



VTТА Midlands Group

# VTТА 10 Mile Championship

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



**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

**Event Secretary Contact Details**

Alastair Semple  
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Stafford

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**Timekeepers**

Mike Howard  
Tom Bailey

**NEC Representative**

Andrew Simpkins

And most importantly our Volunteers without which none of this would be possible –

**Margaret & Alan Colburn, Sara & Andrew Simpkins, Scott Westwood, Roger Morris, Fran Taylor, Steve Wilkins, Mark Carter, Mark Shore, Ian Brant, Melvyn Lewis, Ian Halbrook, Brian Hall.**

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

First solo man and woman	Gold medals, champion's jerseys & caps
Second solo man and woman	Silver medals
Third solo man and woman	Bronze medals
Club team of three (mixed)	Gold medals
Group team of three (mixed)	Gold medals
Trophy for the overall best on AAT	Ken Matthews Cup

**TO BE ELIGIBLE FOR CHAMPIONSHIP AWARDS RIDERS MUST BE VTТА MEMBERS AT THE CLOSING DATE (VTТА REGULATION 3.4.2)**

**PRIZES**

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

Position	Men AAT	Women AAT	Road Bike AAT	Team of 3 AAT	Scratch
1	£ 30.00	£ 30.00	£ 30.00	£ 15.00	£ 30.00
2	£ 25.00	£ 25.00		£ 15.00	£ 25.00
3	£ 20.00	£ 20.00		£ 15.00	
4	£ 15.00				
5	£ 10.00				

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

Trophies below are for Midlands VTТА members only

- **Williams Rose Bowl** fastest Midlands VTТА man on AAT
- **Bart Cup** fastest Midlands VTТА woman on AAT

**RIDERS' NOTES**

**1. HEADQUARTERS** - Salt Village Hall - Salt Rd, Salt, Stafford **ST18 0BW** open from **7:15am**.

Roads into Salt village are narrow so please drive slowly.

**No Cleats to be worn in the village hall**

**2. PARKING** – Ample parking is available in field access along the track next to the HQ

– Please do not park in Salt village as the roads are very narrow. Entrance to the field is on a

single track road so please only enter the field if you are intending to stay until after you have ridden. No parking near the start or finish



**3. WARMING UP** – Turbos can be used in the field where you are parked. For riders who want to warm up on the road, follow the directions to the start and when you arrive in Weston Village turn right at the traffic lights onto the A51, south, riding away from the K48/10 course. You have 2 or 3 miles of road to warm up on and the road surface is good. No turbos in Salt Village. No warming up on the course once the event has started, if seen you will be disqualified.

**4. REFRESHMENTS** – Will be available free in the HQ after the event along with the results board. Donations gratefully appreciated 😊

No shoe cleats to be worn in the village hall, thanks.

## 5. SIGNING ON AND OFF

Numbers will be available at the event headquarters from 7:30am

It is compulsory for all riders to sign on AND sign out after completing the event.

**Do not forget to sign out or you may be disqualified from the event.**

## 6. SAFETY AND LOCAL REGULATIONS

Cycling Time Trials now require that all riders must wear a hard shell helmet that meets an internationally accepted safety standard. (CTT regulation 15)

Working rear and front lights, either flashing or constant, must be fitted to machines in a position visible to road users and must be active whilst the machine is in use. (CTT regulations 14(i) and 14(j))

An official will be at the start checking all riders meet the above regulations.

## 7. GETTING TO THE START

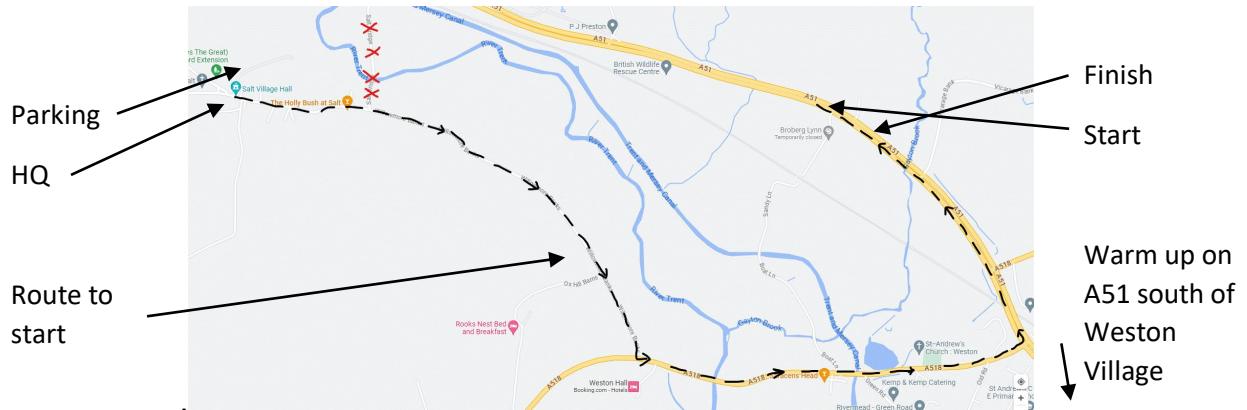
**Please allow 15 minutes to ride to the start**

