

Standard Times Midlands VTTA



Nov 2024



Front Cover:

Debbie Sheridan on the walk to the starting ramp for the World Championships in Aalborg, Denmark. Debbie had tough competition up against multiple champion Linda Dewhurst and Jeannie Longo (who pulled out at the last moment).

Inside Cover:

Team Legato had another stunning season winning team golds at the National 25 and National 50 - fighting off the higher profile teams to take the top step. Susan Semple picking up another prize & Joe Costello in action. Susan, Joe and Steve Lorraine picked up national team golds for Legato plus Susan & Joe also came away with National podium places to finish a highly successful 2024. Steve won the Midlands short distance competition and Susan was fastest female on actual time over 50 miles. Debbie Sheridan the quickest on AAT.



Contents

The racing season is over and the Group has performed strongly and increased membership. In this issue we have Steelie back for a look at First Aid, Debbie Sheridan's reflections on Denmark, Steve Jenks on the success of the ZWIFT league and much more.

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A view from my pain cave

Alastair Semple

Yes, it's that time of year again where many of us go into hibernation, locking ourselves away in a sweaty training room only to emerge in the spring transformed into an elite cyclist, or so we wish.

Looking back at the 2024 season it was great to see so many of you racing this summer and our membership growing once again. At our committee meeting on the 2nd Aug it was confirmed that membership was now slightly higher than at the end of the 2023 season which is great to see after a drop off post Covid experienced across every sport.

I can see 60 riders have raced in 435 Open events this year (and I am sure many more club events too). Simon Smart (Drag2Zero) was our fastest rider on actual at 10 miles with a 19:09 and Diana Egerton-Warburton (Team Enable - M.I. Racing – McCann) fastest female with a 22:47.

Mark Hamer (Legato RT) is fastest at 25 miles (50:36) and Diana fastest female once again with a 57:47. At 50 miles Simon Smart has produced a 1:41:37 this season and Susan Semple (Legato RT) 2:05:23. On AAT I can see Steven Loraine (Legato RT) has won the Short distance competition (2 x 10 and 2 x 25 mile) with an Age Adjusted Speed of 31.718mph and Andrew Simpkins (Team Echelon) the 3 Distance competition (1 x 25, 50 and 100 mile TT) with an average speed of 26.466mph. Some mind boggling speeds I am sure you will all agree!

Cup Winners

Birks Cup	10 miles	K11/10	11th Aug	Simon Dighton	Beacon RCC
Wells Cup Men	50 miles	R50/1b	13th July	Joe Costello	Team Legato
Victory Cup Women	50 miles	R50/1b	13th July	Deborah Sheridan	...a3crg
Stoke Cup Fastest	50 miles	R50/1b	13th July	Mark Hamer	Team Legato
Billy Steer Cup men	25 miles	A25/34	17th Aug	Joe Costello	Team Legato
Bicknell Cup BOS Women	25 miles	A25/34	17th Aug	Not awarded	n/a
Williams Rose Bowl BOS Men	10 miles	K48/10	17th Sep	Cancelled	n/a
Bart Cup BOS Women	10 miles	K48/10	17th Sep	Cancelled	n/a

Age Awards

These 3 trophies were raced on the 22nd June 2024 on the **K34/10F**.

Massie Plate	Fastest on AAT over 65	Gary Smith	Stourbridge Velo
Jones Cup	Fastest on AAT 50-64	Simon Dighton	Beacon Roads CC
Nomads Cup	Fastest on AAT under 50	Keith Satterthwaite	Gorilla Coffee

Season Long Trophies—Best All Rounder

Cyclo Shield BOS Men/Women any open 25, 50, 100 miles **Andrew Simpkins** (Team Echelon)

Godiva Cup BOS Men any two open 10 miles plus any two open 25 miles **Steven Loraine** (Legato RT)

Bayliss Cup BOS Women any two open 10 miles plus any two Open 25 miles **Susan Semple** (Legato RT)

Les Lowe Trophy Furthest ridden on Open “K” course events. **Ed Moss** (Beacon RCC) 89 miles on K courses

We have seen a bit of a shake up this year in the VTTA results following a change to AAT that was implemented at the start of this season. Following a detailed analysis of thousands of results the VTTA revised the standards for the benefit of the national championships. This meant that riders in the Open category between the ages of 42 and 57 would lose a few seconds with riders in the female categories seeing the biggest time penalties for riders aged 42 to 65.

