

Veterans Time Trials Association

East Midlands Group

50 Mile Time Trial National Championship

10th June 2023

Start 14.00pm



AWARDS

Best on Age Adjusted Time

The CHAMPION : Best on AAT (Man or Woman)

Champion's Jersey and Cap

Cecil Paget Cup

1st Man on AAT

Gold Medal

2nd Man on AAT

Silver Medal

3rd Man on AAT

Bronze Medal

1st Woman on AAT

Gold Medal

2nd Woman on AAT

Silver Medal

3rd Woman on AAT

Bronze Medal

Club Team of Three

Gold Medals

Group Team of Three

Gold Medals

1st Tandem on AAT

Gold Medals

A formal prize-giving will take place at the
National VTТА AGM in January 2023

Timekeepers

Norman Portess
Melton Olympic CC
Bill Stanley
Melton Olympic CC

Headquarters

Farndon Memorial Hall
Marsh Lane
Farndon, Newark
Nottinghamshire NG24 4TA
(open from 12.00pm)

Organiser/Event Secretary

Colin Parkinson (SWRC)
11 Main Street
Huncote LE9 3AU
cdp@lineone.net
07971090461

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

Course

A50-2 - A46 Farndon - Stragglethorpe

Start on old Fosse Road (old A46) 400 yards south of Eden Hall RAB. Proceed south (sharp right bend - take care) to Turn Left at junction to pass over A46 to Turn Left onto A46 southbound slip road. On A46, proceed south to take slip road from A46 (Stragglethorpe Junction). Take 4th exit to pass under the A46 to second roundabout. (Approx 9.65mils.) Take 3rd exit to slip road onto A46 northbound and proceed towards Newark. At Farndon roundabout take first exit onto old A46 (Fosse Way). (Approx 22.26 mls.)

Proceed south on old Fosse Way to Eden Hall RAB and Turn Left to cross A46 to Turn Left onto slip road to join A46 southbound. Proceed south to take slip road from A46 (Stragglethorpe Junction). Take 4th exit to pass under the A46 to second roundabout. (Approx 34.94mils.) Take 3rd exit to slip road onto A46 northbound and proceed towards Newark. At Farndon roundabout take first exit onto old A46 (Fosse Way). Finish at start of fence on RHS at gateway to River Trent and just before Stoke Warren Farm on approach to East Stoke. (50 mls.)

HEADS UP - ACCIDENTS DOWN!

Safety information:

NO "U" TURNS are allowed within sight of either the start or finishing points. Riders carrying out this dangerous manoeuvre are liable to disqualification from the event and further disciplinary action.

Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders will also be liable to disciplinary action by the District Committee.

In the interests of your own safety. It is mandatory to wear a hard-shell helmet that meets an internationally accepted safety standard and have a working front and rear light - flashing or constant (check your batteries) Compliance will be checked at the start line.

No lights and helmet – no ride

Numbers and Signing at HQ:

Hall will be open at 12.00 pm.

Numbers will be at the HQ and can be collected when you sign-in/out.

Limited parking will be available at the HQ. Please Park sensibly and avoid blocking the pathways or driveways. Please consider all other road users in the area so ensuring that we will be able to continue using these Headquarters. There is plenty of lay-by parking/warm-up on Fosse Road for riders wishing to be closer to the start.

Start and warm up:

To get to the start from the HQ, proceed south along Marsh road then left onto Main Street. Then right along (old) Fosse Rd (Approx 3 miles - this is the course) Ride single file, avoid riders already started, pass the finish point (do not confuse the TK) through East Stoke, the start is just past the Eden Hall RB on the old Fosse Rd. Please do not arrive at the start more than 5 minutes before your start time. You may have a push start or riders can put one foot on the floor.

