

# Veterans Time Trials Association

## East Midlands Group



# 50 Mile Time Trial National Championship RESULT SHEET

10th June 2023

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

# VTTA NATIONAL 50 MILE CHAMPIONSHIP 2023 - Thanks

First of all - I would like thanks to Russell Gent and the Melton Olympic for his invaluable help and all my East Midlands members and helpers on the day. Thanks to my partner Fiona in the kitchen with Maggie Oakes and cake duties with Ann Kitchen – getting 'stuff' done.

I was only discussing with VTTA Secretary the need for a medically competent person at Time Trials (as we have at Road Races) On the day paramedic and all-around saviour was Lutterworth CC Nick Cave and his wife Helen who comforted and assured many in distress back at the HQ. Fiona was pressed into service with cold compress and rehydration duties ...not what I promised on the day. I hope Ivan Lucas and Mick Stevens are fully recovered.

Technical - I'd like to thank my timekeepers Norman 'Storming' Portess, Bill Stanley and recorder Jeff Bowler ably assisted by my 'Dream Team' Russell, Bill and Sue Bowler kept the results rolling ...what there were.

Marshals - Sue, Jeff & Roy Oakes at Flintham, Mark White, Graham Greene Dave Goodwin & Haydon at Eden Hall, Andrew Keightley, Paul Martin & Steve Custance at Stragglethorpe. Andy Eagers and Anne Staley at Farndon, we just about had enough people on the day THANK YOU!

Photography - Thanks to Alan 'Kitch' Kitchen for making a record of the day with Brian Hall out as usual, giving riders a reminder of a day ...they may all want to forget. Kimroy was out in his usual coat & Hi Vis in the sweltering sun.

On the day - Conditions were horrendous, very very hot & very very windy Who would have thought it would go from 10 to 30 degrees in 12 hours. There were Government warnings but with the pre-event issue I took my eye off the ball. I've raced in these conditions, and you need to be prepared. Many were not and went out to race without thinking about extra hydration. It is the responsibility of the rider to know the course make sure their bike and clothing is correct and appropriate and that they can get around the course in a safe manner.

Lessons learned - I should have organised a table on the Fosse Rd in one of the Lay-by's (or even at the lights) for riders to collect drinks/water & sponges (no handing up in a 50). It would have meant riders having to stop but more would have carried on finishing. In the end the lights were irrelevant to the times which was the complaint from many and took up my time before the day

Success - I did manage to clear and sweep a path behind the lights on the day (& use it twice myself), I went prepared for this but once again nature eluded me, and the race suffered. A lesson learned for next time ...if there is one.

And so, to the Winners – Well done to Deborah Moss on winning the Women's title, her experience and staying power in the race giving her a well-deserved win. Second Claire Emons with her gear malfunction has much to ponder on the technical side, our very own treasurer Kath Smith ever dependable and seemingly getting a great return for her investment.

A great ride by Andrew Gallagher from Edinburgh, he was eighth last year and with the absence of last years top four he leap-frogged Jo Costello who is inching closer to the top spot after taking bronze in the '25' Neil Cleminshaw also an outstanding ride in the conditions, that PB looks vulnerable on a decent day. Andrew was also the fastest Age Adjusted time overall.