This means that for riders in these age categories it will be harder to beat the standard before everything washes through the system in 3 years' time. I need to find an extra 1,9 and 37 seconds at 10/25/50 miles based on the old AAT and the challenge is increased for female riders in the age categories above. For older riders, this year has represented a great opportunity to make the Standard and gives slightly more benefit to continue to do so in later years.

Please contact Steve Jenks if you want old Standards removing so you can start afresh.

Midlands Points Series 2024

It was a challenging year for riders in 2024 with 5 of the 20 counting events programmed on K courses being cancelled, including the last 2 of the season in September. 42 members did race on K courses this year and were automatically included in the Points Competition with their best 6 results counting. Below shows this year's top 10 winners who will receive vouchers to the value of £500 (split between the top ten) from Echelon Cycles thanks to the continued generosity and sponsorship by Tim Wood (Owner of Echelon Cycles) and matched funding from the Midlands VTTA.

We hope to run this series again in 2025 helping to promote our local events and encourage greater participation on K courses as opposed to racing elsewhere in the country.

	Name	Best 6	Total	Events	Club/Team
1	Joe Costello	971	971	6	Legato Racing Team (LRT)
2	Mark Wise	888	1133	8	Team Enable MI Racing McCann
3	Leon O'Regan	751	751	6	ABR Cycle Team
4	Martin Lines	751	751	6	Team Echelon
5	Joe Murray	730	730	5	Hinkley CC
6	Alastair Semple	715	715	5	Legato Racing Team (LRT)
7	Philip Wooldridge	682	782	7	VTTA (Midlands)
8	Gary Shuker	630	630	5	Walsall Road Club
9	Kevin Satterthwaite	602	802	7	Gorilla Coffee CC
10	Ed Moss	597	797	7	Beacon RCC

Dates for 2025

Provisional dates for next season are 5th April for the Welland Trophy and the 6th September for the Midlands VTTA Championships on the K48/10. These dates are still to be confirmed by CTT.

See you all at our AGM on 5th December but in the meantime

Stay Fit, Stay Fast, Stay on your Bike

Alastair

The First Aid Course - Steelie

Introduction

I am sure those of us who are regularly involved in physically demanding activities will recognise the importance of First Aid, especially given the pressure on the NHS and ambulance wait times.

As a responsible adult – no really - I recently attended a 2-day first aid course and must confess that contrary to my expectations, it was a very useful, informative and indeed enjoyable way to spend a couple of days learning things which could save or change a life (possibly even for the better on the odd occasion!), should we unexpectedly be faced with an emergency situation.

I think everyone who attended would agree this was largely due to our tutor, Gary Spears, whose relaxed and easy-listening style of delivery, combined with his evident depth of knowledge on what is clearly a much more complex subject than I had hitherto anticipated, made it a very enjoyable experience.

Learning Points

From the outset we learned the key objectives of First Aid were to: Preserve Life; Prevent Deterioration; Promote Recovery. We covered so much material though, that as usual after such events, the importance of putting the learning points into practice as soon as possible afterwards cannot be overestimated.

Little known facts included that Peanuts are not a nut, they are a legume and if you are allergic to latex – you have my sympathy – but you will also be allergic to Kiwi fruit – I mean who knew? I did not even know that a heart attack is not the same as cardiac arrest, or that it is important to roll pregnant ladies over onto their left side!

An Innocent Mistake

Such was my enthusiasm to consolidate Gary's teaching that upon seeing a pregnant lady whilst riding back home after the first day, I immediately jumped off my bike, rushed over to her and began rolling her over onto her left side!