Note to riders: **DO NOT** go past the start point on your second lap - Turn left at the Eden Hall RB

As soon as you have finished Do not stop at the finish timekeeper but proceed for a short distance, make a U turn when safe to do so. You should return your number to the event HQ personally sign out This is to ensure that you are available for the Drug Test team if they attend the event (failure to do so may mean you will be recorded as DNF)

You may exchange your number for a drink after your ride. There will be food and drinks available so please bring some cash. East Midlands VTTA group support the Lincs & Notts Air Ambulance



LINCS & NOTTS
AIR AMBULANCE
SAVING LIVES EVERYDAY

Age Adjusted Times/Standard times

This year the VTTA is introducing Age Adjusted times to replace Standard times as a clearer way of representing the performance of riders over 40.

The traditional standards system reports results as a vet's 'plus', or the improvement in minutes and seconds over the 'base' time that the standards system gives for their age and gender. Age Adjustments in contrast reports a handicap, or adjusted, actual time. This gives an easily understood result which can also be readily compared to other riders.

Age Adjustments uses the same statistical formula as the standards tables and will therefore produce results in the same finishing order and with the same gaps between riders in terms of minutes and seconds. What changes is the presentation. We hope you will find it easier to understand and enable direct comparison with other over 40 riders.

Thank you for your co-operation. Have a safe ride

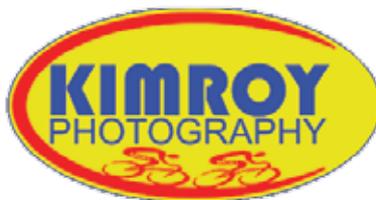
Prizes

First Man on AAT
£50
Second Man on AAT
£40
Third Man on AAT
£30
Fourth Man on AAT
£20

Group Team of Three On AAT
£20 each
Club Team of Three On AAT
£20 each

First Woman on AAT
£50
Second Woman on AAT
£30
Third Woman on AAT
£20

One Rider - One Prize (apart from Team Awards)



Kimroy will be taking pictures at the event

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 Age Adjusted Times/Standard times

