



Midlands Women's TT Series: June 2015 Newsletter

Event 3: Walsall RCC 10m TT



Unlike last year, the weather stayed dry and relatively warm for event 3 in the MWTTTS, the Walsall RCC 10m TT on the K48/10. It was another really good turn out: 29 women took part, of whom 25 are in the series. Thanks to Walsall RCC for hosting and marshalling wonderfully.

Your editor hadn't ridden this course before and thought it was one of the tougher ones used in the series, with lots of ups and downs, and a rough road surface in places. However, even with a headwind on the way back, the times were excellent, with the top 5 all under 25 minutes and less than 3 minutes separating the top 10.



The event was won by Rosie Armitage of Echelon-Rotor) in 23.25, scoring maximum points for the second event running. Liz Powell (Mike Vaughan Cycles) was second in 23.47 and Lucy Walters of Wyre Forest CRC was third in 24.34. The fastest novice was Jennifer Doyle (Royal Leamington Spa CC) in 29.27, an improvement of nearly a minute on her previous best time.

Emma Johnston of GBC Racing Team took 1 minute 41 seconds off her previous best time to record the most improved time, finishing in 29.55. Laura Lane (Saracen RC) also made a substantial improvement, taking over 30 sec off her previous best.

For more event photographs, see our [Google album](#) for the event. If you'd like high res copies of any of the pictures, please contact Anna Wordsworth via Facebook.



Current MWTTS standings

After three events, their consistency so far means the overall standings remain the same, with Lucy Walters of Wyre Forest CRC remaining in the lead, Steph Peters (Team Jewson-MI Racing) in second and Debbie Bradley of Warwickshire RC in third.

Laura Lane moves into the lead in the most improved rider competition, with Heather Wesson (Team Watt Cycle) in second and Tracey Hunt (Tamworth CC) in third. Lucy Walters also retains the lead in the vets' competition, with Sarah Soden (Leicester Forest RC) moving up into second and Steph Peters up into third. Heather Wesson moves into first in the novices' competition, with Jen Hart (Newcomers CC) in second and Jennifer Doyle in third. Warwickshire RC move into the lead in the team competition and Mike Vaughan Cycles move into second, pushing Phoenix Velo down into third.

Fiona Prew (ProVision Clothing RC) remains in the lead in the green jersey competition. Tracey Hunt and Emma Johnston move up to first in the white and polka dot competitions respectively. For an explanation of the different categories and their rules, see the [MWTTS website](#).

Other events round up

The middle weekend in May saw two local 10mTTs that were hotly contested by MWTTS participants. Neither the Janet Kelly memorial 10 (Sat 16 May) or the Royal Sutton RC 10 (Sun 17 May) are in the series, but both produced blisteringly quick times from some of our series regulars. The small women's fields in both events were mostly composed of MWTTS participants.

On Saturday on the K33/10D, Liz Powell and Rosie Armitage went head to head for the first time in an open event this year. Liz was victorious on the day, with a time of 22.38, with Rosie second in 23.13. Janet Birkmyre (Wyre Forest CRC) was third in 24.20, nearly a 2 minute improvement on her previous best time.

On Sunday on the K11/10T, Royal Sutton CC was offering a £100 prize if the women's course record (22.00 by Michelle King) was broken. Rachael Elliott of Newbury RC duly did so, with an excellent 21.41. Liz Powell came close in second, with 22.04. Third was another familiar face from previous MWTTS events, Ayse Vahiboglu (Exeter Wheelers CC) in 22.39.

For other local event entry information and results, check out the [Midlands Cycling Time Trials Facebook group](#).

Next MWTTS event

The next event in the MWTTS is the Worcester St Johns CC 10m TT on the K33/10D on Saturday 13 June 2015. Because it's an open event, entries MUST be made in advance, and the closing date is Tuesday 2 June. You can enter online [here](#).

Tips and hints: what to wear for a TT

There's a fair bit of confusion for novices over the dress code for Cycling Time Trials events, so we thought we'd try and shed some light on it for you. This is what CTT regulation 16 says:

Competitors must be clothed from the neck to at least mid-thigh. Sleeves shall be at least mid upper arm length. Notwithstanding the above, when competing in Type B Events, triathlon style sleeveless tops are permitted. Swimming type suits and running vests are not allowed.