Anyway it all ended well – the policeman actually seemed quite amused so I don't think I will be hearing any more about it, especially as I told him my name was Gary Spears and I also gave him Gary's email and home address.

Log Roll

When there is a suspected spinal injury, I imagine most of us already know it is very important to keep the whole spine in a straight line with the patient flat on their back?

Sounds easy enough doesn't it, but what if they feel sick? Being sick lying on your back is really not a good idea because there is a risk of choking!

This is where a "Log roll" comes in and a very simple and easy to remember tip from Gary was in order to keep the patient's spine straight whilst rolling them onto their side, we apply an even pressure to their nipples, knackers and knees (the 3n's) and gently roll them onto whichever side is likely to be the most comfortable.

Lucky Day

There was a mannequin on the course – but he seemed quite shy in that I don't think he entered into any of the discussions - probably couldn't get a word in edgeways mind you!

He was extremely lucky to be there because suddenly he began to choke – imagine what could have happened if he had not been on a first aid course at the time – doesn't bear thinking about does it?

Turns out he had a plastic meatball stuck in his throat, though where he got it from I have no idea!

One of our ex-nurses immediately grabbed him and asked him if he was choking, at which he seemed to nod his head, so after thumping him on the back 4 times she grabbed him using the ~~him~~ . . . ~~him~~ . . . ~~him~~ arms-around-the-chest manoeuvre and by sharply pulling his chest in was able to dislodge the obstruction. He didn't even say thank you!



Not Steelie after his 29minute 10 or me after wrestling with Microsoft publisher but a mannequin demonstrating the receiving end of the Heimlich.

(Editor comment true story – one of my friends actually had to perform the Heimlich manoeuvre in a pub on a gentleman who would otherwise have died - & she didn't get a thank you either from him or his friends

who sat around watching whilst she climbed and then braced herself against the windowsill behind him to get the leverage!!)

Summary

Joking aside folks, I would thoroughly recommend this course for anyone, especially as we are all likely to be involved in situations where physical and/or mental stress, combined with the ever-present risks of our chosen sport could catch any one of us off guard at any time.

Steelie x

Thanks Steelie—despite the jokes the message is to be remembered. We never know when we might be grateful for such assistance or be able to help someone out — Ed.

& the article is a life saver too— I had 3 blank pages!

Editorial - Simon Dighton

One second you are halfway through the season and next moment it is back to winter training (as opposed to winter racing or did I just pick the wrong weekends in June and July)? Now we enter that funny time of year when we start preparing for the following season but until the calendar comes out never totally sure how the events will all line out and whether the target ones will clash with a wedding / christening / holiday etc. Also sometime around now the perceived wisdom is to have some downtime off the bike and destress about training. I have never quite worked this one out as if I go longer than 1 day without exercise I get thrown out the house and told to come back when I have cheered up.

At least weather wise we were treated no differently from the Olympians who battled on the very wet roads of Paris. Josh Tarling suffered the very same fate as many of us have done and we will never know whether he would have more than matched Remco Evanpoel. I suspect we each have our opinions on this one although Remco did look like he was riding within himself. I don't think we will see too many front disk wheels on UK roads (not sure if they are even legal outdoors so please check before emulating Wout van Aert).

Probably the biggest change we are seeing in our sport is the move to more road bikes and the stats I have seen are very much aged biased—with the younger riders (those not yet eligible to join the VTTA) being mainly on road bikes and the older members sticking to the faster machine. I feel quite mixed on this one— having trained hunched up for years and got used to TT position I don't want to give up that advantage, but also recognise the importance of bringing as many people into the sport as possible.

Heresy I know but one less bike in the house would free up the hall! The Classic Series is now moving to be purely for road bikes. The Midlands district next year will be home to the National Circuit Championships with Beacon's Little Mountain time trial being run in June as the Championship event.

Editorial - Simon Dighton

Apart from the staggering success of Midland’s riders and teams (Team Legato take a bow on more golds in Championship events) I think the standout for me in 2024 has been the return to pre pandemic levels of sociability and camaraderie at events. It really feels like prize givings have been well attended as riders enjoy catching up after the race—personally it makes the whole experience so much more and despite always wanting to put out a strong performance every time, the camaraderie & friendship is what really counts.

