

Standard Times

Magazine of the
Midland VTTA
Group
Christmas '18



View from the (empty) Chair

Scott Westwood

Not quite a 'View from the Chair' but an update from the secretary this time around.

Many of you will know that Jeff Matthews stood down from the Chair earlier this year. I would personally like to thank Jeff for his hard work and dedication, not only in the Chair, but also in relation to other roles he has held on the committee in recent years, and I know this view is shared by the committee as a whole.

I will also be stepping down as secretary at the AGM. This is a post I've held for five years and have enjoyed every minute. I hold the other members of the committee (both past and present) in high esteem given their 'can do' attitude and genuine desire to improve the VTTA and serve the membership.

Front Cover:

I feel sure that when you see the results of the Season Long Competitions this year, you will wholeheartedly agree that only one person should adorn the front cover of this end of season publication.

That person is Sue Semple, who stormed her way through every competition open to her, coming out on top almost every time, giving way to Joseph Costello only in the short distance competition!

This great photo (courtesy of Stephen Lee) shows her clocking her season's best of 23:04 in late April on the A10/19, a photo which she has modestly entitled "Me and my Bike".

I rather fancy if that had been my photograph, it would almost certainly have been entitled "Me in the process of wiping the floor with everyone in sight" Oooooops did I say that last bit out loud?

Other responsibilities relating to work and family mean that I need to offload some of my extra curricular responsibilities, but I hope to be back in the not too distant future in some capacity.

We have someone in line for the Secretary role (subject to AGM approval), but the post of Chairman also needs to be filled so please consider whether you could step into this position and get in touch to find out what is involved.

We are promoting three events in 2019 including one on K16/25 which hasn't been used for a few years. I know this will be welcomed by many of you so thanks to Stephen Williams for stepping in to organise this on behalf of the group.

The introduction of the on-line membership has seen an overall increase in membership numbers. Details on how to renew membership and also pay for the annual lunch on-line are included in this edition.

You will also see on page 6 that we have an exciting guest speaker at the lunch on January 20th. Glen Knight is not only the new national recorder for the VTTA but is also involved in the development of the ZWIFT on-line training platform, so a not to be missed opportunity, book your place now.

All the best to you and your families over the Christmas period, and I hope to see many of you at the AGM in January, contributing to any decisions we need to take, and of course at the lunch and prize presentation afterwards, so please register for this as soon as possible, as explained elsewhere in this edition.

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/>



Membership Renewal 2019

Andrew Simpkins

You can now renew your membership for 2019, at the same 2018 rate of £20 for an individual, and £24 for joint membership.

Standards fees are £3 for one attempt at one distance, £4 for unlimited attempts at one distance, and £10 for unlimited attempts at any distance, but note these prices may change after the Group and National AGMs in January 2019.

Online Renewal

If we have your email address you will receive an email inviting you to renew, providing a link to the VTTA website. It is simple and convenient to renew online using the secure payment facility, and it is also less work for your group officials! Just go the website <https://www.vtta.org.uk/> to renew.

When renewing online you can also pay your 2019 standards application and buy tickets for the annual lunch at £18 each—but remember to email Margaret.Colburn@martley.org with the names of your guests and menu options (beef or vegetarian).

Postal Renewal

If renewing by post then please send a cheque to Margaret Colburn, 'The Willows', Jury Lane, Martley, WR6 6PE.

You can also enclose your application and payment for the Lunch and Prize Presentation, using the form you will find on page 6, and remember to include your standards application payment if you wish to do so.

Donations

Donations to the Group (small or large!) are gratefully received. You can add a donation whether renewing online or by post.

Don't Delay—Renew Today Online Or By Post—Thank You!

PRIZE PRESENTATION LUNCH

THE BOOKING FORM FOR THIS EVENT IS OVERLEAF
PLEASE BOOK AS SOON AS POSSIBLE

12:30 for 13:00 on Sunday 20th January 2019

(Preceded by the Midland Group AGM at 11:00 sharp)

The King's Court Hotel, Kings Coughton, Alcester B49 5QQ

Tree Points O' Th' Guinness

Having worked in the big city all his life, Seamus retired to a delightful little village in the West of Ireland. The very first night he was there he went to the pub and spoke to the barman, who incidentally was called Sean. (For clarification I will use each man's initial).

S: *"Tree points O' th' Guinness please"*

S: *"Tree points?"*

S: *"Tree"*

Sean dutifully drew three pints of Guinness – never a quick process – but was surprised nobody else joined the stranger. This happened every night for a week, at which point Sean asked Seamus why he always ordered three pints.