**2.2mile from HQ to the start passing through 2 sets of traffic lights.**

**Ride out through Salt village** onto the **A518** and turn left, towards **Weston village**. At the traffic lights in Weston turn left onto the **A51** and then straight on at the next set of traffic lights. **The start** is at a field gate **600 meters** from the traffic lights. Please **do not arrive** more than **5 minutes before your start time**. When you arrive stand on the grass verge and please keep off the road. The route to the start and back to the HQ from the finish will be signposted.

**Do not turn left in the Salt village** as this will take you onto the course and you will get disqualified as you will have to ride past the finish to get to the start, plus it's a dual carriageway so not safe to cross.

**Finish** – when you pass the finish retrace the above route back through Weston village to the HQ in Salt, it will be signposted.



## 8. PHOTOGRAPHY

Two photographers will be at our event.

- 1) Kimroy Photography will be attending the event and photographs can be viewed and purchased from <https://www.kimroy-photography.co.uk/>
- 2) [Roy Fallows - Facebook](#)

## 9. RESULTS AND PRESENTATION

There will be a prize presentation after the event including the award of medals. Please note medals used for the presentation ceremony are for that purpose only and must be returned immediately. The engraved medals will be presented at the National AGM or at a suitable group meeting. Cash prizes will be sent via bank transfer.

You can also see the 'provisional' results as they come in by logging onto ResultsSheet and here is the QR code to take you to our event. Official results, once confirmed will be posted on the VTТА and CTT website.

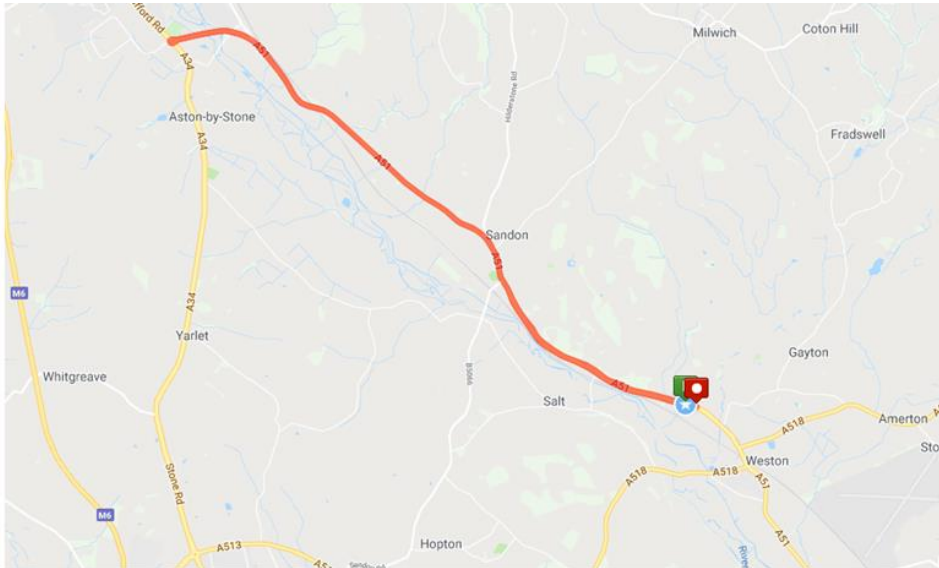
VTТА 10 mile Championship  
Sep 17, 2023 9:00 am



Scan for event results

## 10. COURSE DETAILS

### Course K48/10 : Weston - Aston by Stone



#### Description

0 M – Start at the field entrance 200 yds NW of Sandy Lane on the A51.

Ride NW along the A51.

