



VTТА Midlands Group

## Results

# VTТА 10 Mile Championship

Promoted for and on behalf of the VTТА by the Midlands VTТА Group



Linda Dewhurst overall winner – *photographer Roy Follows*

**Sunday 17<sup>th</sup> September 2023, Course K48/10**

Organised by Alastair Semple, Midlands VTТА

Promoted for and on behalf of Cycling Time Trials under its Rules and Regulations

Another excellent VTTA event to round off this seasons championships. For me 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. Conditions on this lumpy course were going to be challenging with a strong cross headwind for the riders on their return leg. It was interesting to hear riders in the HQ afterwards taking about the speed they reached the turn, before the slog back and we began to see as times came in that it was unlikely we would see any new course records set.

I would first like to mention the Midlands VTTA members Margret, Sara, Alan, Scott and Ian. Our friends from Walsall RC Mark, Steve and Mark and my friends from Stafford RC Fran, Ian, Melvyn, Roger and Brian without which I could not have run this event. Thanks also to three riders Andrew Simpkins who did the results, Paul Taylor for helping tidy everything up and Susan Semple who was there helping from start to finish, and finally my time keepers Mike Howard and Tom Bailey.

Impressive performance indeed I hope you agree 😊

A number of the riders taking part in the event where not current members of the VTTA and I would like to take this opportunity to invite you to join us for the 2024 season and be part of the numerous events and competitions run for VTTA members. **Competitive Racing for Life** is our moto, and through an age and gender adjusted handicapping system men and women of all ages (40 plus) can compete together on equal terms. <https://www.vtta.org.uk/>

In the main event the competition was close with just seconds dividing the winners in each of the VTTA competitions. 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.

In the men's event Ian Guilor (Mapperley CC) a rider who I have noticed this season performing well at all the events I have attended took 1<sup>st</sup> place and Champions jersey & cap and gold medal.

In the group and club awards I take a lot of pride in announcing it was the Midlands VTTA group (Jon Howard – Team Echelon Cycles, Susan Semple – Legato Racing Team and Tim Wood – Team Echelon) who produced the fastest combined time. The Team award was won by Legato Racing Team (LRT) Susan Semple, Simon Horsley and Steve Loraine.

## CHAMPIONSHIP AWARDS (ON VETS' AGE ADJUSTED TIMES)

	Women	Men
<b>First solo</b>	<b>Linda Dewhurst</b> - Team Milton Keynes	<b>Ian Guilor</b> - Mapperley CC
<b>Second solo</b>	<b>Deb Hutson-Lumb</b> - Wrekinsport CC	<b>Jon Howard</b> - Team Echelon
<b>Third solo</b>	<b>Susan Semple</b> - Legato Racing Team (LRT)	<b>Steve Gibson</b> - Peak Road Club
<b>Club team of three</b> (mixed) Gold medals	<b>Legato Racing Team (LRT)</b> - Susan Semple, Simon Horsley and Steve Loraine	
<b>Group team of three</b> (mixed) Gold medals	<b>Midlands Group</b> – Jon Howard – Team Echelon, Susan Semple – Legato Racing Team (LRT) and Tim Wood - Team Echelon	
<b>Ken Matthews Cup</b> for the overall best on AAT	<b>Linda Dewhurst</b> - Team Milton Keynes	



Ian Guilor one his way to winning the men's Championship – *photo Roy Follows*

**PRIZES**

Prizes winners below are for VTТА members only except for the Scratch Prizes.

Position	Men AAT	Women AAT	Road Bike AAT	Team of 3 AAT £15 each	Scratch
1 = £30	Ian Guilor	Linda Dewhurst	Patrick Ellerbeck	Susan Semple	Leon Wright
2 = £25	Jon Howard	Deb Hutson-Lumb		Simon Horsley	David Mead
3 = £20	Steve Gibson	Susan Semple		Steve Loraine	
4 = £15	Alastair Ribbands				
5 = £10	Tim Wood				

*One prize per rider with the exception of the Team prize.*

A special cash prize was kindly offered by the Midlands VTТА President Alan Colburn to the rider who finished with the closest time to Alan’s last 10 mile TT when he rode (26:12) and the prize of £26.12 was won by Larissa Alexander – Coalville Wheelers who finished with a time of 26:13.