S: *"Why always th' tree points Seamus?"*

S: *"Ah well, oi've got two brothers, one works on th' oil rigs and th' other lives in Canada, so as we don't see each other much, we always have a point for each other when we are in th' pub"*

Sean was satisfied at that very reasonable explanation, but one night Seamus came into the bar looking a bit downhearted and said:

S: *"Two points O' th' Guinness please Sean"*

S: *"Two points?"*

S: *"Two"*

The same thing happened every night for a week, so quite perturbed about this, Sean asked Seamus why he now only ordered two pints.

S: *"Seamus, we's all worried about why you's now only orderin' th' two points – has som'ting happened to one O' th' brothers?"*

S: *"No, no, Sean, they's both fine t'anks, it's me-self, oi'm just after givin' up th' drink!"*

VETERANS TIME TRIALS ASSOCIATION

(Midlands Group)

LUNCH AND PRIZE PRESENTATION

Sunday 20th January 2019

12.30 for 1.00pm

Kings Court Hotel, Kings Coughton, Nr Alcester, B49 5QQ

Number of tickets required at £18.00 each Total £

Choice of Main Course
Please Tick

Beef Vegetarian

Names

.....

.....

.....

Brief details of guests please

Your Club -

(to help with seating arrangements)

Your Telephone No.

Your Email No.

Or S.A.E. for confirmation of booking

Please return this form A.S.A.P.—You can pay by posting a cheque payable to VTТА Midlands to: Margaret Colburn, The Willows, Jury Lane, Martley, WR6 6PE Or pay by B.A.C.S to VTТА Midlands 40.42.12 Account No. 31300245 or via the website on your 'My Profile' page

We are very pleased that Glen Knight will be guest speaker at our Lunch and Prize Presentation. Glen has been involved in the development of the Zwift online training platform and is now the VTТА's National Recorder. We are sure he will have interesting things to say on both these subjects !

REMEMBER

The AGM starts at 11am sharp—all members welcome.
Coffee available for Guests in the Lounge area

Editorial

Steelie

We have a couple of articles in this edition which I intend to make regular features, namely a Member Profile, which on this occasion just happens to be of the outstanding rider in the Midland Group this season, Susan Semple, and a Golden Oldie, who in this issue is Murray Kirton.

Coincidentally we also have an interesting article about the VTTA tandem 10 mile Championship, kindly provided by Dave Stockley, which also features Murray, living proof that one should never underestimate old men on old bikes!

I am sure exactly the same principle applies to ladies, so how about you get typing, and draft an article for the next issue?

You do not have to be a World-Renowned author with a string of best sellers or a first class English Literature degree to your name, I am sure that between you, me, and spillchuck we can cobble something together which members will find interesting, especially if we can sprinkle a few photographs around!

A big thank you to this edition's contributors, Dave Stockley, Murray Kirton, and Sue Semple, so get to it, and Please Please Please, send me articles for the next edition of ST, describing your exploits - past or present—no later than mid January 2019:

radfordmill@aol.com

PLEASE NOTE

Standard Times Next Target Publication Date

1st February (Latest copy date 23rd January)

Ten Mile Tandem Gold

Dave Stockley and Murray Kirton

Having been born very early in his life, by 1959 our budding Gold Medallist Dave Stockley had already reached the ripe old age of 19, whereupon he and a school friend called Jeff bought a very heavy, all steel, 1930 Chater Lea tandem with 5 inch hub brakes. The motivation for such a rash purchase was not clear to anyone at the time, although there were some suggestions from *“those in the know”* that Dave had been dropped on his head as a baby, a rumour he hotly denies incidentally

Unfortunately, Jeff had suffered from polio as a baby, losing the use of his right leg, yet much to his credit, he and Dave joined the Merseyside Wheelers, where a racy 1948 James Fothergill machine with Reynolds 531 tubing caught their eye, unceremoniously usurping the old Chater Lea in their affections.

Astride this *“Bees Knees”* Fothergill machine, sporting 26 ³/₈ steel wheels with the rear one turned around to change the gear from a 68” fixed to a 96” fixed, Dave and another member of the club called Norman, rode an inter-club “10” between the Merseyside Wheelers and the Warrington RC.

With Norman never having been on a tandem before, progress was initially rather erratic, but as they overhauled one rider after another, and managed to wobble around the dead turn at 5 miles without falling off, it was clear they were on a ride! Laughing like drains, the unlikely pair overhauled the club champion, finishing in an impressive time of 21:05, which was 4 minutes faster than their individual times would have been!