# THANK YOU

FOR RIDING THE  
VTTA NATIONAL 50 MILE  
TIME TRIAL



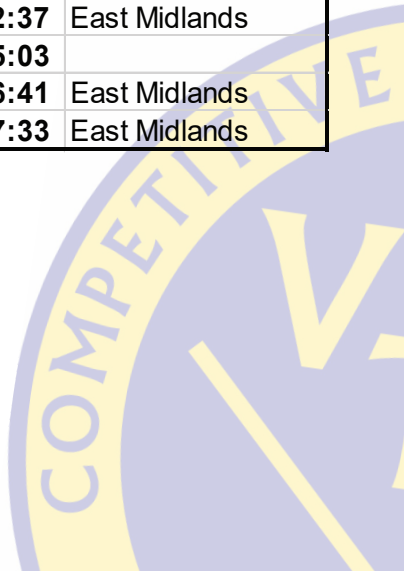
VETERANS TIME TRIALS ASSOCIATION 50 MILE NATIONAL CHAMPIONSHIP 2023												
Pos	No	Name	Club	Club	Age	Time	AAT	Pos	Plus	VTTA Group		
<b>VTTA ON AGE ADJUSTED TIME - SOLO</b>												
1	81	Andrew	Gallacher	Vanelli-Project GO	M	55	1:51:48	06:38	<b>1:45:10</b>	2:21:12 +	29:24	Scotland
2	32	Deborah	Moss	Springfield Financial RT	F	53	2:06:01	18:54	<b>1:47:07</b>	2:33:28 +	27:27	N Lancs and Lakes
3	87	Joseph	Costello	Legato Racing Team	M	64	2:00:35	12:32	<b>1:48:03</b>	2:27:06 +	26:31	Midlands
4	57	Neil	Cleminshaw	ADDFORM Vive Le Velo	M	53	1:54:56	05:34	<b>1:49:22</b>	2:20:08 +	25:12	Yorkshire
5	75	Michael	O'Keeffe	London Dynamo	M	53	1:55:24	05:34	<b>1:49:50</b>	2:20:08 +	24:44	London & HC
6	4	Mick	Flaherty	Seacroft Whs	M	61	2:01:52	10:20	<b>1:51:32</b>	2:24:54 +	23:02	Yorkshire
7	40	Claire	Emons	...a3crg	F	54	2:11:10	19:29	<b>1:51:41</b>	2:34:03 +	22:53	Wessex
8	46	Kevin	Wood	Sherwood CC	M	61	2:02:24	10:20	<b>1:52:04</b>	2:24:54 +	22:30	East Midlands
9	65	Mark	Hamer	Legato Racing Team	M	48	1:55:31	03:12	<b>1:52:19</b>	2:17:46 +	22:15	Midlands
10	51	Simon	Dighton	Beacon Roads CC	M	60	2:03:25	09:39	<b>1:53:46</b>	2:24:13 +	20:48	Midlands
11	66	Jonathan	Mills-Keeling	Bridgnorth Cycling Club	M	50	1:58:53	04:06	<b>1:54:47</b>	2:18:40 +	19:47	Merseyside
12	42	Michael	Costello	Race Hub	M	47	1:58:06	02:46	<b>1:55:20</b>	2:17:20 +	19:14	East Midlands
13	52	Mick	Stevens	Melton Olympic CC	M	73	2:16:55	21:15	<b>1:55:40</b>	2:35:49 +	18:54	East Midlands
14	72	Nick	Cave	Team Lutterworth CC	M	57	2:03:33	07:46	<b>1:55:47</b>	2:22:20 +	18:47	East Midlands
15	77	Ed	Tarelli	Race Hub	M	51	2:04:13	04:35	<b>1:59:38</b>	2:19:09 +	14:56	East Midlands
16	91	Colin	Parkinson	South Western RC	M	61	2:11:08	10:20	<b>2:00:48</b>	2:24:54 +	13:46	East Midlands
17	10	Martin	Lines	Team Echelon	M	54	2:06:57	06:05	<b>2:00:52</b>	2:20:39 +	13:42	Midlands
18	22	Kathryn	Smith	Sleaford Wheelers CC	F	69	2:32:37	31:39	<b>2:00:58</b>	2:46:13 +	13:36	East Midlands
19	34	Fay	Barrington	Banbury Star CC	F	53	2:20:45	18:54	<b>2:01:51</b>	2:33:28 +	12:43	Midlands