I didn’t get anyone else’s stories on anything that had gone wrong when racing through no fault but one’s own so another from the family archive. One of my friends kindly took my eldest to a crit in the wilds of Darley Moor. On getting there my friend took the mickey out of my son for turning up to a race with no race shoes and saying he would have to wait in the café while he raced. My mate then took his own bike off the roof of the car to find he had forgotten to put the chain back on. My eldest borrowed his shoes!

That’s all for now and look forward to catching up in the New Year if not at the AGM.

Cerebral Bonus from Steve Jenks—Complete the cycloku by filling in the grid so that every column and row includes the letters CRANKS

K	N		S		
		S	C		R
			K	S	
	A	C			

Race Report—The Cups

Simon Dighton

I feel a bit like the schoolboy who has left his homework until the last minute and then can't remember all the details but it serves me right for not doing it sooner.

In July we had the **Wells, Victory and Stokes Cups** for the fastest 50 and the fastest age adjusted 50 which was in S Wales for the day (R50/1b). The course was two laps from Abergavenny down to Mitchell Troy and back on the A40 with the bottom half of the leg on the old road. Personally I quite like the change onto the old road. Even though it is a bit slower and not pan flat, it helps break the distance up. Conditions were overcast to begin with and brightening up into the evening and generally quite fast without being a 'floater'. The Midlands were well represented with Debbie Sheridan taking 3rd and Susan Semple 4th in the women's and Joe Costello 4th in the men's with myself and Steve Lorraine also in the top 10. This meant that for the second year running Midlands took team gold as did Team Legato (Joe, Steve Lorraine & Simon Horsley). Mark Hamer 's 1-47.05 (actual not age adjusted!) won him the Stokes cup with Joe the Wells and Debbie the Victory trophy.

The **Birks Cup** was held in Rugby on the K11/10T in good conditions. Representation from the Midlands, unsurprisingly was high with Susan Semple, although returning from injury, winning the women's section in 22.32 commenting after the race 'As always the return leg is a real challenge on this course. Another well run and marshalled event by Julie Hinds and Coventry Cycling Club, so a big thank you to them.'

On the men's section David Meads was the only man to go under 20 minutes with Simon Smart coming home in a fast 20.46 and your editor in a course PB of 21.24—just enough to snatch the Birks cup from Simon Smart by 9 seconds on age adjusted times.

The following week was the turn of the Billy Steers Cup run between Newark and Nottingham. A blustery day on the outward leg (and this course seems to channel the headwinds) made for a tough ride and the tailwind return leg meant some riders spun out on the descents. A star studded line up (many people were finessing their world time trial sets up for less than 2 week's later) saw Richard Oakes come home in 48-54. Joe Costello took the honours with a 55.31 beating your scribe on age adjusted time by 41 seconds.

Apologies to Jon Howard—last time I reported that Jon had beaten the world Record. Jon contacted me to say that it was 'only' (my words not his) the British record—the strange thing was when I originally wrote the article it seemed entirely reasonable that Jon was a world record holder.

A tandem rider is stopped by the police.

"What have I done wrong?" says the rider.

"Perhaps you didn't notice, sir, but your partner fell off half a mile back".

"Thank god for that," says the rider. "I thought I'd gone deaf".

"I've really had it with my dog: he'll chase anyone on a bicycle."

"So what are you going to do – leave him at the dog's home? Give him away? Sell him?"

"No, nothing that drastic. I think I'll just confiscate his bike."

The destination isn't what matters, it's the journey...

Unless you forgot the map.