Then came new alloy wheels, 5 speed gears, solo brakes, and eventually, Stronglight cotterless cranks, 56/38 rings and a 6 speed block, with Jeff and Dave riding it on club runs, weekends and holidays. Marriage and kids followed, and in 1988 when Dave's son was 11, he could just reach the pedals on the 20 inch rear end, so many family jaunts followed.

The photo shows Dave sporting top-of-the-range 84 shilling Crodoni Kangaroo shoes and Jeff gamely stoking as best he could, recording a time of 65 minutes in a Warrington CC "25" during 1961 (timed by cartoonist Johnny Helms).



This was a full half an hour faster than Jeff ever achieved as a solo PB – with only 1 leg! Note the brazed on lamp

boss, Mafac Racer Centre-pulls, 36H large flange sprints and tubs, and a fork rake to be proud of!

Fast Forward

In 2008 Dave took early retirement and moved to Weedon, where he joined the A5 Rangers and (fatefully!) met Murray Kirton. 2010 saw Dave at peak fitness, narrowly missing out on winning the Midlands BAR, but in March 2011 disaster struck when he had a mini-stroke. Unable to stand or even talk for several minutes, this was a frightening experience which put him off racing for 5 years.

As Dave's confidence gradually returned however, he and Murray started riding the old tandem in the occasional low-key 10, and emboldened by their prowess, entered the VTTA 10 mile Championships on the fast F11/10 course.

Race Day

The start sheet was peppered with class riders, some of whom held age records at several distances going back 20 years, with one pair having a recent 21:20 under their belt. With only 1 minute 16 seconds advantage on standard over this pair, it was going to be a very tough challenge!

Whilst other tandems were resplendent with their alloy frames, tri-spoke front and disc rear wheels powered by 60T chain rings, Messrs Stockley and Kirton were pushing their aged steel touring steed along with a top gear of 56x12 - albeit nattily equipped with the latest down tube gear shifters (circa 1960).

Undaunted that the start sheet also revealed they were being chased by the aforementioned record holders themselves, our particular two Midland VTTA sacrificial lambs had other ideas - I mean - with such garish club attire who needs skinsuits, and with Dave's secret weapon of the "*Head Colander*" to totally confuse any headwind they may encounter, what could possibly go wrong ?

Nevertheless, feeling slightly in awe at the array of technology pitted against their (slightly) post war machine, Dave nervously confided in Murray: "*If they catch us half way it is all over!*".

The start felt slow given the effort they were making, and after losing at least 10 seconds through traffic at the first roundabout, it looked like the day was slipping away from them.

However, they weren't caught by halfway, and flying back at 45 mph with a tailwind, struggling to spin fast enough to keep pace with the measly (!) 126" gear, it was not until 8 miles that they were overhauled by Dave Bates and Jefferey Bowler.

Two miles to go and with the Gold medal now inching away from them, our gutsy Midland duo gritted their NHS dentures, and hung on to retain a slender 9 second lead, taking the Gold medal and knocking a minute off the age record in the process!

Totally spent, Dave flopped onto the grass in need of oxygen, whilst Murray checked his watch, proclaiming: "*We've done a 22!*" but privately thinking it needed a new battery!



GOLD: Dave Stockley/Murray Kirton 00:22:39 +06:47

SILVER: Dave Bates/Jefferey Bowler 00:21:32 +06:38

BRONZE: Phil Barnes/Sharon Clifford 00:21:14 +06:25.

Never Underestimate Old Guys on Old Bikes!

Joseph Costello

Walsall RCC

This season's most successful male rider, in the VTTA Midlands Group, winning the Godiva Cup and the Short Distance competition, where he managed to edge Sue Semple into second place.

Here we see him in classic style, delivering another great performance to add to his season's best 10 of 20:56 in early May, and his best 25 of 52:21 in early June.



Horseplay

Denzil was sat watching TV one evening when suddenly his wife burst into the room and cracked him over the head with a frying pan!

"What was that for?" he cried out in pain holding his head

"I found a piece of paper in your pocket with the name Mary-Lou on it!"

"You silly woman, that was the horse I bet on this afternoon!"

Of course the wife said she was very sorry and tried to make it up to him, apologising and making a fuss of him for the rest of the day, until the very next night when she did exactly the same thing—with an even bigger pan!

"What was that for this time?" he asked when he regained consciousness.

