Andy Critchlow, Bronze Matthew Smith. 50-54 Bronze Richard Brook. 55-59 Gold Richard Oakes. 60-64 Gold Kevin Tye , Bronze Mike Twelves. 80-84 Silver Robert McGowan. 85-89 Gold Brian Lewis.

Richard Oakes has defended his win from Trento and Kevin Tye has upgraded his silver to a Gold and a Rainbow Jersey but the highlight has to be Brian Lewis. Eamonn manages to grab a word with him as he heads for the podium. He talks about losing his wife, about how cycling has helped him. He is so happy and his enthusiasm is infectious and spreads to all around him. He is a reminder that yes this is a cruel and ruthless sport but it is also magnificent and full of inspirational people and we should all be proud, and so it seems were the people of Dundee judging by the Courier.

https://www.thecourier.co.uk/fp/news/dundee/4619896/best-pictures-as-thousands-flock-to-dundee-and-arbroath-for-uci-world-championship/?fbclid=IwAR0sGO2_TuepXT_9-Tp5YA0xRBgbNPI2eaptW0AeEpRK3Xr1gDG6A02TI9E

This is my third contribution to the Veteran about UCI Gran Fondo World Series and I would just like to thank everyone for their kind comments. The final is in Denmark next year but that's a long way ahead. Like many I will be looking to qualify somewhere. Next for me is the VTTA National 15 and also the VTTA National 10 where I will be chasing a different but valuable Jersey.

Team Legato—Steve Lorraine

Time trials and cake baking with Legato Racing Team

As I rolled to a halt after the VTTA 10m Championships, I knew that I had completely spent myself during the preceding twenty plus minutes - pretty much as I have done in the preceding twenty or so Open races ridden this season. It is what we do as 'testers'; empty ourselves, accompanied only by the drone of passing cars and the occasional marshal giving us welcome encouragement as they point the way (for which many thanks!). I looked at my average speed for the race and I knew I had again failed to get under the twenty-four-minute mark on the K48/10. Really? Again? I always leave it up to the timekeepers to record my times. I never look at time during my races, satisfied to glance at average speed and power. That is enough data to occupy me as I keep my head and shoulders tucked and calculate just how much energy I have left in the tank for the final two kms & the push for the line.

As an individual racer, the consequences of my performance (hard though I had tried) were minor, e.g., a fleeting disappointment at going under target speed with a slight sense of failure, coupled with relief that an important race and a busy racing season were now over. There was however a greater purpose to my ride, that of competing as a team member, performing at a level that contributed to our team's goal, of reaching the podium and, just perhaps, winning a gold medal - the only colour of team medals the VTTA awards in its championships.

As I headed back to race HQ, I had questions - was I a counter towards the team's total time; where was the team on AAT compared to the competition; how had my teammates performed? This added layer of collective responsibility and enjoyment is what being in Legato Racing Team (LRT) is all about. We are a group of individual racers who come together regularly as a team to "race hard, win medals and have fun." And my time on ATT did contribute to team gold medal this time. Happy days!

We formed LRT after the demise of Team Swift. The team closed with the passing of Pete Read, who many readers will know was a long standing and highly respected coach, mentor, and team leader, spanning over 30 years of coaching riders, organising races, and running one of, if not the most successful amateur time trial team in the UK. Pete died in February 2020 and me, Tony Ball and Randle Shenton decided not to do the 'easy' thing and join the follow-on team, Swift Racing, but strike out on our own and start a new team, based on the best of Pete's coaching and mentoring and add our own way of doing things. From the very start we were clear in our goals; support the VTTA, always field a team in VTTA championship races up to and including fifty miles and "race hard...".

We three, plus the addition of a rider I coach, Simon Horsley from Cumbria, made an instant impact. In the 2021 VTTA 10-mile championship in Newbury we placed as second team on Standard; we were off and running. We had the kit, we had the energy and by keeping a light-touch on the 'admin', we raced when and where we wanted as individuals, planning those important team rendezvous for the VTTA championship days. We lived in four different CTT regions, from Oxfordshire to Scotland, so meeting up regularly had to coincide with something important. It has stayed that way throughout our three seasons of racing. There has also been change.

We knew that having four racers was not sustainable for our long-term goals, limiting our ability to put something back into the sport, by organising races, marshalling and so on. So, we looked for additional riders, those who share our racing desires and team-based values. During 2022-3 Midlands' time trial stalwarts, Alastair and Sue Semple, Joe Costello, and Mark Hamer, plus more recently Alistair Woodman in Cumbria, have joined us. All top-quality 'testers' who are keen supporters of K course races and darn quick veteran racers as well!