5.0 M – Ride completely around the roundabout (4th exit) to head back the way you came.

10.0 M – Finish at the field entrance 50 yds before Sandy Lane on the opposite carriageway.

**Take extra care when entering onto and leaving the roundabout at the turn  
as the A34 is a dual carriageway.**

The A51 has been resurfaced over the last 12 months and on inspection 2 weeks prior to the start date there were no pot holes or serious road defects on the course. Please check the risk assessment form that will be on the signing on table as I will have inspected the course again the morning of the event and make note of any changes to the course condition.

#### Course Record

**Emily Meakin 21:13 2022**

**Ashley Cox 19:13 2022**

## 11. START SHEET

No.	Start time	Name		Club	Group	M/W	Cat	Machine Type	Age	AAT
1	09:01	Eamonn	Sheridan	Warwickshire Road Club	Midlands	M	Vet	Rb	69	3.02
2	09:02	Steve	Price	VC Sevale (Malvern)		M	Vet	Rb	60	
3	09:03	Vernon	Schutte	Farnborough & Camberley CC	Wessex	M	Vet	Rb	69	3.02
4	09:04	Abdel Kader	Allouni	Pocomotion Road Club	Midlands	M	Vet	Rb	43	0.13
5	09:05	James	Veitch	Coalville Whs		M	Vet	Rb	45	
6	09:06	Kevin	Satterthwaite	Gorilla Coffee Cycling Club		M	Vet	Rb	44	
7	09:07	Mark	Lovatt	Congleton CC - MyWindsock		M	Vet	Rb	52	
8	09:08	Andrew	Simpkins	Team Echelon	Midlands	M	Vet	TT	69	3.02
9	09:09	Vic	Trigger	Crewe Clarion Wheelers	Manchester & NW Group	M	Vet	Tri	78	7.22
10	09:10	Ron	Hallam	South Pennine RC	Notts & E.Mids	M	Vet	TT	93	11.34
11	09:11	Alexander	Munro	SVTTA	Scotland	M	Vet	TT	90	9.40
12	09:12	Paul	Taylor	Stafford RC		M	Vet	TT	64	
13	09:13	William	Renard	Macclesfield Wheelers	Manchester & NW Group	M	Vet	TT	76	4.29
14	09:14	Simon	Davis	VTTA (Midlands)	Midlands	M	Vet	TT	46	0.26
15	09:15	Alan	Gay	Vive Le Velo	Yorkshire	M	Vet	TT	76	4.29
16	09:16	Stewart	Hyde	Walsall Roads Cycling Club		M	Vet	TT	59	
17	09:17	Roger	Chappell	API/Anglia Sport	East Anglia	M	Vet	TT	75	4.14
18	09:18	Mark	Franckel	Royal Sutton CC	Midlands	M	Vet	TT	60	1.45
19	09:19	Bob	Awcock	Born to Bike - Bridgtown Cycles	Midlands	M	Vet	TT	79	5.16
20	09:20	Steven	Robinson	1485 Tri Club	Notts & E.Mids	M	Vet	TT	66	2.33
21	09:21	Stephen	Cooke	Walsall Roads Cycling Club	Midlands	M	Vet	TT	64	2.16
22	09:22	Susan	Semple	Legato Racing Team (LRT)	Midlands	F	Vet	TT	57	4.02
23	09:23	Larissa	Alexander	Coalville Whs		F	Vet	TT	45	
24	09:24	Helen	Tudor	Oswestry Paragon CC	Merseyside	F	Vet	TT	54	3.42
25	09:25	Pamela	Moore	Coalville Whs	Notts & E.Mids	F	Vet	TT	56	3.55
26	09:26	Hayley	Moore	Ilkeston Cycle Club	Notts & E.Mids	F	Vet	TT	41	2.32
27	09:27	Deborah	Sheridan	Warwickshire Road Club	Midlands	F	Vet	TT	66	5.19
28	09:28	Janet	Fairclough	Liverpool Phoenix CC (Aintree)	Merseyside	F	Vet	TT	63	4.41
29	09:29	Gail	Lowe	Congleton CC - MyWindsock	Manchester & NW Group	F	Vet	TT	54	3.42
30	09:30	Deb	Hutson-Lumb	Wrekinsport CC	Merseyside	F	Vet	TT	58	4.09
31	09:31	Debbie	Bradley	Peddlamaniacs Cycle Club	Midlands	F	Vet	TT	49	3.12
32	09:32	Emma	Bexson	Stratford Cycling Club	Midlands	F	Vet	TT	48	3.06