ZWIFT League Steve Jenks

Zwift Five mile TT League

After 25 weeks of racing the final winner was declared. We started off with quite respectable fields but, as expected, the numbers dropped as 'in real life' events began but we still had as many VTTA members as fourteen in events early on. With the scores being 100 for first place going down in ones, the later races would see the best opportunity for high totals and gave Midlands rider Richard Watson the chance to total the highest possible score for best eight results of 800. Close behind was Malcolm Cox from Wessex only five points behind and Mick Flaherty from Yorkshire rounding out the podium on 787. Mick's wife Angela Hannon-Flaherty was first lady in fourth overall on 778.

Special mention to John Mallen of the Midlands who made a return to racing after many years off after discovering Zwift and starting to compete indoors. He came in fifth on 774 after starting in event 13 and competing in every event except one. Many thanks to East Anglia's Wayne Hill and Yorkshire's Richard Durham who were the other two riders to complete the full eight counting rounds. These two also deserve mention for being the riders who competed in most events – 13 each. In total thirty seven VTTA members competed in at least one event which made it all worthwhile. Of these thirty seven were Midlands members - as well as overall winner Richard, and John mentioned above, John Howard was 17th (3 events), Michael Lythegoe 22nd (2), Gary Jones 25th (2), Andrew Simpkins 31st (1) and Adrian Osborn 33rd (1). Many thanks to all our members who supported us.

Eleven of the fifteen VTTA areas were represented.

Massive thanks to Mark Bradley for number crunching each week and James Bailey from Zwift for letting it all happen.

Reflections on Denmark (World Championships)

Deb Sheridan

We are sat in our motorhome on a campsite in Denmark with an amazing view overlooking the beach and an inlet that leads to the Flensborg Fjord but our attention is fixed on that obsession of cyclists 'Strava"! What has distracted us from the view is not some KOM or power PB but rather the fact that Midland VTTA member and friend Simon Dighton has posted a ride that appears to end very close to where we are parked. We had spotted a motorhome with a UK plate parked nearby when we had arrived but hadn't made the connection. We jump out of the van and Simon and Kate Dighton are there to greet us. We laugh at this coincidence.

The events that resulted in this meeting involve an even longer journey than the one we have both just undertaken via the Netherlands and Germany. It began in Antalya, Turkey in November for me and continued via Croatia in April for Simon. In both cases we had qualified to join 26 other VTTA members who will represent Great Britain at the UCI Gran Fondo World Series finals in Aalborg, Denmark a few days later.

Before the final though there is work to be done. Firstly, we need to learn the course and so Simon and I are joined by my friend from ... a3crg and recent winner of the VTTA 15 Sarah Matthews. We are all on TT bikes and Eamonn and Kate who are not racing have opted for a more leisurely look at the Danish countryside on road bikes.

The course is flat with a great surface and technical enough to make it interesting. Secondly, we need to register and present our bikes for the UCI TT bike check. Simon and I are both experienced at this but the UCI can be inconsistent in how they apply the rules. There is also

a slightly cruel pleasure in watching the despair on the faces of the Commissaires and the panic on the faces of those who clearly haven't read the rules or have chosen to ignore them. We, however, are all good and ready to race.

I'm the first GB athlete to start in F65-69 but we are on 30 second starts and there's little pause in the action. At the finish VTTA champion Linda Dewhurst glances across.

"Are you sure"? she asks.

Eamonn looks at his phone for the third time, checks the results and confidently replies,

"Yes, I'm sure. You've won, you're the World Champion in F65-69, Lucia (Borradaile) has won a bronze and Deb is 8th.

There's more cheering and now someone has found a Union Jack, and photos are being taken.

Linda had this to say when I caught up with her later,

"Aalborg was amazing, a pretty technical course but not as windy as I had expected. I was really pleased with my ride. I probably got a bit over excited and went out far too fast and that finish couldn't come quickly enough. "

In F50-54, VTTA champion, Deborah Moss, will ride 47:13 the fastest time by a female VTTA member and one of the fastest times of the day but the standard is high and she will finish 7th in her age group. 2023 World Champion Sarah Matthews has narrowly missed out on a medal. We are teammates at ...a3crg and friends and over dinner that evening she shared her thoughts.

"The course was excellent, a proper challenge, I'm a bit disappointed to swap my Gold from last year for 4th but I couldn't have gone any harder and I was pleased with my ride."

