

aerocoach[®]

ROAD BIKE CHAMPIONSHIPS 2019

21st July 2019

10am

K34/10D

HQ Broom Village Hall B50 4HJ

Promoted for, and on behalf of, Cycling Time Trials under their Rules and Regulations

MESSAGE FROM THE ORGANISERS

Thanks to everyone for supporting this event - we hope that it will highlight the inclusiveness of time trialling as a sport given that you can compete on virtually any bike! This event also forms part of the Midlands Womens TT Series which we are always delighted to support each year.

We are also running the Midland Championships on August 18th on a course very close by, so if you enjoy this event then please feel free to enter and give that a go - there will also be a road bike category there too.

Have a safe ride, and see everyone on the day!

The AeroCoach team

HQ INFORMATION

Broom Village hall (B50 4HJ).

Please note there is extremely limited parking at the HQ and some spots will be reserved for marshals and timekeepers. Please car share/ride from home and park considerately!

The start line is 1.8 miles from the HQ, and is a simple ride, turning left out of the hall and then left at the crossroads. Please use the roads north of the start line for warming up and the handy map on the next page to plan your journey. Remember don't warm up on the course!

HQ MAP - 1.8 MILES FROM THE START



COURSE INFORMATION

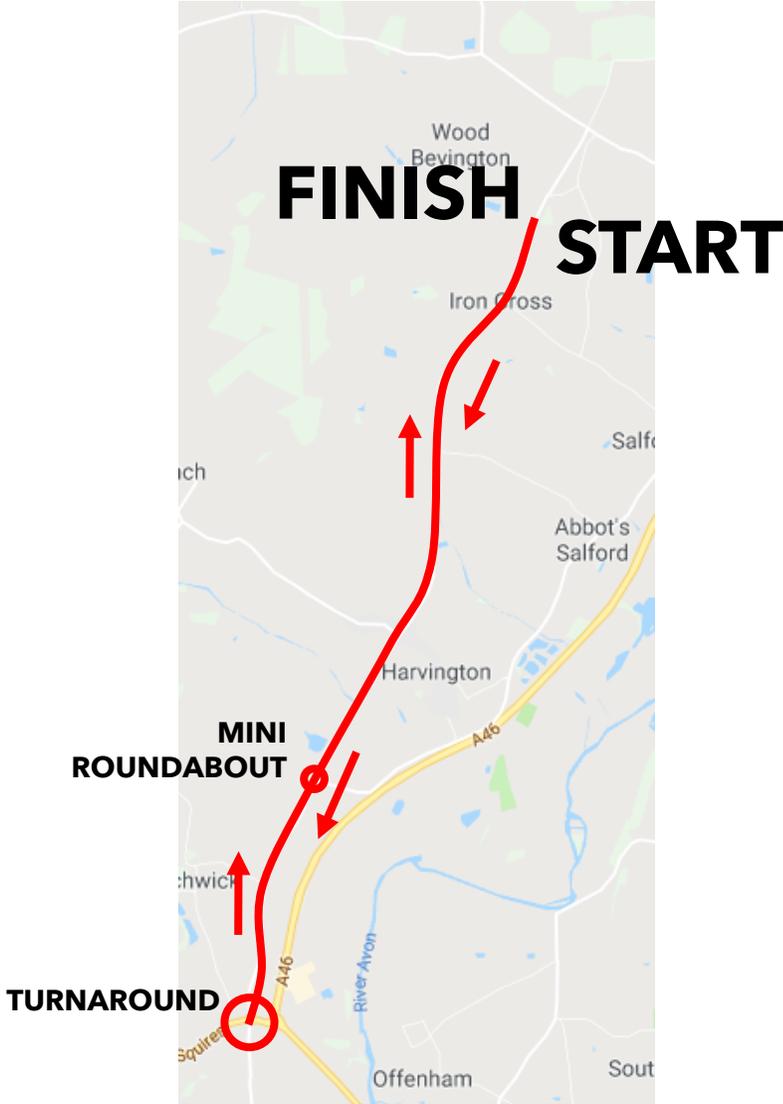
The course is our early season club course, the K34/10D.