20	78	Andrew	Simpkins	Team Echelon	M	69	2:18:52	16:56	<b>2:01:56</b>	2:31:30 +	12:38	Midlands
21	86	Sean	Quinn	Law Wheelers	M	50	2:06:06	04:06	<b>2:02:00</b>	2:18:40 +	12:34	Scotland
22	62	William	Hayes	Velo Club Long Eaton	M	46	2:04:52	02:21	<b>2:02:31</b>	2:16:55 +	12:03	East Midlands
23	82	Martin	Fisher	Melton Olympic CC	M	43	2:04:15	01:09	<b>2:03:06</b>	2:15:43 +	11:28	East Midlands
24	33	Barrie	Whittaker	Lyme Racing Club	M	66	2:17:25	14:10	<b>2:03:15</b>	2:28:44 +	11:19	Manchester & NW
25	21	Theresa	Taylor	Springfield Financial RT	F	63	2:31:02	25:52	<b>2:05:10</b>	2:40:26 +	9:24	N Lancs and Lakes
26	7	Jymmy	Trevor (Trike)	City RC (Hull)	M	51	2:21:35	14:50	<b>2:06:45</b>	2:29:24 +	7:49	Yorkshire
27	17	Gretchen	Zoeller	VTTA (Yorkshire)	F	44	2:27:39	14:22	<b>2:13:17</b>	2:28:56 +	1:17	Yorkshire
28	74	Miles	Haslam	Buxton CC	M	64	2:30:09	12:32	<b>2:17:37</b>	2:27:06 -	3:03	North Midlands
29	14	Pamela	Moore	Coalville Whs	F	55	2:46:41	20:05	<b>2:26:36</b>	2:34:39 -	12:02	East Midlands
30	36	Sarah	Soden	Leicester Forest CC	F	59	2:57:33	22:45	<b>2:34:48</b>	2:37:19 -	20:14	East Midlands
	2	Peter	Harridge	Tyneside Vagabonds CC	M	67	DNF	15:03		2:29:37		North
	6	Paul	Brierley	Huddersfield RC	M	56	DNF	07:11		2:21:45		Yorkshire
	15	Matt	Plews	Welland Valley CC	M	48	DNF	03:12		2:17:46		East Midlands
	16	Sarah	Foulds	Velo Culture	F	42	DNF	13:30		2:28:04		North
	19	Sue	McFarlane	Army Cycling	F	43	DNF	13:56		2:28:30		Yorkshire
	25	Phillip	Tyas	Barnsley Road Club	M	41	DNF	00:22		2:14:56		Yorkshire
	28	Chris	Dyason	Cambridge CC	M	75	DNF	23:46		2:38:20		East Anglia
	35	Joanna	Cebat	360cycling	F	44	DNF	14:22		2:28:56		Manchester & NW
	39	Jen	Clegg	Team Bottrill	F	69	DNF	31:39		2:46:13		East Midlands
	44	David	Smith	Sleaford Wheelers C	M	72	DNF	20:05		2:34:39		East Midlands
	47	Neil	White	Ambion Racing Team	M	55	DNF	06:38		2:21:12		East Midlands
	60	Tim	Wood	Team Echelon	M	49	DNF	03:39		2:18:13		Midlands
	61	Ed	Moss	Beacon Roads CC	M	53	DNF	05:34		2:20:08		Midlands
	69	Tim	Garwell	Otley CC	M	70	DNF	17:56		2:32:30		Yorkshire
	79	Phil	Wright	Hartlepool CC	M	68	DNF	15:58		2:30:32		North
	83	Trevor	Mayne	Birdwell Wheelers	M	59	DNF	09:00		2:23:34		North Midlands
	84	Steve	Cornish	St Ives CC	M	67	DNF	15:03		2:29:37		East Anglia

