



Midlands Women's Time Trial Series



**MWTTS
2016**

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March 2016 Newsletter

MWTTS 2016 entries now open

Welcome to the first newsletter of the 2016 MWTTS! Preparations are well underway for the MWTTS 2016 events, so it's time to sign up for the series, if you haven't already done so. We're hoping for another record-breaking year of sign ups and participation at MWTTS events.

You can sign up for the MWTTS 2016 and pay the series fee online [here](#).

Details of this year's MWTTS events can be found [here](#). Remember to enter each event separately, either through the CTT online entry system, or using a postal form sent to the race organiser. The closing date for entries for each event is shown.

Changes to MWTTS competitions

We've made a number of changes to the series competitions over the winter. The main ones to be aware of are:

- riders eligible for the fastest novice competition must not have taken part in any kind of competitive event involving cycling (including triathlon and duathlon) before.
- the fastest vet competition will change to a most improved vet competition.
- the most improved competition will now be most improved senior.
- PBs will only be relevant if set in MWTTS events. PBs on other courses, or on the same course but outside the series, will not count. The time you set in the first series event of 2016 will be taken as your series PB for the 2016 MWTTS.

For full details of the competition rules, see [MWTTS rules](#) and [MWTTS competitions](#).

One minute with . . . Hayley Bosworth

Here's the next of our one minute interviews with our 2015 series winners. Hayley won fastest novice and the white jersey competition.

Q: How long have you been time trialling and how did you get into it?

A: I started time trialling in 2015. I found the MWTT Series when searching the web for women's specific cycling events. I entered the novices' series and just thought I would give it a go along side some closed circuit racing.

Q: What's your favourite training ride?

A: I love to get out on a Sunday morning with my club, Mercia CC. They are a friendly bunch and welcomed me with open arms when I joined the club as a total novice in June 2014. I am one of only two women in the club, however my cycling and fitness has improved massively whilst keeping up with the boys! We cover miles of the lovely countryside the midlands has to offer, including plenty of climbs which I love.

Q: What advice would you give to someone new to the sport?

A: Join a club! It has given me the confidence and skills I needed to take part in the MWTTTS and other cycling events this year. I have learned so much from my club mates, sometimes it's what not to do rather than what to do! However, through my club I have done my first 100 mile sportive and been introduced to the Derby Velodrome!

Q: What do you have for breakfast when you're racing?

A: I usually start my day with Total 0% yoghurt topped with a generous helping of pecan & oat granola. On colder days I'll have porridge made with almond milk and topped with granola for added crunch!

Q: Who inspires you (in sport or everyday life) and why?

A: I'm inspired by anyone who gives their best to any sport, especially when like me, they have a job and a family. People achieve amazing things when they are inspired by the people around them and the people they compete against!

Q: What are you reading at the moment?

A: I don't have a lot of time for reading, however I buy Cycling Weekly every week. I'm not suggesting I read it from cover to cover! But I do pick up loads of great training tips etc.

Q: Tell us something that no one else knows about you

A: Cycling saved my life!

News

Ciara Horne in World Track Champs Team

Warwickshire-born Ciara Horne, who previously raced for local team Cult Racing alongside our own Clair Parfrey, will represent Great Britain at the World Track Championships in London this week. Horne is one of the women's endurance squad aiming for gold in the women's team pursuit. The other members of the

squad are Katie Archibold, Elinor Barker, Emily Nelson, Jo Rowsell-Shand, Laura Trott. The women's team pursuit is on Friday 4 March, with the heats in the afternoon session and the finals in the evening.

Ejay Harris joins Podium Ambition

Local rider Ejay Harris has signed for Dame Sarah Storey's new professional women's cycling team, Podium Ambition Pro Cycling powered by Club la Santa. Ejay has taken part in a number of MWTTTS events over the last few years and is a powerful time trialist, as well as being an Army medic. The team will be competing the women's Tour of Flanders in April and the Amgen Tour of California in May.

Thanks for reading! If you've got anything you'd like to contribute to a future newsletter (stories, events, recipes, book reviews, training tips etc), please email general@mwttts.org.uk.