This is out and back on quiet single carriageway roads. Here are the official course details:

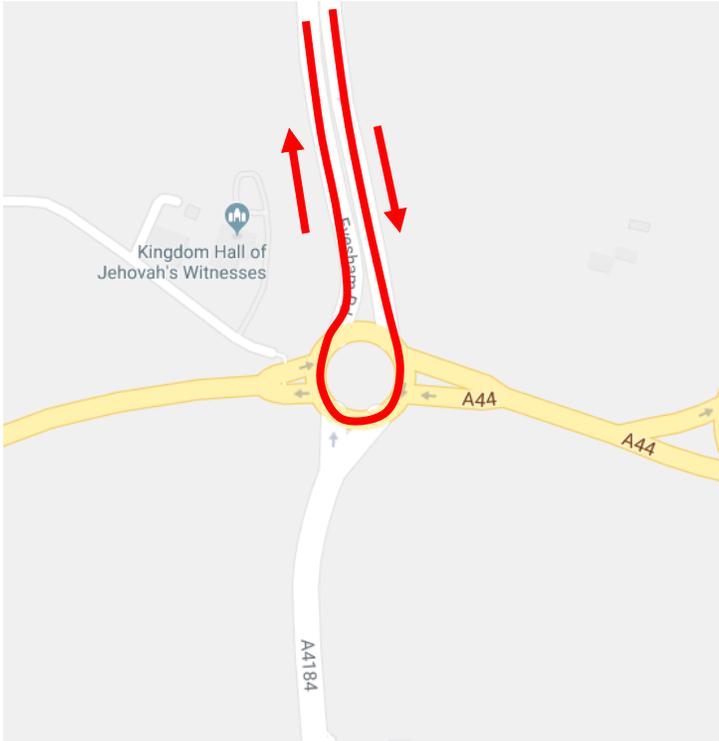
1. Start on B4088 (Redditch - Evesham road) at last gully grating at south end of first lay-by south of Dunnington crossroads.
2. Ride south.
3. At Norton island junction take second exit (B4088) (3.522 miles)
4. At Lenchwick island junction with A4184 encircle island; taking fourth exit; to retrace (B4088) (4.964 miles)
5. At Norton island keep straight on; first exit; (B4088) (6.339 miles)
6. Finish about 150 yards past start point opposite south end of grey horticultural sales shed and 40 yards before "weathercock" sign on right (10.00 miles)

In simple terms you start at the end of a lay by, ride south and straight over a mini roundabout after 3.5 miles, get to a larger roundabout at the 5 mile point where you go all the way around to retrace (again going through the mini roundabout) and then finish just past the start line.

COURSE MAP



TURNAROUND (5 miles)



ROAD BIKE RULES

The aim with the AeroCoach road bike rules is to allow as many types of road bike as possible and not be restrictive with “old school” criteria. We would like riders to be able to simply take their race bike that they road race on, or a bike that they use for training, and compete.

We want everyone to be able to race on their favorite bike and not have to think about rolling back the clock to road bikes from years gone by.

1. No aerobars, clip on aerobars or aero extensions can be used
2. Hands must be holding the handlebars at all times whilst racing (ie. not with forearms resting on the handlebar)
3. Wheels may have no more than 90mm depth and must have at least 12 spokes
4. Helmets must have no visor
5. Ears must not be covered by the helmet

In addition, the use of a Giro Aerohead helmet will not be permitted. There will be spotters out on course to enforce rule 2.

If you have any questions at all about the rules then please let us know beforehand or at the HQ and we'll be happy to help! Don't do silly forearm riding or you will get DQ'd. There will be a checker on the start line, but if you want to bring your bike to HQ beforehand for a quick check just to be sure that's absolutely fine.

GENERAL INFORMATION

Organisers: Xavier Disley
Jessica Rhodes-Jones
Email: xavier@aero-coach.co.uk
Tel (on day): 07923 460320

Timekeepers: Bob Franks
Charlie Barnett

Marshals: AeroCoach team riders
Friends and family

IN THE INTEREST OF YOUR OWN SAFETY, CYCLING TIME TRIALS AND THE EVENT PROMOTERS STRONGLY ADVISE THAT YOU WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD.

ALL UNDER 18 AND JUNIOR MUST WEAR SUCH A HELMET.

It is recommended that a working rear light, either flashing or constant, be fitted in a visible position to the rear of the bike and be functioning throughout the event.