To be allowed to start all clothing shall be clean and tidy.

No competitor may carry advertising or the name of a commercial business on his race clothing except:

- a) where he is a member of a club or team that has paid the advertising fee, he may carry advertising, but must not compete in clothing of a trade team that is/has been registered with the UCI unless he is a member of that team: or
- b) when competing in club events.

N.B. The inclusion of a manufacturer's logo shall be permitted.

So what does this mean in practice?

For "Type A" events (which includes all open TTs, where you have to enter in advance), you must wear a top that covers your shoulders and upper arms. So you cannot wear a sleeveless top and sleeveless tri suit for an open event.

For Type A events, you must also obey the rules regarding advertising. A manufacturer's logo is fine, but you must not wear clothing carrying commercial advertising unless that business sponsors your team and you have registered the design with the CTT (and paid the appropriate fee). You must also not ride in UCI-registered trade team kit, past or present. So for open TTs, trade team kit is not permitted, and you must be careful to ensure that if there is branding on your kit, it's within the permitted exception for the manufacturer's logo. If you're not sure, it's best to ask the organiser of the event in advance, to avoid being refused a ride.

For all events, you must wear a top that covers you up to your neck, and shorts that cover you to mid thigh. So swimsuits, running vests and running shorts are not permitted for any CTT events.

For "Type B" events (which includes all club TTs, where you enter on the day), you can wear a sleeveless cycling top or sleeveless tri suit.

As you've probably noticed, there's nothing about sock length. There was once a rule about having your ankles covered, but thankfully this isn't in place any more. The CTT also doesn't worry about having socks that are "too" long (unlike the UCI). Aero shoe covers are also permitted.

A skinsuit is a substantial investment for a novice, so if you don't have one, what are your alternatives?

- Your ordinary club cycling jersey and shorts: this won't breach any kit rules, but unless the jersey is really close-fitting, it won't be as aerodynamically efficient as a good skinsuit.
- A plain(ish) cycling jersey and shorts from one of the cycling clothing manufacturers. Most manufacturers make plain coloured jerseys with limited branding on them, and plain black shorts. These are a good choice for a beginner, but as above, won't be as quick as a skinsuit.
- If you're a triathlete, you probably already have an expensive (sleeveless) tri suit. You can wear this for club events without worrying, but if you want to wear it for an open event, you'll need to put a base layer underneath to cover your shoulders. In fact, a long sleeved, tight fitting base layer should make you more aerodynamic anyway, so you might want to do this for all TTs.

Kit you should avoid:

- Anything that's baggy or flaps when you ride. It's slowing you down.
- T-shirts. They're not as aero as even an ordinary cycle jersey.
- Anything that has a neckline that goes baggy when you get down on your drops or aerobars. Again, it's not aero, but more importantly, you don't want a wasp down your bra while you're riding!
- Any kit that leaves your any part of your back exposed (particularly two piece kit where there's a gap between the top and the bottom halves when you're on the drops or the aerobars). You don't want to get sunburnt there – your editor knows of someone who got badly sunburnt when training for an ironman and still has the scars.

Next time we'll be talking about warm-ups. If you have any tips you'd like to share, please get in touch.

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.

Inaugural women's Tour of California

For the first time, the Amgen Tour of California featured a three-day women's race, in addition to its regular women's invitational time trial. The race, which took place at the beginning of May, was based around a very snowy Lake Tahoe, and featured two hilly stages and final stage criterium in Sacramento.

Although Optum Kelly Benefits rider Leah Kirchmann won two of the three stages, the overall title was won by Trixi Worrack (Velocio-SRAM), who gathered time bonuses in the intermediate sprints. British rider Hannah Barnes, riding for US team United Healthcare, won the young rider competition. US rider Evelyn Stevens (Boels Dolmans) won the time trial.

For some great pre-race interviews, see Podium Insights' [We're on our way: Amgen Tour of California Women's Race](#). For stage highlights, see Voxwomen's [Amgen Women's Tour of California Highlights](#)

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.