**Midlands VTТА Trophy Winners**

- **Williams Rose Bowl** fastest Midlands VTТА man on AAT – **Jon Howard** – Team Echelon
- **Bart Cup** fastest Midlands VTТА woman on AAT – **Susan Semple** Legato Racing Team



Left to right Ded Hutson-Lumb, Linda Dewhurst, Susan Semple – *photo Rob Jones*

Midlands



VTTA

## VTTA National 10 Championship VTTA Solo Women's Results

10 mile  
17/09/2023

K48/10



Pos	Rider	Age	Club	Group	Flags	AAT	Time	PosO	Bib
1	Linda Dewhurst	64	Team Milton Keynes	London & Home Counties		00:19:27	00:24:27	38	33
2	Deb Hutson-Lumb	58	Wrekinsport CC	Merseyside		00:19:41	00:23:50	27	30
3	Susan Semple	57	Legato Racing Team (LRT)	Midlands		00:20:41	00:24:43	39	22
4	Gail Lowe	54	Congleton CC - MyWindsock	Manchester & North West		00:21:18	00:25:00	43	29
5	Deborah Sheridan	66	Warwickshire Road Club	Midlands		00:21:52	00:27:11	62	27
	Janet Fairclough	63	Liverpool Phoenix CC (Aintree)	Merseyside		00:21:52	00:26:42	59	28
7	Hayley Moore	41	Ilkeston Cycle Club	East Midlands		00:22:54	00:25:26	52	26
8	Helen Tudor	54	Oswestry Paragon CC	Merseyside		00:23:38	00:27:20	63	24
9	Pamela Moore	56	Coalville Whs	East Midlands		00:25:48	00:29:43	74	25

## VTTA National 10 Championship VTTA Solo Men's Results

10 mile  
17/09/2023

K48/10



Pos	Rider	Age	Club	Group	Flags	AAT	Time	PosO	Bib
1	Ian Guilor	56	Mapperley CC	East Midlands		00:20:03	00:21:21	4	98
2	Jon Howard	54	Team Echelon	Midlands		00:20:17	00:21:23	5	101
3	Steve Gibson	57	Peak Road Club	North Midlands		00:20:38	00:22:02	14	88
4	Alastair Ribbands	40	Congleton CC - MyWindsock	Manchester & North West		00:20:45	00:20:45	3	102
5	Tim Wood	49	Team Echelon	Midlands		00:20:46	00:21:26	6	92
6	Simon Horsley	59	Legato Racing Team (LRT)	North Lancashire & Lakes		00:20:50	00:22:28	19	85
7	Mick Stevens	73	Melton Olympic CC	East Midlands		00:20:55	00:24:43	38	61
8	Chris Dyason	75	Cambridge CC	East Anglian		00:20:56	00:25:10	47	64
	Ed Moss	53	Beacon Roads CC	Midlands		00:20:56	00:21:57	12	95
10	Jonathan Mills-Keeling	51	Aerologic RT	Merseyside		00:21:05	00:21:55	11	96
11	Richard Golding	54	Equipe Velo	East Midlands		00:21:06	00:22:12	17	80
12	Steven Loraine	67	Legato Racing Team (LRT)	Midlands		00:21:18	00:24:01	34	74
13	Nev Ashman	84	Manchester Bicycle Club	Manchester & North West		00:21:26	00:28:20	66	91
	Mark Hamer	48	Legato Racing Team (LRT)	Midlands		00:21:26	00:22:01	13	94
15	William Hayes	46	Velo Club Long Eaton	East Midlands		00:21:40	00:22:06	15	90
16	Patrick Ellerbeck (rb)	69	St Neots CC	East Anglian		00:21:42	00:24:44	40	78
17	Ian Foster	56	Stafford RC	Midlands		00:22:03	00:23:21	22	48
18	Andrew Smith	58	VC Glasgow South	Scotland		00:22:10	00:23:41	24	75
	Mark Halliday	60	North Bucks RC	London & Home Counties		00:22:10	00:23:55	29	76
20	Robin Gillespie	55	Beacon Wheelers	North Lancashire & Lakes		00:22:15	00:23:27	23	82
21	Andrew Simpkins	69	Team Echelon	Midlands		00:22:18	00:25:20	49	8
22	Barrie Whittaker	66	Lyme Racing Club	Manchester & North West		00:22:29	00:25:02	43	67
23	Tim Baggs	54	Sherwood CC	East Midlands		00:22:44	00:23:50	26	73
24	Jymmy Trevor (tc)	51	City RC (Hull)	Yorkshire		00:22:51	00:25:40	52	51
25	Alexander Munro	90	SVTTA	Scotland		00:23:03	00:32:43	77	11
26	Cliff Voller	72	VTTA West Group	West		00:23:05	00:26:41	57	50
27	Mark Welch	60	Oxted Cycle Club	Surrey/Sussex		00:23:08	00:24:53	41	62
28	Mike Walker	45	Congleton CC - MyWindsock	Manchester & North West		00:23:37	00:23:58	31	70
29	Simon Inman	50	OVB	East Midlands		00:23:39	00:24:24	36	71
30	Phillip Brown	72	Walsall Roads Cycling Club	Midlands		00:23:44	00:27:20	62	54
31	Phil Barnes	68	SheHair Racing Team	North Lancashire & Lakes		00:24:08	00:27:00	60	56
32	Nigel Briggs	62	South Pennine RC	East Midlands		00:24:09	00:26:09	54	43
33	Ron Hallam	93	South Pennine RC	East Midlands		00:24:10	00:35:44	80	10
34	Bob Awcock	79	Born to Bike - Bridgtown Cycles	Midlands		00:24:28	00:29:44	74	19
35	John Tracey	48	Welland Valley CC	North Lancashire & Lakes		00:24:33	00:25:08	45	57
36	John Orridge	53	VTTA (London & Home Counties)	London & Home Counties		00:24:52	00:25:53	53	42
37	Andy Whitehead	57	Seamons CC	North Midlands		00:24:58	00:26:22	56	46
38	William Renard	76	Macclesfield Wheelers	Manchester & North West		00:25:36	00:30:05	75	13
39	Roger Chappell	75	API/Anglia Sport	East Anglian		00:26:27	00:30:41	76	17
40	Vernon Schutte (rb)	69	Farnborough & Camberley CC	Wessex		00:26:37	00:29:39	71	3
	Adrian Osborn	64	Stratford Cycling Club	Midlands		00:26:37	00:28:53	68	49
42	Andy Delaney	55	Northumbria Police C.C.	North		00:26:46	00:27:58	65	39
43	Stephen Cooke	64	Walsall Roads Cycling Club	Midlands		00:27:18	00:29:34	70	21
44	Simon Davis	46	VTTA (Midlands)	Midlands		00:29:01	00:29:27	69	14
45	Vic Trigger (tc)	78	Crewe Clarion Wheelers	Manchester & North West		00:30:41	00:38:03	81	9
46	Eamonn Sheridan (rb)	69	Warwickshire Road Club	Midlands		00:31:12	00:34:14	78	1
47	Steven Robinson	66	1485 Tri Club	East Midlands		00:31:41	00:34:14	78	20