"Your Horse just phoned!"

Member Profile—Susan Semple

Steelie

As one who regularly fails to anticipate the (often painful) consequences of his impulsive decision making, seeing into the future is not a skill those who know me would ever associate with my character.



On this occasion however, having identified Sue as a promising candidate for the Member Profile item long before I had any awareness of how extraordinarily successful a season she was having, I am beginning to think that the benefits of that weekend Clairvoyance seminar I attended a few years ago may finally be kicking in!

That being the case, then clearly the next person whom I approach for this Profile slot will undoubtedly be about to deliver an equally impressive series of performances, so roll-up, roll-up, you may be the next chosen one!

As Steve Jenks so succinctly phrases it in his “Season Long Competitions” article on page 19:

“This year we have one outstanding rider”

In the next few pages, we learn something about the character of the “outstanding rider” that is Susan Semple.

Where were you born and why?

Kingston-upon-Hull

When did you start cycling and why?

In 2006 I was encouraged by a friend to participate in a charity bike ride, 76 miles! Although daunted I dusted off my never ridden bike and started training. I have to say it was a miserable experience, and worst of all my so called friend didn't even ride! After a few days I was actually thrilled by my achievement and decided it wasn't that bad and thought I'd like some more of that.

Who are your cycling heroes and why?

I have always loved watching cycling and have spent a number of summers in France watching 'Le Tour' fly by. My favourite riders were Mario Cipollini, Erik Zabel and Fabian Cancellara.

My heroes are much closer to home. There are 4 women who have, and who continue to inspire me. First is Lynne Biddulph (Taylor), one of the very first women testers I met. The second is Ruth Eyles, who set up the West Midlands Women's TT series where I met the third, Arja Scarsbrook.

Last but not least is Gill Henshaw, still riding and breaking age records at the age of 84!

What is your best cycling memory and why?

Riding up the 21 hairpins that is the Alpe d'Huez just a couple of days before the Tour. The whole route was lined with thousands of cycling fans and it felt like every one of them cheered as I rode past. Dutch Corner was amazing.

What do you most enjoy about cycling and why?

Enjoy? I do not understand the question ;o)

What do you regard as your best-ever race and why?

This has to be the 2018 RTTC National 12 Hour TT on the H12H/8. I'm actually a very reluctant cyclist, I don't enjoy riding the bike, so I was as surprised as anyone when in 2017, sat with my Born to Bike/Bridgtown team mates I said out loud "I think I'll give a 12 hour a go next year". It was so tough, but it was also so awesome. Being part of a great team made me push myself harder than ever, having great team mates made me want to try something I thought I'd never be capable of.

Having only 3 of us riding meant I had to finish. I have never been so tired and I have never been so proud.

What do you regard as your worst-ever race and why?

That has to be the RTTC National 50 mile TT my final event of my 2018 season and I only went and missed my start time. First time in all my years of racing. Gutted doesn't even come close. Only goes to show that even though you think you've covered everything, something can always scupper the best laid plans.

What are your remaining racing targets, and why?

I would really like to improve my time for a 50, never felt like I've achieved my potential at this distance.

What is your favourite training session and why?

Any training sessions on the road. Turbo training sessions are the worst.

What bikes do you have and why?

Ridley. First ever 'proper' bike brought out each summer. I chose it because it's a gorgeous looking bike.

Tifosi. Sturdy not so pretty winter bike. Great bike though.

Obea. TT bike. My first TT bike that I just cannot part with.

Canyon. TT bike.

Dolan. Track bike (hasn't seen daylight for at least 5 years!)

Plus a Mountain Bike which hasn't actually got dirty yet.

Which equipment do you favour and why?

Hubby says we love Campag!

What is your favourite music and why?

Tough question. I like everything especially Queen, Muse, Desree, Soul to Soul, Bob Marley, Barry White, Bee Gees, The Cure, Culture Club, Fleetwood Mac the list is endless.

What books do you read and why?

I got back into reading a couple of years ago with the All Souls Trilogy written by Deborah Harkness a professor of history. Great books bringing together witches, vampires and demons blending fact and fiction, history and present. Couldn't put them down. Just finished reading The Farseer Trilogy by Robin Hobb, I'm going to miss those characters.

What do you regard as your greatest achievement in life and why? (Apart from children and spouse!).

Being able to deliver the visions my coach Alastair knew I was capable of, even though I often doubt myself. Without his motivation, enthusiasm, knowledge, hard work and support I would not have achieved the results I have, would not have attempted such a variety of rides and races, and certainly would not have completed them. Alastair also happens to be my hubby.

