



Midlands Women's TT Series: May 2015 Newsletter

Event 2: Diana Cooke memorial 10m TT

Last Saturday's Diana Cooke memorial 10 mile TT, run by Coventry CC, saw a repeat of event 1's cold, blustery, showery weather. The event was held on the K41/10 Wolvey course, and although conditions weren't particularly favourable, at least there was a tailwind for the second part of the course from the A5 roundabout to the finish. 63 women were on the start sheet, a fantastic improvement on last year's number (43), and it was great to see so many of the novices from event 1 returning for another go.

As always, Jon Wood and his team at Coventry CC did a wonderful job organising the event. Particular thanks to the marshals and the ladies serving tea and cake back at HQ – something that was appreciated even more than usual because of the weather!

The event was won by Rachael Elliot of Newbury CC in a time of 23.32, very quick for the conditions. Rosie Armitage (Echelon-Rotor) took about 30 seconds off her winning time from last year, but on the day it placed her second in 23.39. Annis Moore (Walsall RCC) was third in 24.45. The fastest novice was Jen Hart (Newcomers CC) in 30:29. Leicestershire RC won the team prize, with April Tacey (25:21), Claire Tacey (26:23) and Zoe Barker (27:52). Somewhat to her surprise, fastest on handicap was Claire Walkeden of Coventry Triathletes.



First, second and third placed women: Rachael Elliot, Rosie Armitage and Annis Moore.

Despite the hard going on the outward section of the course, there were some substantial improvements on personal bests from a number of series participants. Caroline Read (Rugby RCC) managed to take a whopping 2:22 off her time from event 1, giving her maximum points for this event in the most improved rider standings, whilst Lucy Cash (Phoenix Velo), Jill Morris (Hinckley CRC) and Anita Howe (Coventry Triathletes) all put around 30 seconds into their previous best times.

The event winner, Rachael Elliot, was warm in her praise for the event and its organisers, and the women's series. She said that she really appreciated the warm and friendly welcome and thought the number of women taking part was fantastic.



Team prize winners Leicestershire RC, overall winner Rachael Elliot and second placed rider Rosie Armitage.

For more event photographs, see our [Facebook album](#) for the event.

Current MWTTS standings

After two events, Lucy Walters of Wyre Forest CRC leads the overall standings, with Steph Peters (Team Jewson-MI Racing) in second and Debbie Bradley of Warwickshire RC in third.

Lucy Cash leads the most improved rider competition, with Anita Howe second and Laura Lane (Saracen RC) third. Lucy Walters also leads the vets' competition, with Anne Portsmouth (Rugby RCC) in second and Sarah Soden (Leicester Forest RC) in third. Jen Hart leads the novices' standings, with Heather Wesson (Team Watt Cycle) in second and Jennifer Disney (Phoenix Velo) in third. Phoenix Velo lead the team competition, from Warwickshire RC and Rugby RCC.

Fiona Prew (ProVision Clothing RC) leads the green jersey competition, Clair Parfrey and Julie Hinds (Phoenix Velo) the white and polka dot competitions respectively. For an explanation of the different categories and their rules, see the [MWTTS website](#).

Event 1 recap: Phoenix Velo novices' 10m TT

There was an excellent turnout for Phoenix Velo's maiden club TT on Saturday 13 April on the K41/10. As with last Saturday, the conditions were not particularly nice, with a strong headwind on the return leg from the A5 roundabout to the finish.

Last year's overall winner of the women's series, Liz Powell (Mike Vaughan Cycles), got off to a flying start to win the event with a time of 24.15. Lucy Walters (Wyre Forest CRC) placed second in a time of 25.10, with Anne Portsmouth of Rugby RCC in third with 26.45. The fastest novice was Heather Wesson (Team Watt Cycle) in 29.36.

For event photographs, see the Midlands Novices' TT series [Facebook album](#) for the event.

For a more detailed race report and standings after event 1, see [MWTTS 2015 event 1](#).