Yet even those performances and recent results, including this season, two VTTA championship team golds on AAT, three VTTA individual medals, plus two other VTTA championship team podium finishes, are not the whole story. This July we promoted our first Open race, reinvigorating a long disused course near Tamworth, Staffs. We had over sixty entries for our 10-mile TT race and enjoyed a wonderful morning of competition on a testing course, supported by a local bike store and the town's cycling club, which does not have a TT background, yet fielded fifteen time-trial first timers on both TT and road bikes. Seeing riders and their supporters all along the course was a joy on a fine Sunday morning. LRT also fielded our whole team as marshals on the day.

Our sport faces challenges, locally and nationally, with courses and races disappearing, (although the midweek club TT scene still seems vibrant in the Midlands). Time trials compete for space on busy roads, enduring criticism for being on those roads and safety concerns as vehicle volume and speeds grow. What can we do as a team and individuals to face these challenges? We believe there is more to being a racer than just racing, important though that undoubtedly is. How about contributing to the CTT District Committee to assist in the administration of the sport? Is there something you can offer to the VTTA regional committee? What about organising a race (it is not that difficult and there is plenty of advice and guidance to help you) or marshalling; become a timekeeper (there is a shortage of trained timekeepers and no timekeepers = no races) and so on. LRT will promote two Open TT races in 2024, two riders are on the VTTA and CTT district committees. This is who we are and what we would like to be as a team – racers and contributors to the sport. We race, we marshal, we bake cakes.

Oh, and I almost forgot. How did we get our name? Well, 'legato' is a musical term meaning "smooth and flowing in manner, without breaks between notes." We saw this as an appropriate word to encapsulate the continuation without break of the training and racing principles of Pete Read and the joy of smooth, flowing power output on a time trial course. That is LRT.



Midland Zwift Winter league

This year the Zwift winter league will take place at 7.30pm on the British Cycling event on the London Classique course. Note this MAY change to 6.30 when the clocks change – don't know yet. There will be two leagues - early winter and late winter as last year ie all November up to 21st December for early Winter, 5th Jan to 23rd Feb for late Winter. 8 events best 4 to count. There will be winners for male and female on actual time and first three overall based on age adjusted times i.e. each rider's best four AAT's totalled together. Please put Mids VTTA after your names so that I can pick out Midland members from the results sheet on ZP.

The Massie Plate, Jones Cup and Nomad Cup were held on the K47/15 course down in Welland on 22 July. Entries were low which was surprising for this is a really good course in the shadow of the Malverns on country roads – with little in the way of hills or traffic. Only the Jones' cup was up for grabs and the contest was a straight tussle between Joe Costello and Simon Dighton with the other age groups uncontested. Organised and superbly run by Worcester St. Johns the event set off in the pouring rain as so many races have in July although conditions did improve for the later riders. A parcoure shaped like a square meant that the first leg set off into a fairly strong headwind – definitely the best way on this course as the slopes that are present are on this part and mainly downhill. The wind moderated the speed when watching out for standing water whilst the tailwind section, which sometimes feels a bit of a drag, went by quickly. Both Joe Costello and Simon Dighton placed strongly coming in overall 3rd and 5th respectively on scratch with Joe taking the honours and the Jones Cup in an age adjusted time of 31-23 with Simon not too far behind in 32-37.

The Billy Steer Cup & the Bicknell Cup for the Best on standard 25 miles was held on the R25/7A in Monmouth. The Bicknell cup for women was uncontested but the men's Billy Steer Cup had a raft of Midland's entries and some very good times. The course runs from Usk down to Monmouth with a fast downhill start before entering the dual carriageway.

Race Info & Reports—Simon Dighton & Steve Jenks

The return leg is initially via a minor road through Mitchell Troy before reverting to the route out on a long uphill drag until a couple of miles from the finish. The minor road, although slowing times, keeps the course interesting & varied which personally I prefer. Resolve was much needed though for the final uphill quarter of the race when we reverted to the dual carriageway as it was into a 10mph headwind— not disastrous but tough enough and certainly a relief to reach the top of the drag and realise only a couple of miles to go before the finish. Thankfully the parcours whilst nowhere near the same as the 'ski slope' not too far away does not return to the height of the start which partially compensates for the slower part of the course. The Midlands featured prominently with both team Legato and Team Echelon competing and this time the boys from Echelon took the honours winning the team prize.