Midlands



VTTA

## VTTA National 10 Championship 10 mile VTTA Club Results 17/09/2023

K48/10



Pos	Club.	Club AAT	Rider	Age	Group	AAT	PosRC	Bib
1	Legato Racing Team (LRT)	01:02:49	Susan Semple	57	Midlands	00:20:41	1	22
			Simon Horsley	59	North Lancashire & Lakes	00:20:50	2	85
			Steven Loraine	67	Midlands	00:21:18	3	74
2	Team Echelon	01:03:21	Jon Howard	54	Midlands	00:20:17	1	101
			Tim Wood	49	Midlands	00:20:46	2	92
			Andrew Simpkins	69	Midlands	00:22:18	3	8
3	Congleton CC - MyWindsock	01:05:40	Alastair Ribbands	40	Manchester & North West	00:20:45	1	102
			Gail Lowe	54	Manchester & North West	00:21:18	2	29
			Mike Walker	45	Manchester & North West	00:23:37	3	70

## VTTA National 10 Championship 10 mile VTTA Group Results 17/09/2023

K48/10



Pos	Group	Group AAT	Rider	Age	Club.	AAT	PosRG	Bib
1	Midlands	01:01:44	Jon Howard	54	Team Echelon	00:20:17	1	101
			Susan Semple	57	Legato Racing Team (LRT)	00:20:41	2	22
			Tim Wood	49	Team Echelon	00:20:46	3	92
2	East Midlands	01:02:04	Ian Guilor	56	Mapperley CC	00:20:03	1	98
			Mick Stevens	73	Melton Olympic CC	00:20:55	2	61
			Richard Golding	54	Equipe Velo	00:21:06	3	80
3	Merseyside	01:02:38	Deb Hutson-Lumb	58	Wrekinsport CC	00:19:41	1	30
			Jonathan Mills-Keeling	51	Aerologic RT	00:21:05	2	96
			Janet Fairclough	63	Liverpool Phoenix CC (Aintree)	00:21:52	3	28
4	Manchester & North West	01:03:29	Alastair Ribbands	40	Congleton CC - MyWindsock	00:20:45	1	102
			Gail Lowe	54	Congleton CC - MyWindsock	00:21:18	2	29
			Nev Ashman	84	Manchester Bicycle Club	00:21:26	3	91
5	London & Home Counties	01:06:29	Linda Dewhurst	64	Team Milton Keynes	00:19:27	1	33
			Mark Halliday	60	North Bucks RC	00:22:10	2	76
			John Orridge	53	VTTA (London & Home Counties)	00:24:52	3	42
6	North Lancashire & Lakes	01:07:13	Simon Horsley	59	Legato Racing Team (LRT)	00:20:50	1	85
			Robin Gillespie	55	Beacon Wheelers	00:22:15	2	82
			Phil Barnes	68	SheHair Racing Team	00:24:08	3	56
7	East Anglian	01:09:05	Chris Dyason	75	Cambridge CC	00:20:56	1	64
			Patrick Ellerbeck (rb)	69	St Neots CC	00:21:42	2	78
			Roger Chappell	75	API/Anglia Sport	00:26:27	3	17