VETERAN TIME TRIAL ASSOCIATION 50 MILE NATIONAL CHAMPIONSHIP 2023

No	Start		SOLOS		Club	Cat	Age	50m PB	VTTA-Group
1	14:01	John	Scott	TT	Sleaford Wheelers CC	VM	78	02:49:29	Notts & E.Mids
2	14:02	Peter	Harridge	TT	Tyneside Vagabonds CC	VM	67		North
3	14:03	Nick	Burton	TT	Newark Castle C C	VM	47	01:59:22	
4	14:04	Mick	Flaherty	TT	Seacroft Whs	VM	61	02:00:00	Yorkshire
5	14:05	Andrew	Vaughan	TT	City RC (Hull)	VM	57	02:30:00	Yorkshire
6	14:06	Paul	Brierley	TT	Huddersfield RC	VM	56	02:05:06	Yorkshire
7	14:07	Jymmy	Trevor	TRI	City RC (Hull)	VM	51	02:56:07	Yorkshire
8	14:08	Ivan	Lucas	RB	Melton Olympic CC	VM	61		
9	14:09	Gary	Roberts	TT	Welland Valley CC	VM	43		
10	14:10	Martin	Lines	TT	Team Echelon	VM	54	01:57:46	Midlands
11	14:11	Greg	Rorke	TT	Exeter Whs CC	VM	59	02:17:31	West
12	14:12	Steve	Chipping	RB	Velo Club Lincoln	VM	52		Notts & E.Mids
13	14:13	Steve	Clarke	TT	Fenland Clarion CC	VM	62		
14	14:14	Pamela	Moore	TT	Coalville Whs	FV	55	02:16:29	Notts & E.Mids
15	14:15	Matt	Plews	TT	Welland Valley CC	VM	48	01:57:09	Notts & E.Mids
16	14:16	Sarah	Foulds	TT	Velo Culture	FV	42	02:16:21	North
17	14:17	Gretchen	Zoeller	TT	VTTA (Yorkshire)	FV	44	02:20:49	Yorkshire
18	14:18	Dylan	O'Rourke	TT	Halesowen A&CC	SM	30		
19	14:19	Sue	McFarlane	TT	Army Cycling	FV	43	02:30:00	Yorkshire
20	14:20	Howard	Waller	TT	Python RT	VM	58	01:56:57	London & Home Co
21	14:21	Theresa	Taylor	TT	Springfield Financial RT	FV	63	02:20:38	North Lancs and Lakes
22	14:22	Kathryn	Smith	TT	Sleaford Wheelers CC	FV	69		Notts & E.Mids
23	14:23	Will	Trevor	TT	City RC (Hull)	EM	19	02:43:26	
24	14:24	Nichola	Rorke	TT	Exeter Whs CC	FV	53	02:30:38	West
25	14:25	Phillip	Tyas	TT	Barnsley Road Club	VM	41	01:56:07	Yorkshire
26	14:26	Susan	Semple	TT	Legato Racing Team	FV	57	02:12:57	Midlands
27	14:27	Michelle	Hawley	RB	Melton Olympic CC	FV	44		
28	14:28	Chris	Dyason	TT	Cambridge CC	VM	75	02:03:12	East Anglia
29	14:29	Lindsay	Clarke	TT	Fenland Clarion CC	FV	61		
30	14:30	Keith	Palmer	TT	Ilkeston Cycle Club	VM	48	01:55:34	Notts & E.Mids
31	14:31	Alastair	Semple	TT	Legato Racing Team	VM	55	01:59:48	Midlands
32	14:32	Deborah	Moss	TT	Springfield Financial RT	FV	53	01:59:18	North Lancs and Lakes
33	14:33	Barrie	Whittaker	TT	Lyme Racing Club	VM	66	02:02:40	Manchester & NW
34	14:34	Fay	Barrington	TT	Banbury Star Cyclists' Club	FV	53	02:10:45	Midlands
35	14:35	Joanna	Cebtrat	TT	360cycling	FV	44	01:57:04	Manchester & NW
36	14:36	Sarah	Soden	TT	Leicester Forest CC	FV	59	02:18:09	Notts & E.Mids
37	14:37	Jill	Bartlett	TT	Hounslow & District Whs	FV	63	02:30:27	
38	14:38	Michael	Wilkinson	TT	South Normanton C C	VM	63	02:01:22	Notts & E.Mids
39	14:39	Jen	Clegg	TT	Team Bottrill	FV	69	02:15:00	Notts & E.Mids
40	14:40	Claire	Emons	TT	...a3crg	FV	54	01:53:58	Wessex
41	14:41	George	Peden	TT	Team PB Performance	SM	23		
42	14:42	Michael	Costello	TT	Race Hub	VM	47		Notts & E.Mids
43	14:43	Gregory	Woodford	TT	Reading CC	VM	62	02:00:59	
44	14:44	David	Smith	TT	Sleaford Wheelers CC	VM	72	02:03:50	Notts & E.Mids
45	14:45	Nick	Giles	RB	Pocomotion Road Club	VM	64	01:58:01	Merseyside
46	14:46	Kevin	Wood	TT	Sherwood CC	VM	61	01:52:26	Notts & E.Mids
47	14:47	Neil	White	TT	Ambion Racing Team	VM	55	01:54:51	Notts & E.Mids
48	14:48	Andrew	Coulbeck	TT	ADDFORM Vive Le Velo	VM	57	02:06:23	Yorkshire
49	14:49	Ian	Foster	TT	Stafford RC	VM	55	01:59:06	
50	14:50	Tony	Ball	TT	Legato Racing Team	VM	54	01:51:14	London & Home Co



Cover - 2022 - Overall and Womens Champion - Karen Carpenter - a3crg... -
Back Cover - 2022 - Tandem Champions - Rachael Elliott and Ian Greenstreet - Newbury Velo