

MIDDLETON CYCLING CLUB

Founded 1941

Men's VETS Standards (from March 1990)

	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-85
10 miles	24:30	24:45	25:00	25:15	25:30	26:00	27:00	28:00	29:00
25 miles	1:01.00	1:02.00	1:03.00	1:04.00	1:05.00	1:06.30	1:08.00	1:10.00	1:12.00
30 miles	1:13.30	1:14.45	1:16.00	1:17.15	1:18.30	1:20.00	1:21.00	1:24.00	1:26.30
50 miles	2:06.00	2:08.00	2:10.00	2:12.00	2:15.00	2:18.00	2:21.00	2:25.30	2:30.00
100 miles	4:30.00	4:35.00	4:40.00	4:45.00	4:50.00	4:56.00	5:03.00	5:12.00	5:21.30
12 hour	242	238	234	230	226	223	218	211	205
24 hour	440	430	420	410	400	390	382	370	359

Women's VETS Standards (from March 1990)

	40-44	45-49	50-54	55-59
10 miles	27:00	28:00	29:00	30:00
25 miles	1:08.00	1:10.00	1:12.00	1:14.00
30 miles	1:21.30	1:24.00	1:26.30	1:29.00
50 miles	2:21.00	2:25.30	2:30.00	2:35.00
100 miles	5:03.00	5:12.00	5:12.30	5:31.00
12 hour	218	211	205	198
24 hour	382	370	359	348

Notes:

VETS Standards are available to win for the above stated age categories, new standards apply every five years.

A medal is awarded for any single distance attained, a trophy is awarded for any 4 standards attained in a single year.