



## Midlands Women's TT Series: June 2015 Newsletter 2

### Event 4: Worcester St John CC 10m TT

Heavy rain in the morning meant that the field for the Charlie Greig memorial 10m TT on the K33/10D was somewhat reduced, with a number of ladies opting not to ride. Although 40 women were registered for the event, on the day, 27 women took the start.

The rain had eased to virtually nothing by the time we got underway after 2pm, and in fact the conditions were quite fast – cool and calm with virtually no wind. Thanks to Worcester St John CC for organising and marshalling. The new HQ (for the women's series at least) was great too – very handy for the start.

The event was won by Liz Powell of Mike Vaughan Cycles in 23.00 (38 seconds quicker than her time on the same course in the Janet Kelly memorial 10 a couple of weeks earlier). A very close second was Vicky Smith (University of Birmingham CC) in 23.10 (Vicky isn't registered for the MWTTS). Third was Lucy Walters (Wyre Forest CRC) in 23.54. Susan Semple (Born to Bike-Bridgtown Cycles) was delighted to come in under 24 minutes (23.57) and finished fourth, even with a front puncture – temporary tyre sealant apparently saved the day!

The team prize went to Rugby Racing CC, with Anne Portsmouth (25.28), Kate Vanloo (27.27) and Caroline Read (29.25).





The fastest novice for the second event running was Jennifer Doyle (Royal Leamington Spa CC) in 28.18 - another improvement on her previous best time.

The fast conditions produced a number of big PBs. Susanna O'Shaughnessy (GBC Racing Team) and Janet Birkmyre (Wyre Forest CRC) took over 3 minutes and two minutes respectively off their previous best times. Corinna O'Connor (Mike Vaughan Cycles) also improved substantially, recording a time of 26.31. Your editor was over the moon to finally break the 27 minute mark, having got very close in the Janet Kelly a couple of weeks earlier.

For more event photographs, see our [Facebook album](#) for the event. For a short video of the event by Alan Parfrey, see [Youtube: Phoenix ladies TT video](#).

## Current MWTTS standings

The lead has changed in the overall (yellow jersey) standings, with Liz Powell now 11 points ahead of Lucy Walters. Annis Moore (Walsall RCC) is in third. Liz also now leads the vets competition, ahead of Susan Semple and Annis Moore. Laura Lane (Saracen RC) retains a narrow lead over Heather Wesson (Team Watt Cycle) in the most improved rider competition. Emma Johnston (GBC Racing Team) lies in third. In the novices competition, Jennifer Doyle overtakes Heather Wesson, with Jen Hart (Newcomers CC) in third. Mike Vaughan Cycles move into the lead in the team competition, pushing Warwickshire RC into second. Wyre Forest CRC move into third.

Fiona Prew (ProVision Clothing RC) remains in the lead in the green jersey competition. Clair Parfrey (Phoenix Velo) moves into the lead in the white jersey competition, whilst Emma Johnston retains the lead in the polka dot competition. For an explanation of the different categories and their rules, see [MWTTS: competitions](#). For a full breakdown of the results and points, see [MWTTS: results](#).

## Next MWTTS events

Event 5 in the MWTTS is the Coventry RC novices' event on **Sunday** 12 July, starting at 2pm. It's on the K41/10, and as it's a novices (club) event, you cannot enter in advance, only on the day. HQ is in the field behind the Axe and Compass. Sign on is from 12.30pm. As well as being in the WMTTS, it's also a Midlands Novices TT Series (MNTTS) counting event. For more information, see [MNTTS events poster](#).

Event 6 is another open event on **Sunday** 9 August from 2pm. You'll need to enter online [here](#) by Tuesday 28 July.

Note that all the remaining events in the MWTTS are on **Sundays!**

## Tips and hints: warming up for a 10

So how do you warm up for a 10? Do you ride over to the start from your house? Do you treat the frantic running around to get ready plus the flat out sprint to the start so you don't miss your start time as your warm up? Or do you bring your turbo trainer and plan things out carefully so you have enough time to do a properly controlled turbo effort and get to the start on time?

Your editor has seen all of these techniques employed by MWTTS participants, some with greater success than others. So here are some frequently asked questions about warming up.

### *Why warm up at all?*

A 10 mile time trial is a short, very high intensity effort. To get the best result for the work you're putting in, your body needs to be adequately prepared to go that hard from the start of the race. You also risk injury if you go straight from nothing to flat out with out anything in between. If you don't warm up, your body is likely to spend the first 5 to 10 minutes of the race warming up, and the rest is likely to be extremely uncomfortable because you probably went too hard at the start.

As a result, to get the best out of your body, you need to do a warm up that gradually raises your heart rate and warms your muscles up, so that when you come to the start, you can go very hard from the outset. We discuss effective warm up strategies below.

### *Should I ride from home to the start?*

We wouldn't generally recommend riding from home to the start as your warm up. You'll probably have to carry a rucksack, you may need to stop and start in traffic, and you may end up underestimating how much time it will take, and end up having to rush to get to sign on in time. You also run the risk of picking up a puncture or mechanical on the way, which is additional stress you don't need.

If you can, we think it's best to drive to the race. That way you have plenty of time to sign on, warm up and get to the start, and you can focus on a controlled warm up. Whether you warm up at HQ, or drive closer to the start and warm up there will depend on the event, and how close the HQ is.

For the K41/10, if the HQ at the Axe and Compass or in Wolvey, these are both sufficiently close to the start to warm up at HQ and then ride over. It's about 5 minutes to the start from the primary school in Wolvey, and much closer from the Axe and Compass.