Those sentiments resonate with us all. We have all come with a realistic understanding of the challenge and the rising standard at these events.

The younger age groups have started, and the women's event is coming to an end. Too young to be a VTTA member, Jessica Disley, Aerocoach, has become the Queen of the Gran Fondo World Series Time Trial and in Denmark she has won her fifth title in F19-34 by a mere 20 seconds. An amazing achievement and Midland VTTA would like to offer their congratulations.

There is a short gap before the men start. Enough time to ride back to the motorhome that has been our home since leaving England and shower, change and grab a second breakfast before swapping my TT bike for my road bike and heading back to the event. Marty McDonnell the Eurosport commentator has been announcing the start and adding his experience to the event and as I arrive back I hear him call that Brian Lewis has just finished. Brian had won a Gold medal in Dundee but again the competition is fierce even in the older age groups. and he finishes 4th. Robert Brown will have better luck and finishes 2nd in M80-84. More riders finish and it's Simon's turn to roll down the start ramp. He is in M60-64 and like me he knows it will be a challenge to make the podium. He heads out into the Danish countryside, and we wait. To be exact we wait 45 minutes and 11 seconds a time that will place him a very respectable 16th out of 45 starters. The good news is that the age group has been won by VTTA member Kevin Tye who finishes in 41:57 to win M60-64.

The Gran Fondo World Series has begun to attract a few ex-professionals. In the women's field Jeanie Longo has been a feature of the event for several years now but is apparently injured. I have mixed feelings about their presence at these events and I find it difficult to grasp why a former multiple world champion wants to race, in my case, a retired teacher from Birmingham. This year the headline name is renowned sprinter Mario Cipollini who is in M55-59. Cipollini faces the considerable challenge of beating two time champion Richard Oakes. On his Facebook page Cipollini described himself as racing "a group of somewhat elderly gentlemen". In the end he won the age group with Richard Oakes finishing in Bronze medal position. However,

By coincidence on the campsite next to us was a family from the Netherlands. They spotted our bikes, and a proud father was at pains to tell me his son Bart is in M45-49 and is very serious about racing and he is going to win! We smile politely and wish his family “Good luck”. The problem for our new Dutch friend is that his son is racing Matthew Smith, Drag2Zero, and so it was that the rainbow jersey came down to a fight between Matthew Smith and Bart Van Dieren with the British rider taking Gold by 23 seconds. Matt had this to say afterwards,

‘It was a fantastically well organised event on a great course, the roads there are excellent. A very flat route with a long straight section on the way out along the coast, where the wind is the biggest enemy,



Age Records Steve Jenks

Midlands level records— are the fastest **Midland** VTTA member actual time for your age or younger on an open event in the UK. A huge number of these records fell at the beginning of the year and since the summer even more have gone as shown on the next page.

We also 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 the 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 Midland's VTTA Facebook site.