Tim Wood just edged out Jon Howard on actual times by 8 seconds & I was happy to PB by 10 seconds (from a PB on the ski slope so this one felt real!). Overall for the cup which is best on standard the winner wasJoe Costello.

		Actual	Age Adjusted	BOS
		Time	Time	Ranking
Tim	Wood	50.18	48.35	3
Jon	Howard	50.26	47.34	2
Mark	Hamer	51.50	50.19	6
Joe	Costello	53.12	47.19	1
Simon	Dighton	53.52	49.20	4
Martin	Lines	56.21	53.14	7
Steve	Lorraine	56.54	49.51	5
Alastair	Semple	57.03	53.56	8
Adrian	Osborne	1.04.06	58.13	9

VTTA National10- K48 Sunday 17 September, Eamonn Sheridan

The heat wave that marked the first weeks of September had inevitably drifted away and an autumnal Sunday morning greeted the 81 riders who signed on to race what was almost the last major event of the year. The K48 is a challenging course. There are no gift hills, no high traffic counts on a Sunday morning to flatter the rider. The inviting dual carriage way soon gives way to an undulating A road and thus an honest test for all.

Road bikes get the day underway. I am first to start but will soon be caught and with a head wind back it's a slog for me to finish. Not so for others. Mark Lovatt from Congleton CC will finish in 21.32 a time that will see him place in the top 10 overall. However only 2 of us in the road bike category are VTTA members and the win on AAT went to Patrick Ellerbeck from St Neots CC .

The VTTA aim is to provide 'competitive cycling for life' and as if to emphasise that the early starters include two 90 year olds Alexander Munroe 90 and Ron Hallam who at 93 set a National age record with a time of 35.44.

In the women's event the competition was close with just seconds dividing the winners. Linda Dewhurst again showed her dominance this season being the fastest rider overall on Age Adjusted Times (AAT) winning the gold medal, champions jersey & cap and the Ken Matthews Cup. Silver went to Deb Hutson-Lamb and Bronze to Susan Semple.

In the men's event Ian Guilor, Mapperley CC took 1st place and the Champions jersey & cap and a gold medal. Silver went to Jon Howard and Bronze to Steve Gibson.

Froomage

A testing predicament which requires extreme measures. Like being stranded halfway up Mont Ventoux without a bike. In a bike race. Or bringing a bike to a bike race that has no chain as a friend of mine once did—still it meant he could lend his shoes to my son who had forgotten his footwear!

In the group and club awards it was the Midlands VTTA group Jon Howard Team Echelon Cycles, Susan Semple, Legato Racing Team and Tim Wood Team Echelon Cycles who produced the fastest combined time and came away with team Gold. It was perhaps to be expected but 23 of the 75 riders came from Midland Group VTTA. The Team award was won by Legato Racing Team, Susan Semple, Simon Horsley and Steve Loraine.

A big thank you should go to Alistair Semple and his team for organising an excellent event. The use of result sheet meant that it was quick and easy to see how the event was going and to sort categories. A particular mention should be given to the result booklet Alastair produced. One of the best and most comprehensive I have seen. Follow the link below or search for it on VTTA Midland Facebook page.

https://www.cyclingtimetrial.org.uk/files/resultsheetcovers/cover_file_name/039efdf6-79e1-40b6-858b-ae6f4efc9dc0/VTTA%2010%20Mile%20Championships%20results%20on%20K48_10%20%20September%2017th%202023.pdf?fbclid=IwAR2MzWc7jG3gTMKYCH-jr2oBdYrQRasNMmreHqppOO5gGvvtwrx5gjhpgLI

& also a big shout out and thank you to Echelon Cycles & Tim Wood for all their support again this year— next issue should see new Echelon Cycle Artwork gracing the back cover of the magazine!



How to Claim a Standard's Award - Steve Jenks

Claiming standard's awards is now a simple task of a few clicks on the VTTA website. Claims must be made by 1st November each year. NB : Only those who have purchased standards can claim and order.