What is your favourite meal and why?

Breakfast because I wake up hungry.

What kind of films do you like and why?

All-time favourite film is Highlander (1986) starring Christopher Lambert. Loved its Queen soundtrack.

What hobbies do you have and why?

Apart from reading I haven't time to fit other hobbies in.

What other sport have you engaged in and why?

At school I participated in everything from netball to cross country running. Between then and picking up the bike, nothing much.

What else has featured in your life and why?

Earlier this year I became a British Cycling Level 2 Cycling Coach and work with Stafford Road Club Go-Ride. Those kiddies are amazing and it's just brilliant watching them whizz around on their bikes having so much fun.

What line of work have you been in and why?

I've done a little bit of everything from setting up and running a playgroup to Business Development. I've never found the perfect job and the search continues.

What is on your "Bucket List" and why?

Never quite get round to starting one.

What are your all-time PBs, and your current PBs?

10	21:23	2015
15	36:30	2017
25	56:56	2018
30	1:11:48	2013
50	2:03:44	2016
100	4:21:13	2018
12hr	236.1 miles	2018



Katja, Sue and Lynne—AFTER the National 12 Hour!



Clocking 24:17 on the K10/10 in September 2018

Season Long Competitions

Steve Jenks

This year we have one outstanding rider. Susan Semple won the Cyclo Shield, the Bayliss Cup, the 3 distance competition, the overall BAR on standard, and came 2nd in the short distance competition.

Cyclo Shield: **BOS Men/Women any open 25, 50, 100**
Susan Semple Born to Bike/Bridgtown Cycles +44.05

Godiva Cup: **BOS Men any open 2x 10s plus any 2x 25s**
Joseph Costello Walsall RCC +1.01.58

Bayliss Cup: **BOS Women any open 2x 10s plus any 2x 25s**
Susan Semple Born to Bike/Bridgtown Cycles +1.01.06

The VTTA exists to encourage racing in time trials for the over 40's, which it does by promoting specific open events, and by providing a range of competitions for us to compete against ourselves (the standards) or against others. This year 13 members claimed plaques or medals for improvements on standards, which is slightly down on last year, and in National Competitions, 7 members put in claims.

Best All Rounder: **BOS for 25, 50, 100 and 12hrs**
1st. Susan Semple + 57.42

Three Distance: **BOS for 25, 50 and 100**

1st. Susan Semple +44.05
2nd. Andrew Simpkins +36.18
3rd. Bob Awcock +29.00

Short Distance: **BOS for 2x 10s and 2x 25s**

1st. Joseph Costello +1.01.58
2nd. Susan Semple +1.01.06
3rd. Alastair Semple +1.00.16
4th. Andrew Simpkins +54.20
5th. Simon Dighton +50.24
6th. Murray Kirton +49.03

Golden Oldie—Murray Kirton

Steelie

There must be many in our group who have been around long enough to have somewhere in a scrapbook buried in the attic (or perhaps prominently displayed on the kitchen dresser?), one or two photographs of their early racing exploits, as well as more recent glossies of their achievements.

It would be great if we could get such people to dig out “before” and “after” photographs to feature in what I intend becomes a regular item in these pages, so please contact me directly if you are one such individual, or if there is someone in your club whom you think would fit the bill.

This time our candidate is none other than Murray Kirton, whose achievements seem to get more prolific the older he gets!

Fats Domino

It was Good Friday 1957 and Fats Domino was blaring out the virtues of “*Blueberry Hill*” from the Juke Box in the transport café.

A callow youth of 16 was slurping his steaming mug of tea in the corner, having just ridden 70 miles with a pair of borrowed sprints anchored to his front forks and tethered to his handlebars, as was “de rigeur” in those bygone days.



Murray Circa 1958

His first ever “25” was 2 days later on Easter Sunday, over the hallowed ground known as “*The Bath Road Course*”, on roads West of Reading. The next day he rode the course from Pangbourne out to Newbury and back, then it was back to the digs, a converted railway carriage behind the café housing bunk beds, with his bike right next to him.

Pre-race nerves held sleep at bay, but as being part of a club team had enabled him to get a ride on such a sought-after course, he resolved not to waste the opportunity. Slumber eventually stole his consciousness, bringing with it dreams featuring himself emulating the heroes of his childhood, Coppi, Bartali, and naturally the French star of the moment, Louison Bobet.