VETERANS TIME TRIALS ASSOCIATION 50 MILE NATIONAL CHAMPIONSHIP 2023												
Pos	No	Name	Club	Club	Age	Time	AAT	Pos	Plus	VTTA Group		
<b>VTTA ON AGE ADJUSTED TIME - TANDEM</b>												
	1	Rachael Ian	Elliott Greenstreet	Newbury Velo Newbury Velo	M F	45 59	1:53:38	11:26	<b>1:42:12</b>	2:20:37 +	26:59	London & HC London & HC

<b>VETERANS TIME TRIALS ASSOCIATION 50 MILE NATIONAL CHAMPIONSHIP 2023</b>									
Pos	No	Name	Club	Club			Age	Time	VTTA Group
<b>SOLO - FASTEST</b>									
1	41	George	Peden	Team PB Performance	S	M	23	<b>1:45:07</b>	
2	85	Jack	Levick	Rose Race Team	S	M	26	<b>1:46:32</b>	
3	90	Matthew	Bottrill	Team Bottrill	V	M	45	<b>1:51:03</b>	
4	81	Andrew	Gallacher	Vanelli-Project GO	V	M	55	<b>1:51:48</b>	Scotland
5	57	Neil	Cleminshaw	ADDFORM Vive Le Velo	V	M	53	<b>1:54:56</b>	Yorkshire
6	75	Michael	O'Keeffe	London Dynamo	V	M	53	<b>1:55:24</b>	London & HC
7	65	Mark	Hamer	Legato Racing Team (LRT)	V	M	48	<b>1:55:31</b>	Midlands
8	42	Michael	Costello	Race Hub	V	M	47	<b>1:58:06</b>	East Midlands
9	66	Jonathan	Mills-Keeling	Bridgnorth Cycling Club	V	M	50	<b>1:58:53</b>	Merseyside
10	43	Gregory	Woodford	Reading CC	V	M	62	<b>1:59:21</b>	
11	87	Joseph	Costello	Legato Racing Team (LRT)	V	M	64	<b>2:00:35</b>	Midlands
12	4	Mick	Flaherty	Seacroft Whs	V	M	61	<b>2:01:52</b>	Yorkshire
13	46	Kevin	Wood	Sherwood CC	V	M	61	<b>2:02:24</b>	East Midlands
14	51	Simon	Dighton	Beacon Roads CC	V	M	60	<b>2:03:25</b>	Midlands
15	72	Nick	Cave	Team Lutterworth Cycle Centre	V	M	57	<b>2:03:33</b>	East Midlands
16	77	Ed	Tarelli	Race Hub	V	M	51	<b>2:04:13</b>	East Midlands
17	82	Martin	Fisher	Melton Olympic CC	V	M	43	<b>2:04:15</b>	East Midlands
18	62	William	Hayes	Velo Club Long Eaton	V	M	46	<b>2:04:52</b>	East Midlands
19	9	Gary	Roberts	Welland Valley CC	V	M	43	<b>2:05:38</b>	
20	32	Deborah	Moss	Springfield Financial Racing Team	V	F	53	<b>2:06:01</b>	N Lancs and Lakes
21	86	Sean	Quinn	Law Wheelers	V	M	50	<b>2:06:06</b>	Scotland
22	10	Martin	Lines	Team Echelon	V	M	54	<b>2:06:57</b>	Midlands
23	18	Dylan	O'Rourke	Halesowen A&CC	S	M	30	<b>2:09:13</b>	
24	91	Colin	Parkinson	South Western Road Club	V	M	61	<b>2:11:08</b>	East Midlands
25	40	Claire	Emons	...a3crg	V	F	54	<b>2:11:10</b>	Wessex
26	52	Mick	Stevens	Melton Olympic CC	V	M	73	<b>2:16:55</b>	East Midlands
27	33	Barrie	Whittaker	Lyme Racing Club	V	M	66	<b>2:17:25</b>	Manchester & NW
28	23	Will	Trevor	City RC (Hull)	E	M	19	<b>2:18:29</b>	
29	78	Andrew	Simpkins	Team Echelon	V	M	69	<b>2:18:52</b>	Midlands
30	8	Ivan	Lucas	Melton Olympic CC	V	M	61	<b>2:19:33</b>	
31	34	Fay	Barrington	Banbury Star Cyclists' Club	V	F	53	<b>2:20:45</b>	Midlands
32	7	Jymmy	Trevor (Trike)	City RC (Hull)	V	M	51	<b>2:21:35</b>	Yorkshire
33	53	Gary	Ashwell	Welland Valley CC	V	M	61	<b>2:23:53</b>	
34	17	Gretchen	Zoeller	VTTA (Yorkshire)	V	F	44	<b>2:27:39</b>	Yorkshire
35	74	Miles	Haslam	Buxton CC/Sett Valley Cycles	V	M	64	<b>2:30:09</b>	North Midlands
36	21	Theresa	Taylor	Springfield Financial Racing Team	V	F	63	<b>2:31:02</b>	N Lancs and Lakes
37	22	Kathryn	Smith	Sleaford Wheelers Cycling Club	V	F	69	<b>2:32:37</b>	East Midlands
38	27	Michelle	Hawley	Melton Olympic CC	V	F	44	<b>2:35:03</b>	
39	14	Pamela	Moore	Coalville Whs	V	F	55	<b>2:46:41</b>	East Midlands
40	36	Sarah	Soden	Leicester Forest CC	V	F	59	<b>2:57:33</b>	East Midlands