1. On the website (www.vtta.org.uk) login with your email address and password.
2. Click on your name, My Profile, and My Standards. You will see a new screen with one or two sections, depending upon whether you have achieved an award:
3. My Baselines: this shows your most recent claim for each distance (or 12/24 hours) over the three seasons before the current season. If you have not made a claim at any distance (or time) then the standard for your current age is shown. Based on your past claims the system will also show your Plus (as calculated using the current standards) and the Target Time/Distance you need to achieve this year to win a medal - NB If you cannot see your baseline in My Standards you need to email info@vtta.org.uk to ask for it to be added (this may apply to members who purchased standards for the first time in 2022)
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. If there are no improvements this section does not appear.
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, then all improvements are shown and you can select which one to claim for.
6. The 'Order' button: when you have clicked on a claimed improvement, you will see that your baseline is now the new performance. An 'Order' button will appear enabling you to order an award for that improvement. Once you have clicked that your Group recorder will then order your medal or plaque depending on the number of your successful claims

Quiz Page—Steve Jenks

Word Ladders - turn the first word into the second word by changing only one letter at a time (no cheating only proper words)

Pro team bikes : LOOK into CUBE (aim to beat 8 changes)

Teams : BORA into TREK (aim to beat 16 changes)

Bike parts : STEM into TUBE via BOLT (aim to beat 14 changes)

Niners

Each number from one to nine represents a different letter. Solve the clues and insert the letters in the appropriate squares to uncover a word which uses all nine letters.

9 8 8 5 glance

4 2 7 6 wounds

9 3 1 2 8 temper

1	2	3	4	5	6	7	8	9

Record Breakers—Steve Jenks

There are an amazing number of records set this season—at National level, VTTA Midlands level and VTTA Midland K courses. 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.

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.

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 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.

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

Midlands Age Records (cont'd)

Steve Jenks

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. You will be automatically sent an email notifying you of the record subject to ratification. 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.

Midlands Age Records on K courses.

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
- Time must be set in an open, not in a club, event

* The applicant must be a Midlands VTTA member on the day the time was set

* Age will be taken as the riders' age on the day of the event – if the event is on their birthday, the age they will be ON THAT DAY will be taken

- 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 (Oct 2023) - Steve Jenks

Mens	10 miles		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	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 22.50
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

Age Records Table (Oct 2023) - Steve Jenks

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-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
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	M I Racing	2007 1.01.57
77	Murray Kirtton	A5 Rangers	2018 1.09.55
83	Norman Fenn (trike)	Team Echelon	2023 1.50.14

Age Records Table (Oct 2023) - Steve Jenks

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

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
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
66	Deborah Sheridan	Warwicksire Road Club	2023	41.48
Ladies	25 miles			Time
43	Susan Semple	Stafford RC	2009	1.04.08
44	Susan Semple	Stafford RC	2010	1.06.18
46	Susan Semple	Stafford RC	2012	1.04.48
47	Susan Semple	Stafford RC	2013	1.01.10
48	Annis Moore	Walsall Roads CC	2016	59.02
50	Susan Semple	Born to Bike /Bridgtown C	2016	1.00.38
51	Susan Semple	Born to Bike /Bridgtown C	2017	1.07.06
Ladies	50 miles			Time
42	Susan Semple	Stafford RC	2008	2.27.49
46	Susan Semple	Stafford RC	2012	2.12.20
47	Susan Semple	Stafford RC	2013	2.15.40
52	Susan Semple	Born to Bike / Bridgtown C	2018	2.08.41

WE ARE 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 to be presented in 2024.

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

Quiz Answers

ANSWERS

LOOK, cook, cork, core, cone, lone, lobe, lube, CUBE

BORA, bore, tore, tort, toot, soot, shot, shop, ship, whip, whit, whet,
when, then, thee, tree, TREK

STEM , seem, seam, seat, beat, belt, BOLT, boll, doll, dole, role, robe,
lobe, lube, TUBE

Answers : peek, cuts, pique = Quickstep

PLEASE NOTE

Standard Times Publication Dates:

March; June; October

PLEASE SEND ARTICLES TO sgdighton@hotmail.com

ONE MONTH BEFORE THESE DATES

Next Copy Date March 2024

**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 ex-
ploits, whether it is cycling related or not.**

MIDLANDS GROUP VTTA OFFICIALS 2023

President	Alan Colburn 01886 888575	(Alan.colburn@martley.org) The Willows, Jury Lane, Martley, WR6 6PE
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Trophies Sec.	VACANT	
Social Secretary	Greta Spiers	(greta.trikie@gmail.com)
Standard Times Editor	Simon Dighton 07534 902443	(sgdighton@hotmail.com)

Condolences

The Committee on behalf of all members would like to extend their sincere condolences to the family and friends of one of our long standing Honorary lifetime members, Jean Bayliss who passed away aged 94 on 15th September 2023. Jean was a great supporter to the VTTA , time-keeping and event assisting for many years.

She was the mother of Sue Kelly (one of our registered timekeepers) who is following in Jean's footsteps with timekeeping for many local events & our best wishes go to Sue and her family.



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