We were lucky enough to have two photographers out on the course and you can access their pictures via the links below.

- Kimroy Photography <https://www.kimroy-photography.co.uk/>
- Roy Follows - [Facebook](#)



Below is a complete list of all riders finishing times

Position	No.	Name		Machine	Time	AAT
1	99	Leon	Wright	tt	00:20:20	
2	103	David	Mead	tt	00:20:27	
3	102	Alastair	Ribbands	tt	00:20:45	00:20:45
4	98	Ian	Guilor	tt	00:21:21	<b>00:20:03</b>
5	101	Jon	Howard	tt	00:21:23	00:20:17
6	92	Tim	Wood	tt	00:21:26	00:20:46
7	66	Paul	Horton	tt	00:21:30	
8	7	Mark	Lovatt	rb	00:21:32	
9	100	Tony	Greenhalgh	tt	00:21:47	
10	72	Simon	Romei	tt	00:21:53	
11	96	Jonathan	Mills-Keeling	tt	00:21:55	00:21:05
12	95	Ed	Moss	tt	00:21:57	00:20:56
13	94	Mark	Hamer	tt	00:22:01	00:21:26
14	88	Steve	Gibson	tt	00:22:02	00:20:38
15	90	William	Hayes	tt	00:22:06	00:21:40
16	89	Edward	Rees	tt	00:22:08	
17	80	Richard	Golding	tt	00:22:12	00:21:06
18	79	Joe	Rendall	tt	00:22:14	
19	85	Simon	Horsley	tt	00:22:28	00:20:50
20	84	Isaac	Russell	tt	00:23:18	
21	6	Kevin	Satterthwaite	rb	00:23:19	
22	48	Ian	Foster	tt	00:23:21	00:22:03
23	82	Robin	Gillespie	tt	00:23:27	00:22:15
24	75	Andrew	Smith	tt	00:23:41	00:22:10
25	47	Mark	Spruce	tt	00:23:47	
26	30	Deb	Hutson-Lumb	tt	00:23:50	<b>00:19:41</b>
26	73	Tim	Baggs	tt	00:23:50	00:22:44
28	53	Chris	Gration	tt	00:23:54	
29	58	Paul	Russell	tt	00:23:55	
29	76	Mark	Halliday	tt	00:23:55	00:22:10
31	5	James	Veitch	rb	00:23:58	
31	70	Mike	Walker	tt	00:23:58	00:23:37
33	45	Chester	Romei	tt	00:23:59	
34	74	Steven	Loraine	tt	00:24:01	00:21:18
35	40	David	Alexander	tt	00:24:17	
36	71	Simon	Inman	tt	00:24:24	00:23:39
37	33	Linda	Dewhurst	tt	00:24:27	00:19:27
38	22	Susan	Semple	tt	00:24:43	00:20:41
38	61	Mick	Stevens	tt	00:24:43	00:20:55
40	78	Patrick	Ellerbeck	rb	00:24:44	00:21:42
41	62	Mark	Welch	tt	00:24:53	00:23:08
42	29	Gail	Lowe	tt	00:25:00	00:21:18
43	67	Barrie	Whittaker	tt	00:25:02	00:22:29
44	41	Mark	Morgan	tt	00:25:04	
45	57	John	Tracey	tt	00:25:08	00:24:33