Winning the handicap with a time of 1:06:04 to scoop the handsome prize money of £3-7s-6d (equivalent to a week’s wages!), was therefore a great achievement by any standards, but even more so on an 81” fixed wheel (95 rpm), a performance which was to remain his PB for the next 22 years!

It had all started a decade earlier, in an era of ration books, bomb sites, (real) austerity and the birth of a fledgling NHS, when our 8 yr old acquired his first bike,



1963: about to do a dead-turn

a decidedly aged, solid-tyred, single-braked contraption, anomalously referred to as a "*Lightweight!*". This machine was deployed riding 4 miles each way to Silverstone, where after crawling through a convenient gap in the hedge, our Golden Oldie was able to watch the motor racing for free!

Karma

Clearly "Karma" was alive and well in the forties, because returning home from one such nefarious excursion, and unable to recover from a speed wobble on a steep downhill section, Murray arrived home in floods of tears with bloodied knees, resolving never to ride a bike again!

Fast Forward 69 years and we find 8 bikes at his immediate disposal, an average annual mileage of 4,000, and with innumerable racing successes to his name, he is still showing most of us how it is done, recording all-time PBs of 24:14 in 2017 aged 76, and 1:01:21 in 2007 aged 66.

2018

This year aged 77 he has recorded a 25 of 1:04:18; a 30 of 1:13:06, and a 50 of 2:14:05, but perhaps even more impressive than that are the 60 time trials, road races and criteriums he has crammed into a single season, as the following notable achievements this year illustrate:

L.V.R.C. National TT gold medal (13 miles hilly)

L.V.R.C. National Criterium silver medal

V.T.T.A. East Anglia 25TT age group medal - 1:05:48

V.T.T.A National 10 tandem TT Gold Medal with Dave Stockley - 22:39



Murray Kirton 1:13:06 "30" PB on 22nd September 2018

Another "Teddy-Bear" joke:

A teddy bear is working on a building site. He reports to the site nurse for a de-lousing. On return to the site, the foreman asks where on Earth he has been. The teddy bear replies:

"Oh, sorry, I forgot to tell you that today is the day the teddy bears have their nits picked!"

(OK, OK, no more teddy bear jokes—I promise!)

Points Table

Steve Lockwood

Summary points table below, full details of individual performances will soon be available on the Midlands Group Website.

Pos	Name	Club	Points	Ridden	Cat
1	David Kiernan	Team Jewson - M.I.Racing - Polypipe	800	11	A
1	Jon Howard	Team Echelon	800	12	A
3	Liz Powell	www.drag2zero.com	791	4	A
4	Philip Brown	Walsall RCC	781	5	A
5	Jon Simpkins	www.drag2zero.com	775	9	A
6	Mark Wise	Team Jewson - M.I.Racing - Polypipe	749	9	A
7	Joseph Costello	Walsall RCC	727	9	A
8	Richard Coleman	Stourbridge Velo	724	10	A
9	David Dickerson	Team Echelon	723	5	A
10	Vince Jenkins	LeisureLakesBikes.com	707	4	A
11	David Schofield-Newton	LeisureLakesBikes.com	695	7	B
12	Susan Semple	Born To Bike	680	5	B
13	Simon Dighton	Beacon Roads CC	675	9	B
14	Paul Guest	Worcester St Johns CC	673	8	B
15	Alastair Semple	Stafford RC	661	10	B
16	Stuart Harris	Royal Sutton CC	603	10	B
17	Tim May	Media Velo	600	6	B
18	Janet Birkmyre	Torque Performance	561	4	B
19	Stephen Biddulph	Born To Bike	558	8	B
20	Steven Loraine	Team Swift	556	8	B
21	Mark Corbett	Worcester St Johns CC	553	3	
22	Brett Lowndes	Pro Vision Clothing RC	542	7	B
22	Steve Mountford	Solihull CC	542	11	B
24	Andrew Simpkins	Solihull CC	536	6	B