For other courses, make that decision before you set off for the event. It will reduce the stress during your race prep. If you're not sure, the local Facebook TT groups ([MWTTS](#), [Midlands Cycling Time Trials](#) and [MNTTS](#)) are great places to ask more experienced riders what they are doing, and share information about good spots to warm up. Don't be shy – if you're not sure, ask. No one is going to shoot you down in flames, and there's no such thing as a daft question.

### *Should I bring my turbo trainer or warm up on the road?*

If you have a turbo trainer, definitely bring it with you. There's usually somewhere at HQ or close to the start that you can set yourself up in a quiet corner and focus on a really good warm up. Some novices may feel a bit funny about bringing a turbo trainer, but no one is going to judge you. Everyone is trying to prepare as best they can for the event, so there's no reason why you shouldn't too. There's no such thing as being "too slow" to do bring your turbo (your editor heard this from a novice at event 1 this year).

Warming up on the road is not a particularly good substitute. You may have to stop and start in traffic and at junctions, you can't control your effort level as effectively and you run the risk of getting a puncture

or being late for your start. In addition, at some time trials (often those on dual carriageways) you are not allowed to warm up on the course.

*So I've brought my turbo trainer, now what do I do?*

Well first of all, go through your bike set up routine:

- You may need to change the skewer in your rear wheel. Make sure you bring both your turbo skewer and your racing one with you!
- Pump up **both** your tyres before you get on the turbo. An underinflated rear tyre could burst when you are warming up, and it certainly won't help with controlling your effort level. Also, you want to be in a position so that, when you get off the turbo, all you have to do is put the rest of your kit and your helmet on and ride to the start.
- Make sure you've got a drink and a towel with you – if you're doing your warm up right, you're going to need them!
- Pair your cycle computer and HR monitor.
- Get a helper to pin your race number on (see our [May newsletter](#) for our view on the best way of pinning numbers on).

Next, *how* exactly do you warm up? Well everyone has a slightly different routine, but most riders will have a set routine that involves gradually increasing heart rate, cadence and/or power output (depending on what data they have on their bike computers). You should plan your timings so that you have at least 30 minutes to warm up, and then enough time to get to the start with 5 minutes to spare before your start time. Of that 30 minutes warm up, most should be at moderate intensity. A common type of warm up is to do 5 to 10 minutes in zone 2, 15 to 20 minutes in zone 3, with 3 to 5 short (15 to 30 sec) “spin ups” (really fast cadence) to get the heart rate up, with a long interval of easier pedalling (say 2 mins) between each, and 5 minutes back in zone 2 to finish. Opinions vary on whether you should do a short effort at race pace at the end of your main block. If you do, keep it short (say 2 mins) and don't overdo it.

After your warm up, remember to change your skewer, check your wheels are running true and the brakes aren't rubbing. Go for a last toilet stop if you need to, and then put your helmet on and get off to the start. If you've got your timings right, you should arrive with 5 minutes to spare, and be warm, but not hot, out of breath and stressed!

## Other news

### *Date for your diary: series awards dinner*

Nadine Mayhew is kindly organising the series awards dinner again this year. The date of the dinner will be Saturday 14 November 2015. Make sure you put it in your diary! Venue and more details will be available closer to time.

### *Matrix Fitness Women's GP series*

The fifth and final round of the Matrix Fitness Women's GP series took place on 11 June in Bath. The event was held on a technical city centre crit circuit, and saw Dani King (Wiggle Honda) break clear in the early stages and then hold on for the next 30 minutes for a solo victory. There was late drama in the chasing bunch when the overall series leader, Nikki Juniper (Team Giordana Triton), punctured with a few

laps to go. She was given a wheel by a rider on another team, and managed to chase back on to hold onto her overall series lead. Clearly the rules governing this event were different from the UCI rules that saw Richie Porte given a 2 minute penalty in the recent Giro d'Italia for the same action (see [Cycling Weekly: Richie Porte given two-minute penalty and fine for accepting help at the Giro d'Italia](#)). In any case, it's nice to see such sporting gestures in cycling.

## *Women's Tour of Britain*

The second Women's Tour of Britain took place last week in front of fantastic crowds, with a host of national and international stars taking part, including no less than 10 national road champions.

The racing was close and exciting on all five stages, with breakaways nearly making it, only to be caught on the line on virtually every stage. Lizzie Armistead (Boels-Dolmans) sprinted to victory on stage 1, only to crash heavily immediately after the finish. Although nothing was broken, she didn't take the start on the second stage. Belgian road race champion Jolien d'Hoore (Wiggle Honda) produced a fine burst of speed to take the sprint on an uphill finish on stage 2. The race leader, Lisa Brennauer (Velocio SRAM), the reigning world time trial champion, finished second to retain her overall race lead. Stage 3 saw Luxembourg road champion Christine Majerus (Boels-Dolmans) take advantage of a technical finish and slight drag to the line to put a few seconds between herself and the rest of the peloton in the sprint. That was sufficient to put her in the race leader's yellow jersey for stage 4. Stage 4 saw the breakaway go all the way to the final kilometre again. A scrappy sprint in wet and slippery conditions was won by Lisa Brennauer, enabling her to retake the overall race lead. The final stage was won by promising young British rider Hannah Barnes (United Health Care) in a bunch sprint against some of the best in the world. Barnes said a win in the Women's Tour of Britain was one of the big aims of her season, and she was thrilled to have pulled it off. Barnes also took the best British rider and best young rider classifications. Brennauer finished fourth in the stage, and her consistency meant that she held the lead in the overall classification, 6 seconds ahead of second placed Jolien d'Hoore.

For short video highlights of each day's racing, see [Women's Tour: News](#). For one-hour highlights programmes on ITV player, see [ITV player: Cycling: Women's Tour](#).

## We'd love to hear from you . . .

If you've got anything you'd like to contribute to a future newsletter (eg favourite recipe, training ride, book review), please contact Anna Wordsworth via Facebook.

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