33	09:33	Linda	Dewhurst	Team Milton Keynes	London & Home Counties	F	Vet	TT	64	5.00
No.	Start time	Name		Club	Group	M/W	Cat	Machine Type	Age	AAT
34	09:34	John	King	Janus Road Club	Manchester & NW Group	M	Vet	TT	86	11.06
35	09:35	Tony	Perrin	Stone Wheelers CC		M	Vet	TT	62	
36	09:36	Ceri	Evans	Stafford RC		M	Vet	TT	55	
37	09:37	Les	Bouhey	North Shropshire Wheelers	Merseyside	M	Vet	TT	60	4.25
38	09:38	Garry	Shuker	Walsall Roads Cycling Club	Midlands	M	Vet	TT	68	2.52
39	09:39	Andy	Delaney	Northumbria Police C.C.	North	M	Vet	TT	55	1.12
40	09:40	David	Alexander	Coalville Whs		M	Vet	TT	56	
41	09:41	Mark	Morgan	Coalville Whs		M	Vet	TT	63	
42	09:42	John	Orridge	VTTA (London & Home Counties)	London & Home Counties	M	Vet	TT	53	1.01
43	09:43	Nigel	Briggs	South Pennine RC	Notts & E.Mids	M	Vet	TT	62	2.00
44	09:44	Steven	Hazeldine	Stone Wheelers CC	Manchester & NW Group	M	Vet	TT	57	1.24
45	09:45	Chester	Romei	Paramount CRT		M	Jun	TT	16	
46	09:46	Andy	Whitehead	Seamons CC		M	Vet	TT	60	
47	09:47	Mark	Spruce	Wolverhampton Wheelers CC		M	Vet	TT	53	
48	09:48	Ian	Foster	Stafford RC		M	Vet	TT	56	
49	09:49	Adrian	Osborn	Stratford Cycling Club	Midlands	M	Vet	TT	64	2.16
50	09:50	Cliff	Voller	VTTA West Group	West	M	Vet	TT	72	3.36
51	09:51	Jymmy	Trevor (Trike)	City RC (Hull)	Yorkshire	M	Vet	Trike	51	2.49
52	09:52	Graham	Neyt	Rapha Cycling Club	North Midlands	M	Vet	TT	58	1.31
53	09:53	Chris	Gration	Belper BC		M	Vet	TT	49	
54	09:54	Philip	Brown	Walsall Roads Cycling Club	Midlands	M	Vet	TT	72	3.36
55	09:55	Andrew	Newey	Ribble Valley C&RC		M	Sen	TT	30	
56	09:56	Phil	Barnes	SheHair Racing Team	North Lancs and Lakes	M	Vet	TT	68	2.52
57	09:57	John	Tracey	Welland Valley CC		M	Vet	TT	48	
58	09:58	Paul	Russell	WVTri		M	Sen	TT	33	
59	09:59	Alan	Busuttill	Matlock CC		M	Vet	TT	56	
60	10:00	Gary	Smith	Stourbridge Velo		M	Vet	TT	66	
61	10:01	Mick	Stevens	Melton Olympic CC	Notts & E.Mids	M	Vet	TT	73	3.48
62	10:02	Mark	Welch	Oxted Cycle Club	Surrey/Sussex	M	Vet	TT	60	1.45
63	10:03	Nick	Hill	Bristol Mile Monkeys	West	M	Vet	TT	60	1.45
64	10:04	Chris	Dyason	Cambridge CC	East Anglia	M	Vet	TT	75	4.14