Position	No.	Name		Machine	Time	AAT
45	59	Alan	Busuttill	tt	00:25:08	
47	55	Andrew	Newey	tt	00:25:10	
47	64	Chris	Dyason	tt	00:25:10	00:20:56
49	8	Andrew	Simpkins	tt	00:25:20	00:22:18
50	60	Gary	Smith	tt	00:25:23	
51	26	Hayley	Moore	tt	00:25:26	00:22:54
52	51	Jymmy	Trevor	tc	00:25:37	00:22:51
53	42	John	Orridge	tt	00:25:53	00:24:52
54	43	Nigel	Briggs	tt	00:26:09	00:24:09
55	23	Larissa	Alexander	tt	00:26:13	
56	46	Andy	Whitehead	tt	00:26:22	00:24:58
57	50	Cliff	Voller	tt	00:26:41	00:23:05
58	28	Janet	Fairclough	tt	00:26:42	00:21:52
59	16	Stewart	Hyde	tt	00:26:56	
60	56	Phil	Barnes	tt	00:27:00	00:24:08
61	27	Deborah	Sheridan	tt	00:27:11	00:21:52
62	24	Helen	Tudor	tt	00:27:20	00:23:38
62	54	Philip	Brown	tt	00:27:20	00:23:44
64	36	Ceri	Evans	tt	00:27:44	
65	39	Andy	Delaney	tt	00:27:58	00:26:46
66	91	Nev	Ashman	tt	00:28:20	00:21:26
67	2	Steve	Price	rb	00:28:46	
68	49	Adrian	Osborn	tt	00:28:53	00:26:37
69	14	Simon	Davis	tt	00:29:27	00:29:01
70	21	Stephen	Cooke	tt	00:29:34	00:27:18
71	3	Vernon	Schutte	rb	00:29:39	00:26:37
72	12	Paul	Taylor	tt	00:29:42	
73	25	Pamela	Moore	tt	00:29:43	00:25:48
74	19	Bob	Awcock	tt	00:29:44	00:24:28
75	13	William	Renard	tt	00:30:05	00:25:36
76	17	Roger	Chappell	tt	00:30:41	00:26:27
77	11	Alexander	Munro	tt	00:32:43	00:23:03
78	1	Eamonn	Sheridan	rb	00:34:14	00:31:12
78	20	Steven	Robinson	tt	00:34:14	00:31:41
80	10	Ron	Hallam	tt	00:35:44	00:24:10
81	9	Vic	Trigger	tc	00:38:03	00:30:41
	87	Joseph	Costello	tt	DNF	
	104	Grant	Bigham	tt	DNF	
	15	Alan	Gay	tt	DNS	
	35	Tony	Perrin	tt	DNS	
	37	Les	Boughey	tt	DNS	
	44	Steven	Hazeldine	tt	DNS	
	52	Graham	Neyt	tt	DNS	



Position	No.	Name		Machine	Time	AAT
	63	Nick	Hill	tt	DNS	
	68	Lee	Connolly	tt	DNS	
	69	Will	Trevor	tt	DNS	
	81	Stuart	McCormick	tt	DNS	
	97	Rich	Steels	tt	DNS	
	4	Abdel Kader	Allouni	rb	DNSA	
	31	Debbie	Bradley	tt	DNSA	
	32	Emma	Bexson	tt	DNSA	
	34	John	King	tt	DNSA	
	38	Garry	Shuker	tt	DNSA	
	77	James	Byatt	tt	DNSA	
	83	Keith	Palmer	tt	DNSA	
	86	Sean	Hunt	tt	DNSA	
	93	Paul	Westwood	tt	DNSA	
	105	Mury	Kirton	Tan	DNSA	
	106	David	Stockley	Tan	DNSA	
	107	Ian	Greenstreet	Tan	DNSA	
	108	Rachael	Elliott	Tan	DNSA	
	18	Mark	Franckel	tt	DQ	
	65	Peter	Horton	tt	DQ	

Amongst the many compliments I received during and after the event I sadly received one complaint from a member of the public who witnessed a competitor urinating in a field in full view from the A518. Complaints like this could cause us to lose this course and we cannot afford to lose any more events especially over something that could easily have been prevented. So please ensure this does not happen again at this or any event, thank you.

That just leaves me to wish you all a successful end to the 2023 season and we hope that we can welcome you as a VTTA member to one of our many events up and down the country next year.

**Stay Safe, Stay Fit, Stay Fast** 



Midlands



VTТА



## Veterans Time Trials Association

### Competitive Cycling for Life

# OVER 40? BE YOUR BEST!



**Angela Carpenter**  
VTТА Women's National  
Champion at multiple  
distances



**Andrew Meilak**  
2021 VTТА Men's  
National Champion at  
100 miles

If you are over 40 and time trialling is your thing, then join the VTТА.

The VTТА 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 velódromes.

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 VTТА member, but you can join the VTТА 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 VTТА Group online at:  
[www.vtta.org.uk](http://www.vtta.org.uk)