PRIZE INFORMATION

(one prize per rider except for team)

MEN

1st £200

2nd £50

3rd £30

1st Junior £30

1st Vet £30

WOMEN

1st £200

2nd £50

3rd £30

1st Junior £30

1st Vet £30

TEAM (2 men, 1 woman)

£60

START SHEET

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
1	10:01:00	John/Gary	Howard/Jones	Team Echelon/Successcycling.co.uk	Male	Veteran
2	10:02:00	Sorrel	Williams	Total Tri Training	Female	Veteran
3	10:03:00	Rebecca	Wheaver	Rugby Triathlon Club	Female	Senior
4	10:04:00	Beverley	Graham-older	Phoenix Velo	Female	Veteran
5	10:05:00	Debbie	Bradley	Team Bottrill	Female	Veteran
6	10:06:00	Natalie	Deven	Phoenix Velo	Female	Veteran
7	10:07:00	Gabriella	Homer	Cycle Team Onform	Female	Espoir
8	10:08:00	Rosey	Mushens	73 Degrees Bicycles, WestSide Coaching rt	Female	Veteran
9	10:09:00	Sarah	Brookes	Stafford RC	Female	Veteran
10	10:10:00	Natasha	Cutmore	AeroCoach	Female	Senior
11	10:11:00	Deborah	Sheridan	Warwickshire Road Club	Female	Veteran
12	10:12:00	Ti	Aigoro	Rugby Triathlon Club	Female	Senior
13	10:13:00	Tracey	Geddes-smith	Tamworth Cycling Club	Female	Veteran
14	10:14:00	Samantha	Watkins	Phoenix Velo	Female	Veteran
15	10:15:00	Chris	Melia	Born to Bike - Bridgtown Cycles	Female	Veteran
16	10:16:00	Elle	Lane	Wyre Forest Cycle Racing Club	Female	Senior
17	10:17:00	Alice	O'neill	Rugby Triathlon Club	Female	Veteran
18	10:18:00	Rosie	Croggon	Beacon Roads CC	Female	Senior
19	10:19:00	Susanna	O'shaughnessy	Wyre Forest Cycle Racing Club	Female	Senior
20	10:20:00	Susan	Semple	Born to Bike - Bridgtown Cycles	Female	Veteran
21	10:21:00	Melissa	Haselden	Phoenix Velo	Female	Senior
22	10:22:00	Vicki	Standen	Born to Bike - Bridgtown Cycles	Female	Senior
23	10:23:00	Fay	Barrington	Team Cherwell	Female	Veteran
24	10:24:00	Aimee	Lane	Wyre Forest Cycle Racing Club	Female	Juvenile
25	10:25:00	Alex	Clay	AeroLab Ward WheelZ	Female	Senior
26	10:26:00	Gemma	Johnson	Beacon Roads CC	Female	Senior
27	10:27:00	Gail	Lowe	Lyme Racing Club	Female	Veteran
28	10:28:00	Judith	Harper	Rugby Racing Cycling Club	Female	Veteran
29	10:29:00	Jennifer	Doyle	Kenilworth Whs	Female	Veteran