Kimroy will be taking pictures at the event



Pos No	Name	Club	Club		Age	Time	VTTA Group
2	Peter	Harridge	Tyneside Vagabonds CC	V	M 67	DNF	North
3	Nick	Burton	Newark Castle C C	V	M 47	DNF	
6	Paul	Brierley	Huddersfield RC	V	M 56	DNF	Yorkshire
15	Matt	Plews	Welland Valley CC	V	M 48	DNF	East Midlands
16	Sarah	Foulds	Velo Culture	V	F 42	DNF	North
19	Sue	McFarlane	Army Cycling	V	F 43	DNF	Yorkshire
25	Phillip	Tyas	Barnsley Road Club	V	M 41	DNF	Yorkshire
28	Chris	Dyason	Cambridge CC	V	M 75	DNF	East Anglia
35	Joanna	Cebrat	360cycling	V	F 44	DNF	Manchester & NW
39	Jen	Clegg	Team Bottrill	V	F 69	DNF	East Midlands
44	David	Smith	Sleaford Wheelers Cycling Club	V	M 72	DNF	East Midlands
47	Neil	White	Ambion Racing Team	V	M 55	DNF	East Midlands
60	Tim	Wood	Team Echelon	V	M 49	DNF	Midlands
61	Ed	Moss	Beacon Roads CC	V	M 53	DNF	Midlands
63	Robert	Barnard	Team Cystic Fibrosis	V	M 51	DNF	
69	Tim	Garwell	Otley CC	V	M 70	DNF	Yorkshire
79	Phil	Wright	Hartlepool CC	V	M 68	DNF	North
83	Trevor	Mayne	Birdwell Wheelers	V	M 59	DNF	North Midlands
84	Steve	Cornish	St Ives CC	V	M 67	DNF	East Anglia
1	John	Scott	Sleaford Wheelers Cycling Club	V	M 78	DNS (A)	East Midlands
5	Andrew	Vaughan	City RC (Hull)	V	M 57	DNS (A)	Yorkshire
12	Steve	Chipping	Velo Club Lincoln	V	M 52	DNS (A)	East Midlands
13	Steve	Clarke	Fenland Clarion CC	V	M 62	DNS (A)	
24	Nichola	Rorke	Exeter Whs CC	V	F 53	DNS (A)	West
26	Susan	Semple	Legato Racing Team (LRT)	V	F 57	DNS (A)	Midlands
29	Lindsay	Clarke	Fenland Clarion CC	V	F 61	DNS (A)	
37	Jill	Bartlett	Hounslow & District Whs	V	F 63	DNS (A)	
45	Nick	Giles	Pocomotion Road Club	V	M 64	DNS (A)	Merseyside
48	Andrew	Coulbeck	ADDFORM Vive Le Velo	V	M 57	DNS (A)	Yorkshire
49	Ian	Foster	Stafford RC	V	M 55	DNS (A)	
50	Tony	Ball	Legato Racing Team (LRT)	V	M 54	DNS (A)	London & HC
55	Anthony	Turner	Mickey Cranks Cycling Club	V	M 52	DNS (A)	
56	Matthew	Uttley	Nottingham Clarion CC	V	M 48	DNS (A)	East Midlands
58	Steven	Lorraine	Legato Racing Team (LRT)	V	M 67	DNS (A)	Midlands
68	James	Byatt	Sherwood CC	V	M 40	DNS (A)	East Midlands
73	Ian	Peacock	Leek CC - Den Engel Belgian Bar	V	M 71	DNS (A)	Manchester & NW
76	Simon	Smith	ZeroBC Race Team	V	M 48	DNS (A)	
80	Darren	Yarwood	ADDFORM Vive Le Velo	V	M 49	DNS (A)	Yorkshire
89	David	Fox	Warrington Road Club	V	M 60	DNS (A)	
11	Greg	Rorke	Exeter Whs CC	V	M 59	DNS	West
20	Howard	Waller	Python RT	V	M 58	DNS	London & HC
30	Keith	Palmer	Ilkeston Cycle Club	V	M 48	DNS	East Midlands
31	Alastair	Semple	Legato Racing Team (LRT)	V	M 55	DNS	Midlands
38	Michael	Wilkinson	South Normanton C C	V	M 63	DNS	East Midlands
54	Tyler	Bucknall	Lindsey Roads Cycling Club	E	M 21	DNS	
59	Simon	Ward	Welland Valley CC	V	M 52	DNS	East Midlands
64	Randle	Shenton	Border City Whs CC	V	M 65	DNS	Scotland
67	Simon	Horsley	Legato Racing Team (LRT)	V	M 58	DNS	N Lancs and Lakes
70	Alastair	Ribbands	Congleton CC - MyWindsock	S	M 40	DNS	Manchester & NW
71	Stuart	McCormick	VTTA (Yorkshire)	V	M 55	DNS	Yorkshire
88	Blair	Buss	ADDFORM Vive Le Velo	V	M 58	DNS	Yorkshire