Forthcoming events

The next event in the MWTTS is the Walsall RCC open 10m TT on 23 May 2015 on the K48/10. Because it's an open event, entries MUST be made in advance, and the closing date is Tuesday 12 May 2015. You can enter online [here](#).

Although it's not in the series, if you're riding the Royal Sutton CC open 10m TT on 17 May 2015 on the K11/10T, you'll be interested to know that the organiser has agreed to put up equal men's and women's prize money, as well as a £100 prize if a woman breaks the course record (22.00, set by Michelle King in 2011).

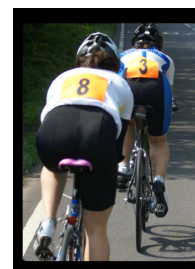
Tips and hints: race numbers

There's been some questions from novices about race numbers, as well as some chat on the Facebook groups about alternatives to pinning your number to your expensive skinsuit.

The correct place to put your number:

It should be visible to cars approaching you from behind, and to the timekeeper at the finish line. So make sure it's low enough on your back for this to work when you're on the aerobars or drops. Some of the pictures from event 2 show numbers in the middle of the rider's back. This isn't the best place for them, because they can't really be seen by cars or the timekeepers. Please don't pin your own number on, because it definitely won't be in the right place. Ask a friend (or a stranger!) to help you.

In this picture (of your editor and her friend Katie warming up for a time trial a while back), Katie's number (8) is a little high, and should be moved a little further down. My number (3) is attached to tabs on my skinsuit, but they're not really in the right place either (see below).



Pinning your number to a skinsuit:

Some skinsuits will come with tabs sewn on to attach your number to. You'll need to check whether they are in the right place, and are spaced correctly, to pin your number on so that it is visible and doesn't flap. On the picture above, the tabs on my skinsuit are a little too high up, and are not far enough apart. If you're in this position, or there are no tabs on your suit, you probably need to get your sewing kit out . . . I have a new skinsuit that didn't have tabs sewn on already, so I've been able to sew my own on in what I hope is the right position!

There has also been some chat about alternatives to putting pins in an expensive skinsuit, including a clear number pocket that can be added to your suit (see Dave Walker's thread (4 May) on the [Midlands Cycling Time Trials](#) Facebook group). You'd need to send your suit away for this to be done, so if you're considering it, make sure you plan it round your racing calendar!

Some other important points:

- Use all four pins to attach the number. If it doesn't have four pins, ask the organiser for some more. If your number is flapping, it's slowing you down!
- Make sure your number is the right way up.

- Make sure you return your number to the organiser as soon as you finish your race. **Please DO NOT take it home with you.** Many clubs run a TT every week, and they will need your number for their next event.
- If you miss your start, or you are a reserve rider, you'll be in a different position to the number you have been given. Make sure you explain this to the starter.

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 the event.

New series sponsors: GC Cycling and Black Diamond boutique

We're delighted that we have two new sponsors on board for 2015.

[GC Cycling](#) is a bike fit specialist based in Meriden. Series participants can get a 10% discount on a bike fit before the end of June 2015 by mentioning the series when booking.

[Black Diamond boutique](#) is a ladies clothing boutique in Burbage, near Hinckley. Do call in if you're passing nearby.

Women's Tour de Yorkshire

The first edition of the women's one day Tour de Yorkshire was won from a bunch sprint by Louise Mahé (Ikon-Mazda) in a photo finish with national criterium champion Eileen Roe (Wiggle-Honda). Katie Curtis (Pearl Izumi) was third. Large crowds lined the course to watch the women complete 4 laps of a 20km circuit that started and finished in York city centre. For race photos, see [Tour de Yorkshire women's race photos](#). For a short film about the race, see [Tour de Yorkshire women's race film](#).

Voxwomen: race highlights from the women's Spring Classics

Youtube women's cycling channel Voxwomen has race highlights from the women's Spring Classics races, including the Tour of Flanders and the Fleche Wallonne [here](#).

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.