65	10:05	Peter	Horton	Team Bottrill		M	Vet	TT	56	
66	10:06	Paul	Horton	Wolverhampton Wheelers CC		M	Sen	TT	35	
No.	Start time	Name		Club	Group	M/W	Cat	Machine Type	Age	AAT
67	10:07	Barrie	Whittaker	Lyme Racing Club	Manchester & NW Group	M	Vet	TT	66	2.33
68	10:08	Lee	Connolly	Royal Sutton CC		M	Vet	TT	44	
69	10:09	Will	Trevor	City RC (Hull)		M	Esp	TT	19	
70	10:10	Mike	Walker	Congleton CC - MyWindsock	Manchester & NW Group	M	Vet	TT	45	0.21
71	10:11	Simon	Inman	OVB	Notts & E.Mids	M	Vet	TT	50	0.45
72	10:12	Simon	Romei	Paramount CRT		M	Vet	TT	46	
73	10:13	Tim	Baggs	Sherwood CC	Notts & E.Mids	M	Vet	TT	54	1.06
74	10:14	Steven	Lorraine	Legato Racing Team (LRT)	Midlands	M	Vet	TT	67	2.43
75	10:15	Andrew	Smith	VC Glasgow South	Scotland	M	Vet	TT	58	1.31
76	10:16	Mark	Halliday	North Bucks RC	London & Home Counties	M	Vet	TT	60	1.45
77	10:17	James	Byatt	Sherwood CC	Notts & E.Mids	M	Vet	TT	40	0.00
78	10:18	Patrick	Ellerbeck	St Neots CC	East Anglia	M	Vet	TT	69	3.02
79	10:19	Joe	Rendall	Congleton CC - MyWindsock		M	Sen	TT	31	
80	10:20	Richard	Golding	Equipe Velo	Notts & E.Mids	M	Vet	TT	54	1.06
81	10:21	Stuart	McCormick	VTTA (Yorkshire)	Yorkshire	M	Vet	TT	55	1.12
82	10:22	Robin	Gillespie	Beacon Wheelers	North Lancs and Lakes	M	Vet	TT	55	1.12
83	10:23	Keith	Palmer	Ilkeston Cycle Club	Notts & E.Mids	M	Vet	TT	48	0.35
84	10:24	Isaac	Russell	Team PB Performance		M	Esp	TT	21	
85	10:25	Simon	Horsley	Legato Racing Team (LRT)	North Lancs and Lakes	M	Vet	TT	59	1.38
86	10:26	Sean	Hunt	Lincoln Wheelers CC	Notts & E.Mids	M	Vet	TT	59	1.38
87	10:27	Joseph	Costello	Legato Racing Team (LRT)	Midlands	M	Vet	TT	64	2.16
88	10:28	Steve	Gibson	Peak Road Club	North Midlands	M	Vet	TT	57	1.24
89	10:29	Edward	Rees	University of Nottingham C C		M	Sen	TT	27	
90	10:30	William	Hayes	Velo Club Long Eaton	Notts & E.Mids	M	Vet	TT	46	0.26
91	10:31	Nev	Ashman	Manchester Bicycle Club	Manchester & NW Group	M	Vet	TT	84	6.54
92	10:32	Tim	Wood	Team Echelon	Midlands	M	Vet	TT	49	0.40
93	10:33	Paul	Westwood	Brereton Whs	Midlands	M	Vet	TT	50	0.45
94	10:34	Mark	Hamer	Legato Racing Team (LRT)	Midlands	M	Vet	TT	48	0.35
95	10:35	Ed	Moss	Beacon Roads CC	Midlands	M	Vet	TT	53	1.01
96	10:36	Jonathan	Mills-Keeling	Aerologic RT	Merseyside	M	Vet	TT	51	0.50

97	10:37	Rich	Steels	HUUB WattShop	Notts & E.Mids	M	Vet	TT	44	0.17
98	10:38	Ian	Guilor	Mapperley CC	Notts & E.Mids	M	Vet	TT	56	1.18
<b>No.</b>	<b>Start time</b>	<b>Name</b>		<b>Club</b>	<b>Group</b>	<b>M/W</b>	<b>Cat</b>	<b>Machine Type</b>	<b>Age</b>	<b>AAT</b>
99	10:39	Leon	Wright	Race Hub		M	Vet	TT	41	
100	10:40	Tony	Greenhalgh	Tactic Sport UK Race Team		M	Vet	TT	49	
101	10:41	Jon	Howard	Team Echelon	Midlands	M	Vet	TT	54	1.06
102	10:42	Alastair	Ribbands	Congleton CC - MyWindsock	Manchester & NW Group	M	Vet	TT	40	0.00
103	10:43	David	Mead	Team Lutterworth Cycle Centre		M	Vet	TT	47	
104	10:44	Grant	Bigham	HUUB WattShop		M	Sen	TT	33	
105	10:46	Murray	Kirton	A5 Rangers CC	Midlands	M	Vet	TT	82	6.06
106	10:46	David	Stockley	A5 Rangers CC	Midlands	M	Vet	TT	83	
107	10:48	Ian	Greenstreet	Newbury Velo	London & Home Counties	M	Vet	TT	59	2.09
108	10:48	Rachael	Elliott	Newbury Velo	London & Home Counties	F	Vet	Rb	45	

"KEEP LOOKING UP ...  
THAT'S THE SECRET OF  
LIFE ..."  
Snoopy



**and the safest way to ride !**