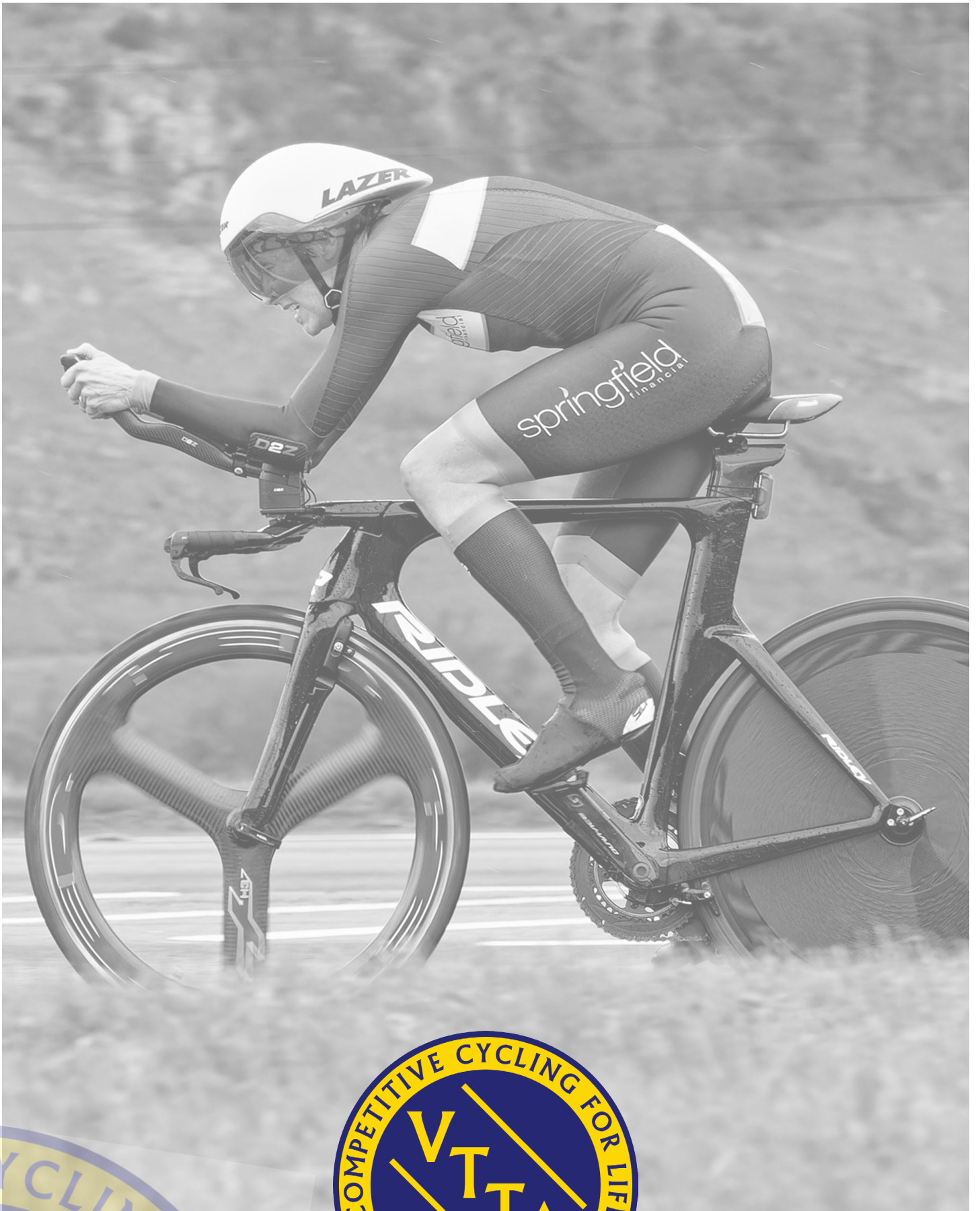
<b>AWARDS AND PRIZES - VTTA National '50' Champion 2023</b>									
<b>VTTA MEN - AGE ADJUSTED TIME</b>					<b>AAT</b>		<b>TANDEM - AAT</b>		
1	Andrew	Gallacher	Vanelli-Project GO	55	1:45:10	£50	<b>Newbury Velo</b>		
2	Joseph	Costello	Legato Racing Team (LRT)	64	1:48:03	£40	Ian	Greenstreet	1:42:12
3	Neil	Cleminshaw	ADDFORM Vive Le Velo	53	1:49:22	£30	Rachael	Elliott	
4	Michael	O'Keefe	London Dynamo	53	1:49:50	£20	<b>GROUP TEAM PRIZE - AAT</b>		
5	Mick	Flaherty	Seacroft Whs	61	1:51:32		<b>Midlands</b>		
6	Kevin	Wood	Sherwood CC	61	1:52:04		Joseph	Costello	1:48:03 £20
7	Mark	Hamer	Legato Racing Team (LRT)	48	1:52:19		Mark	Hamer	1:52:19 £20
8	Simon	Dighton	Beacon Roads CC	60	1:53:46		Michael	Costello	1:55:20 £20
<b>VTTA WOMEN - AAT</b>					<b>AAT</b>		<b>5:34:08</b>		
1	Deb	Moss	Springfield Financial Racing Team	57	1:47:07	£50	<b>CLUB TEAM PRIZE AAT</b>		
2	Claire	Eamons	...a3crg	41	1:51:41	£30	<b>No Award</b>		