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

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

Midland Age Records set since June

Name	Age	Distance	Time
Emma Bexson	49	100 Mile	04:37:10
Emma Bexson	49	100 Mile	04:26:21
Simon Smart	55	10 Mile	00:19:09
Simon Smart	55	15 mile	00:30.12
Jon Howard (OT)	55	20km	00:28.22
Jon Howard (OT)	55	25 Mile	00:56.14
Simon Smart	55	50 Mile	01:41:37
Susan Semple	58	10 Mile	00:23:14
Susan Semple	58	25 Mile	00:58.58
Susan Semple	58	50 Mile	02:05:23
Simon Dighton	61	50 Mile	01:52.48
Joseph Costello	65	50 Mile	01:57:20
Joseph Costello	65	50 Mile	01:53.12
Deborah Sheridan	67	10 Mile	00:27:45
Deborah Sheridan	67	10 Mile	00:27:23
Wayne Baker (TR)	67	10 Mile	00:27:35
Deborah Sheridan	67	10 Mile	00:25.32
Wayne Baker (TR)	67	10 Mile	00:26:06
Deborah Sheridan	67	10 Mile	00:24.38
Deborah Sheridan	67	15 Mile	00:40:56
Wayne Baker (TR)	67	15 Mile	00:42:48
Wayne Baker (TR)	67	25 Mile	01:13.53
Deborah Sheridan	67	25 Mile	01:07.08
Deborah Sheridan	67	50 Mile	02:25:36
Deborah Sheridan	67	50 Mile	02:10:47
Steven Loraine	68	15 Mile	00:33.50
Steven Loraine	68	25 Mile	00:55.21
Steven Loraine	68	50 Mile	01:56:53
Andrew Simpkins	70	100 Mile	04:55.42
Andrew Simpkins	70	15 Mile	00:37.04
Andrew Simpkins	70	50 Mile	02:10.18
Michael Lythgoe	74	10 Mile	00:22.25
Michael Lythgoe	74	15 Mile	00:34.24
Michael Lythgoe	74	25 miles	01:00.13
Murray Kirton	83	10 Mile	00:35:39
Murray Kirton	83	10 Mile	00:28.02
Murray Kirton (T)	83	10 Mile	00:24.50
David Stockley (T)	83	10 Mile	00:24.50
Murray Kirton (T)	83	10 Mile	00:25.32
Murray Kirton (T)	83	15 mile	00:39.33
David Stockley	84	10 Mile	00:28.45
Malcolm Timmis (TR)	84	10 Mile	00:45.19
David Stockley (T)	84	10 Mile	00:25.32
David Stockley (T)	84	15 mile	00:39.33

Note OT = outdoor track, TR = Trike, T = Tandem

Records Table (Oct 2024) - 'K' courses

Steve Jenks

Mens	10 miles		Year	Time
40	Tim May	Media Velo	2018	20.57
42	Brett Lowndes	Pro-vision Cycle Clothing	2017	21.34
43	Steve Biddulph	Born to Bike - Bridgtown C	2018	21.24
44	Peter Blackwell	Solihull CC	2016	22.26
45	Mark Hamer	Stratford Roads CC	2020	22.12
46	Brett Lowndes	Pro Vision RC	2021	21.26
49	Jon Howard	Team Echelon	2018	20.24
50	Paul Westwood	Brereton Wheelers	2023	20.01
51	Alastair Semple	Stafford RC	2019	22.08
52	Jon Howard	Team Echelon	2021	20.22
53	Jon Howard	Team Echelon	2022	20.54
54	Simon Dighton	Beacon Roads CC	2017	22.07
55	Joe Costello	Walsall RCC	2014	20.45
56	Jon Howard	Team Echelon	2023	20.44
57	Mark Wise	Team Jewson/MI Racing	2022	21.06
58	Joe Costello	Walsall RCC	2017	21.29
59	Simon Dighton	Beacon Roads CC	2022	21.25
60	Joe Costello	Walsall RCC	2019	21.16
61	Simon Dighton	Beacon Roads CC	2024	21.24
62	Joe Costello	Walsall RCC	2021	21.53
63	Steve Lorraine	Team Swift	2019	22.50
64	Steve Lorraine	Legato Racing Team	2021	22.34
65	Joe Costello	Legato Racing Team	2024	21.45
66	Steve Lorraine	Legato Racing Team	2022	22.33
67	Steve Lorraine	Legato Racing Team	2024	23.39
68	Steve Lorraine	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