25	Dave Elliott	Rugby RCC	532	4	B
26	Jennifer Doyle	Kenilworth Whis CC	525	5	B
27	William Harper	VTTA Midlands	513	6	B
28	John Grumbley	Coventry Road Club	488	6	C
28	Murray Kirton	A5 Rangers CC	488	6	C
30	Roger Foster	Banbury Star CC	478	6	C
31	Tim Wood	Team Echelon	477	3	
32	Mike Anslow	Stourbridge Velo	470	12	C
33	David Walker	Worcester St Johns CC	426	5	C
34	Paul Welsby	www.drag2zero.com	388	10	C
35	Mark Hand	Worcester St Johns CC	387	4	C
36	Craig Hopkins	Wyre Forest CRC	380	8	C
37	Bob Awcock	Born To Bike	365	6	C
38	stephen williams	Stourbridge CC	364	4	C
39	Alan Parfrey	Phoenix Velo	324	8	C
40	Edward Dursley	Worcester St Johns CC	305	3	
41	Adrian Tasker	Stafford RC	295	4	D
42	Derek Churchard	EvoVelo Racing	288	10	D
43	Melvyn Lewis	Born To Bike	282	8	D
44	Cath Fenn	Coventry Road Club	264	4	D
44	Robert Smith	365veloRacingClub	264	5	D
46	Roland Smythe	Birmingham Midland CC	262	3	
47	Simon Smith	Coventry Road Club	256	4	D
48	Rob Kennard	Stourbridge Velo	251	2	
49	Clair Parfrey	Phoenix Velo	225	7	D

49	Emma Bexson	Stratford CC	225	3	
51	Mick Gray	Wyre Forest CRC	214	8	D
52	April Lewis	Born To Bike	202	4	D
53	David Prior	Wyre Forest CRC	186	4	D
54	James Lees	VTTA Midlands	183	5	D
55	Deborah Sheridan	Warwickshire Road Club	179	1	
56	Norman Fenn	Team Echelon	174	8	D
57	Lynne Biddulph	Born To Bike	169	1	
58	Stephen Cooke	Walsall RCC	168	6	D
59	Edward Priddy	Solihull CC	163	1	
60	Neil Wood	Dig Deep Coaching	156	2	
61	Karl Moseley	Fishface Cycles RT	153	1	
62	Gary Shuker	Walsall RCC	152	2	
63	John Leslie Frydman	Leamington C & AC	151	7	D
64	Simon Smith	Shutt Velo Rapide	133	1	
65	Glen Knight	KISS RT	104	1	
66	stephen senderski	Phoenix Velo	75	7	D
67	Bob Mowat	Oldbury And District CC	74	6	D
68	Phil Banks	Sutton Coldfield CC	71	1	
69	Simon Davis	VTTA Midlands	58	2	
70	Bob Lane	Leamington C & AC	56	5	D
71	Stephen Lloyd	VTTA Midlands	52	2	
72	David Steel	Hereford & District Whlrs	48	1	
73	Declan Logue	Stratford CC	40	2	
74	Philip Gambles	Walsall RCC	35	1	

75	Tracey Geddes-Smith	Mercia CC	29	1	
76	Andy Tilsley	Brereton Whis	27	1	
77	Fred Browning	Wyre Forest CRC	14	1	
78	John Griffin	Elizabethan CC	8	1	
79	Malcolm Timmis	Bromsgrove Olympique CC	7	1	

A Touching Tale at Christmas

A married couple were Christmas shopping. The shopping centre was packed, and as the wife walked through one of the malls she was surprised when she looked around to find that her husband was nowhere to be seen.

Upset because they had a lot to do, she became so concerned that she called him on her mobile phone and in an irritated tone asked him where he was. In a quiet voice he replied:

"Do you remember the jewellers we went into about five years ago where you fell in love with that diamond necklace with the intertwined hearts that we couldn't afford, and I told you that I would get it for you one day?"

The wife, now feeling remorseful at the uncharitable way she had snapped at her husband, choked up and with tears forming in her eyes, she gently said:

"Yes darling, I do remember that shop."

To which he replied:

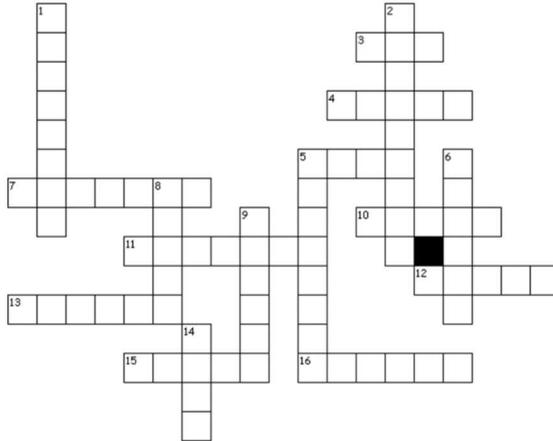
"Well, I'm in the bar next door."