START SHEET

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
30	10:30:00	B Xavier	Disley	AeroCoach	Male	Senior
31	10:31:00	Ian	Taylor	Beacon Roads CC	Male	Veteran
32	10:32:00	Francis	Cade	JAM Cycle Race Team coached by BPC	Male	Senior
33	10:33:00	Stephen	Cooke	Walsall Roads Cycling Club	Male	Veteran
34	10:34:00	Daniel	Clarke	Rugby Triathlon Club	Male	Senior
35	10:35:00	David	Kiernan	Race Rapid	Male	Veteran
36	10:36:00	Alex	Stephenson-Brown	AeroCoach	Male	Senior
37	10:37:00	Will	Gray	Solihull CC	Male	Junior
38	10:38:00	David	Lloyd	Wyre Forest Cycle Racing Club	Male	Veteran
39	10:39:00	Tom	White	Bromsgrove Olympique CC	Male	Senior
40	10:40:00	Matt	Burden	73 Degrees Bicycles, WestSide Coaching rt	Male	Veteran
41	10:41:00	Tom	Nancarrow	NOPINZ	Male	Espoir
42	10:42:00	Mike	Anderson	Club Cycliste Moncontourais	Male	Veteran
43	10:43:00	Martin	Shepherd	Royal Leamington Spa Cycling Club	Male	Veteran
44	10:44:00	Neil	Griffiths	Phoenix Velo	Male	Veteran
45	10:45:00	Michael	Davis	Veloce	Male	Senior
46	10:46:00	George	Galbraith	JAM Cycle Race Team coached by BPC	Male	Senior
47	10:47:00	Daniel	West	Bristol Road Club	Male	Veteran
48	10:48:00	Trevor	Parrish	A5 Rangers CC	Male	Veteran
49	10:49:00	Chris	Jones	Birmingham Midland Cycling Club	Male	Veteran
50	10:50:00	David	Janes	Wheels of Dorset Aero Testing Bike Fitting	Male	Senior
51	10:51:00	David	Fellows	Solihull CC	Male	Senior
52	10:52:00	James	Tillett	Wales Racing Academy	Male	Espoir
53	10:53:00	Edward	Rees	Ely Race Club	Male	Senior
54	10:54:00	Freddy	Shields	Melton Olympic CC	Male	Veteran
55	10:55:00	Danny	Axford	Arctic Aircon RT	Male	Veteran
56	10:56:00	Alastair	Semple	Stafford RC	Male	Veteran
57	10:57:00	Phil	Scott	Rugby Racing Cycling Club	Male	Veteran
58	10:58:00	George	Barker	Beacon Roads CC	Male	Veteran
59	10:59:00	John	Pinfold	Cheltenham & County Cycling Club	Male	Veteran

START SHEET

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
60	11:00:00	John	Lucock	Born to Bike - Bridgtown Cycles	Male	Veteran
61	11:01:00	Steve	Savage	Leicestershire RC	Male	Senior
62	11:02:00	Paddy	Allaway	Beacon Roads CC	Male	Veteran
63	11:03:00	Gregory	Ashley	Team Jewson - MI Racing ~Poly Pipe~McCann	Male	Veteran
64	11:04:00	Keith	Adcock	Beacon Roads CC	Male	Veteran
65	11:05:00	Samuel	Tillett	Wales Racing Academy	Male	Espoir
66	11:06:00	Karl	Moseley	Fishface Cycles RT	Male	Veteran
67	11:07:00	Rikky	Hughes	Worcester St. Johns CC	Male	Senior
68	11:08:00	Paul	Mulready	Stourbridge Velo	Male	Veteran
69	11:09:00	Steven	Lane	Bromsgrove Olympique CC	Male	Senior
70	11:10:00	Robert	West	AeroCoach	Male	Veteran
71	11:11:00	Peter	Wright	Rugby Racing Cycling Club	Male	Veteran
72	11:12:00	Samuel	Woodfield	ActiveEdge Race Team P/B Cooper/BMW Inchcape	Male	Senior
73	11:13:00	Matt	Boulton	Minuteman CC	Male	Senior
74	11:14:00	Jamie	Brookes	Beacon Roads CC	Male	Senior
75	11:15:00	Paul	Astin	Beacon Roads CC	Male	Veteran
76	11:16:00	Jonny	Bryan	Worcester St. Johns CC	Male	Senior
77	11:17:00	Craig	Hopkins	Wyre Forest Cycle Racing Club	Male	Veteran
78	11:18:00	Stephen	Foster	CC Giro	Male	Veteran
79	11:19:00	Graham	Hewson	Estrella Bikes	Male	Veteran
80	11:20:00	George	Fox	Team Bottrill	Male	Senior
81	11:21:00	Christopher	Davis	Giant CC Halo Films	Male	Veteran
82	11:22:00	Henri	Bedford	Revolutions Racing	Male	Juvenile
83	11:23:00	Richard	Horswill	Royal Leamington Spa Cycling Club	Male	Veteran
84	11:24:00	Simon	O'shaughnessy	Wyre Forest Cycle Racing Club	Male	Veteran
85	11:25:00	Leon	Field	CC Giro	Male	Veteran
86	11:26:00	Neil	Wilkes	Team V - Sprint Racing	Male	Veteran
87	11:27:00	Paul	Lowe	Lyme Racing Club	Male	Veteran
88	11:28:00	Eamonn	Sheridan	Warwickshire Road Club	Male	Veteran
89	11:29:00	Richard	Bussell	AeroCoach	Male	Senior