Mens	15 miles			Time
48	Simon Adcock	Team Echelon	2022	32.33
54	Jon Howard	Team Echelon	2023	33.45
58	Simon Law	Race Rapid	2023	34.32
59	Simon Dighton	Beacon Roads CC	2023	35.16
64	Joe Costello	Walsall Roads CC	2023	34.18
65	Stephen Loraine	Legato Racing Team	2022	37.55
66	Stephen Loraine	Legato Racing Team	2022	36.05
75	Bob Awcock	Born to Bike - Bridgtown C	2019	43.57
77	Bob Awcock	Born to Bike - Bridgtown C	2021	44.54
Mens	25 miles			Time
41	Brett Lowndes	Pro-Vision Cycle Clothing	2016	0.57.24
42	Brett Lowndes	Pro-Vision Cycle Clothing	2017	0.59.35
50	Matthew Moore	Walsall Roads CC	2016	0.55.02
52	Mark Wise	Team Jewson/MI Racing	2017	0.58.55
52	Dave Walker	Worcester St John	2016	0.56.57
54	Simon Dighton	Beacon Roads CC	2017	0.58.31
55	David Scholfield-New	Leisure Lakes Bikes	2017	0.56.00
57	Joe Costello	Walsall RCC	2016	0.53.47
58	Simon Dighton	Beacon Roads CC	2022	0.59.56
60	Joe Costello	Walsall RCC	2019	0.56.48
61	Paul Gould	Midland C & AC	2017	1.06.56
62	Andrew Simpkins	Solihull CC	2016	1.01.34
66	Wayne Baker (trike)	Team Echelon	2023	1.19.27
72	Bob Awcock	Born to Bike - Bridgtown C	2016	1.06.32
73	Alan Colburn	Stourbridge CC	2004	1.04.52
74	Alan Colburn	Stourbridge CC	2005	1.02.44
75	Alan Colburn	Stourbridge CC	2006	1.05.26
76	Alan Colburn	MI Racing	2007	1.01.57
77	Murray Kirton	A5 Rangers	2018	1.09.55
83	Norman Fenn (trike)	Team Echelon	2023	1.50.14
Mens	50 miles			Time
50	Alastair Semple	Stafford RC	2018	1.59.12
53	Simon Dighton	Beacon Roads CC	2016	2.02.35
54	Simon Dighton	Beacon Roads CC	2017	1.59.37
55	Simon Dighton	Beacon Roads CC	2018	1.58.55
56	Joe Costello	Walsall RCC	2015	1.54.03
57	Joe Costello	Walsall RCC	2016	1.56.29
59	Joe Costello	Walsall RCC	2018	1.56.55
60	Joe Costello	Walsall RCC	2019	1.53.43
61	Paul Gould	Midland C & AC	2017	2.23.24
62	Steve Loraine	Team Swift	2018	2.00.45
72	Bob Awcock	Born to Bike - Bridgtown C	2016	2.17.15
74	Bob Awcock	Born to Bike - Bridgtown C	2018	2.17.52
75	Alan Colburn	Stourbridge CC	2006	2.14.26
76	Alan Colburn	Team Echelon/Spiuk	2008	2.15.49
77	Murray Kirton	A5 Rangers	2018	2.18.47

Ladies	10 miles		Age	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		Age	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		Age	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		Age	Time
42	Susan Semple	Stafford RC	2008	2.27.49
46	Susan Semple	Stafford RC	2012	2.12.20
47	Susan Semple	Stafford RC	2013	2.15.40
52	Susan Semple	Born to Bike / Bridgtown C	2018	2.08.41

WE ARE (STILL!) HIRING

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

It would
have **YOU**
our team.

be great to
as part of



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

New for Next Season

Early Race News

The Classic Series is moving to be a road bike series although the individual races will still no doubt will have a time trial section. Little Mountain, the Beacon event, is for next year, moving to the beginning of June to also double up as the National Circuit Championships.

Simplified Standards Award process - no need to order after claiming

The order button that you used to have click after claiming has been removed as it was not required with the simplified process that allows the groups to decide on plaques. See how to claim a standards award 2024 in the documents section on the VTTA site..

ANSWERS to the CEREBRAL CHALLENGE

K	N	R	S	A	C
C	S	A	R	K	N
A	K	S	C	N	R
R	C	N	K	S	A
N	R	K	A	C	S
S	A	C	N	R	K

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

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

2024 AGM

5th of December at 7pm.

The meeting will be virtual (Zoom). An agenda and joining instructions will be sent out around 2 weeks prior to the meeting. If members wish to make any proposals then please do so in writing (email is fine) , with a named seconder, before the 15th of No-



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**