Crosswords

Steve Jenks

VTTA Cryptic and Easy Crossword number 10

Theme – general cycling stuff



Cryptic Clues

Across

3. Did he lose a quarter of his bulk at the Vuelta ? (3)
4. Wine bar where you might buy 10 ac. (5)
5. George, Henry or John maybe ? (4)
7. Six, six, an' one (7)
10. Have a drink ? Just a half. (5)
11. Feeling good with extremes of feeling, for example, missing. (7)
12. The archer begins to get a point (5)
13. He's found in every other ride in cold air Sky endures (6)
15. Drivers on course ! (5)
16. Sounds like he's a puny rider (6)

Down

1. Sounds like he's ridin' a horse not a bike ? (8)
2. Rider that's battling a crash (9)
5. Sounds like Froome the posh guy (8)
6. No doubting his win ! (6)
8. Simplistic but missing first letter (5)
9. A menacing character in the pelaton ? (6)
14. Stress hormone with mixed up soil missing (4)

Easy Clues

Letter = tour (V : Vuelta, G : Giro, T : Tour), number = the stage(s) they won.

Across

3. V20 (3)
4. V14, G9, G11, G15 (5)
5. V4 (4)
7. V2, V21, G2, G3, G13, G17 (7)
10. V15 (5)
11. G4 (7)
12. T2, T5, T13 (5)
13. V5 (6)
15. V17 (5)
16. T14 (6)

Down

1. V7 (8)
2. G5 (9)
5. T21 (8)
6. T11, T12 (6)
8. G2 (5)
9. V1, G16 (6)
14. T15 (4)

Answers to VTTA Cryptic and easy Crossword number 9

Cryptic Clues

Across

5. quick release - helps a rapid (wheel) change – just what the prisoner asks for from jail
9. polar computer - records your bikes speed, in the Antarctic (polar) ?
10. and 4 down. Zipp Firecrest is a fast spinner (wheel) – Zippo is a type of lighter missing O (but not round), tiny bird is a Firecrest
12. and 8 down. - Gregand Laurent - protagonists (1st and 2nd at 1989 TdeF) Lane Frost was a cowboy whose (bio)graphical film five years later was titled 8 seconds (the gap between them)
15. gopro – a bike camera (photographer) might say this i.e. tell them to turn professional
17. cable tie – anagram (crashed) of celibate, kept in saddlebag for emergency repairs
18. assos - top cyclewear brand, like (as) help (SOS)

Down

1. reflector - found on back of the bike, devotee of Schön's reflection model (a theory of learning) would be a reflector
2. see 13 down
3. discbrake – found on bikes, Tony Blackburn was a radio DJ who would have a brake (break we hear) to fill in gaps between records (discs)
4. see 10 across
6. selleitalia – brand of saddle, selle (promotion – sound sell) by pointless Roman (Italian minus n - compass point north)
7. epo – evening primrose oil a source of Omega 6, (ErythroPOietin) enhances performance
8. see 12 across.
11. zwift – used for turbo training, short sleep (Z) swap for s (cardinal compass point) at start of high flier (Swift- a bird known for flying at high altitude)
13. and 2 down. reporta pothole - computer reporting site, a pothole is a depression in the road
14. café money - needed at a cafe stop, Johnny the singer (Cash - money) follows face (about - anagram)
16. pump – what we wore before trainers, what cyclists put in a saddle bag (4)

MIDLANDS GROUP V.T.T.A. OFFICIALS 2018

President	Peter Rose	(mrpeter.rose10@gmail.com) 11, Margreaves Lane, Winshill, Burton-on-Trent, DE15 0DY
Chairman/press/ Comms.	Vacancy	
General Sec.	Scott Westwood 07764 952024	(scott.westwood41@icloud.com) 4, Woodpecker Way, Heath Hayes, Cannock, WS11 7WJ
Treasurer	Margaret Colburn 01886 888575	(margaret.colburn@martley.org) 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.colburn@martley.org) The Willows, Jury Lane, Martley, WR6 6PE
Competitions Sec. (Interim)	Bob Franks Norman Fenn	(jacquelinefranks187@btinternet.com) (normfenn@hotmail.com)
Standard Times Editor	Steelie	(radfordmill@aol.com)
General Committee Members:		
	Andrew Simpkins	(a.j.d.simpkins@btinternet.com)
	Greta Spiers	(greta.aline@btinternet.com)
	Bob Franks	(jacquelinefranks187@btinternet.com)
	Norman Fenn	(normfenn@hotmail.com)

2019 Committee Meetings

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To be decided at the AGM on 20th January 2019

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