3	Kath	Smith	Sleaford Wheelers Cycling Club	45	2:00:58	£20	<b>Awards of Medals will be carried out at the VTTA AGM Prize Presentation in January 2024</b>		
4	Fay	Barrington	Banbury Star Cyclists' Club	54	2:01:51				
5	Theresa	Taylor	Springfield Financial Racing Team	51	2:05:10				
6	Gretchen	Zoeller	VTTA (Yorkshire)	53	2:13:17				
<b>OVERALL - TIME</b>									
1	George	Peden	Team PB Performance	S	1:45:07				
2	Jack	Levick	Rose Race Team	S	1:46:32				
3	Matthew	Bottrill	Team Bottrill	V	1:51:03				
4	Andrew	Gallacher	Vanelli-Project GO	V	1:51:48				
5	Neil	Cleminshaw	ADDFORM Vive Le Velo	V	1:54:56				
6	Michael	O'Keefe	London Dynamo	V	1:55:24				



**The Medal winners**

**WHY NOT JOIN THE VTTA**

The Veteran Time Trial Association was formed in 1943 for the over 40 men and women to compete against each other on an equal basis called the Standard /Age Adjusted Time



Cover - 2023 - Mens and Womens Champion - Andrew Gallagher - Vanelli-Project GO & Deborah Moss  
Back Cover - 2023 - Womens Champion - Deborah Moss - Springfield Financial RT