

aerocoach[®]

ROAD BIKE CHAMPIONSHIPS 2023

6th May 2023

10am

K47/15

HQ Castlemorton Village Hall, WR13 6BE

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 July 1st on the same course, 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

Castlemorton Parish Hall (WR13 6BE).

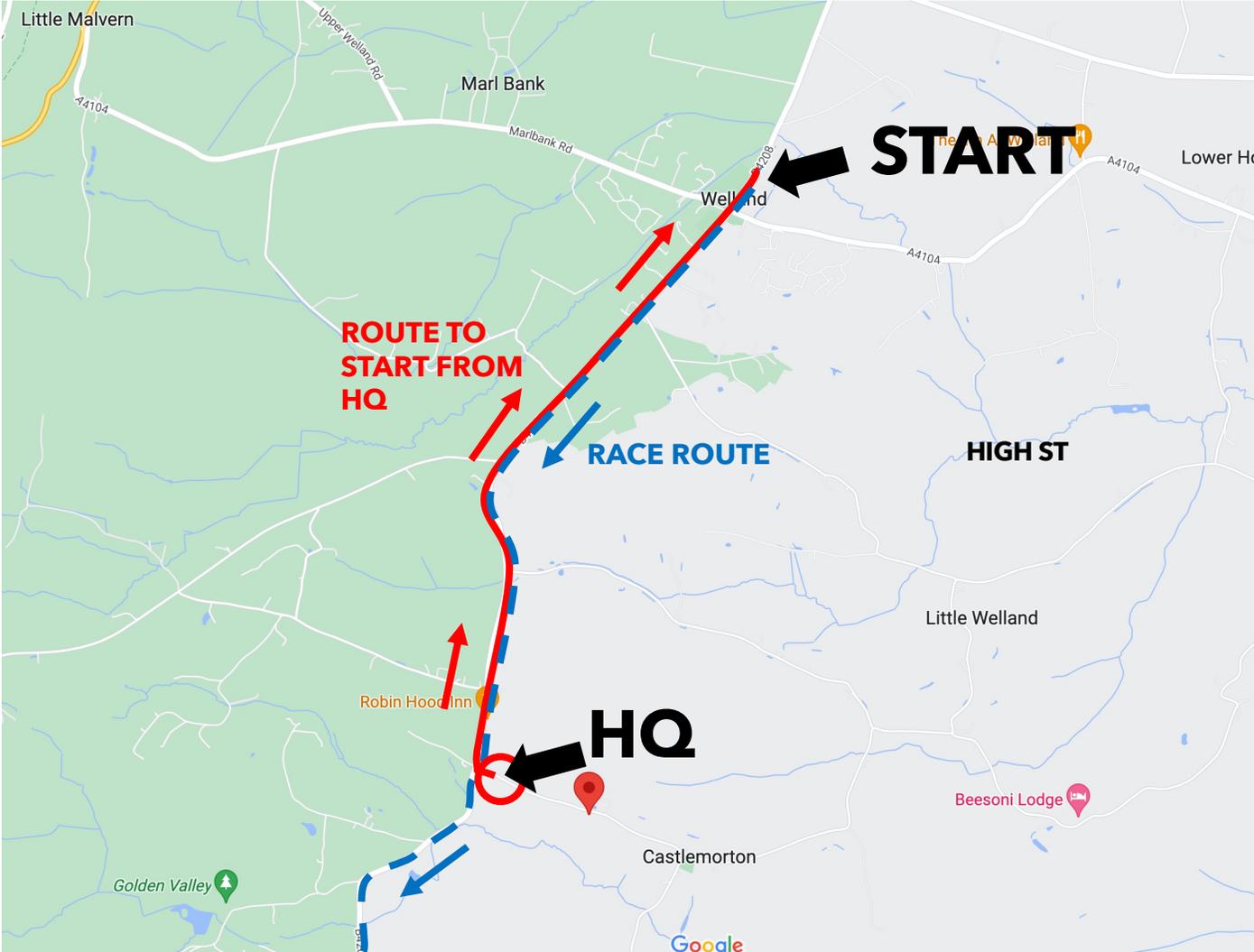
Please note there is limited parking at the HQ and some spots will be reserved for marshals and timekeepers. Please car share/ride from home and park considerately!

The start line is 2.2 miles from the HQ, and is a simple ride, heading north just out of the HQ.

PLEASE NOTE THE ROUTE TO THE HQ FOLLOWS THE RACE COURSE!

What that means is that if you're riding back to the HQ after you finish, you will be on the course. This shouldn't be a problem as the roads are wide and safe and the timings are such that there shouldn't be overlap with riders but be considerate, especially when driving to the HQ. If you are local and know the back roads then use them if you can.

HQ MAP - 2.2 MILES / 3.5KM FROM THE START



COURSE INFORMATION

The course the Welland/Castlemorton loop, the K47/15.

This is a loop on quiet single carriageway roads. Here are the official course details:

<https://www.cyclingtimetrials.org.uk/course-details/k47-15>

1. Start on B4208 at entrance to Broatch Farm approx 400m north of Welland church. [Keep off the road while waiting to start]
2. Proceed south on B4208 through Welland village.[Take care through staggered crossroads and past parked cars]
3. Turn left at Rye Cross junction onto A438 towards Tewkesbury (3.43 miles).
4. Turn left at Long Green junction with B4211 towards Upton upon Severn (8.58 miles).
5. Proceed through Longdon and turn left at Tunnel Hill junction with A4104 [take care] (13.03 miles) and proceed to Welland.
6. Finish opposite a field entrance with a metalled gate, adjacent to a telegraph pole marked 2A and approximately 50m beyond Hook Grange cul de sac (15.03 miles).

In simple terms you start in a lay by, ride south and turn left at an old petrol station after ~3.5 miles, take another left towards Upton after ~8.5 miles, then final left at a T junction at ~13 miles, finishing 2 miles later.

There will be marshals and signs at the junctions but please ensure you know where you're going!

COURSE MAP



ROAD BIKE RULES

The aim with the 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. Wheels may have no more than 90mm depth and must have at least 12 spokes
3. No disc wheels
4. Riders must not simulate a tribar position by resting the forearms on the handlebars

There will be spotters out on course to enforce rule 4.

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

Organiser: Xavier Disley
Email: xavier@aero-coach.co.uk
Tel (on day): 07747 806527

Timekeepers: Sue Kelly
Charlie Barnett

Marshals: AeroCoach team riders
Malvern Cycle Sport
Friends and family

PLEASE NOTE YOU MUST WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD.

YOU ALSO MUST HAVE WORKING FRONT AND REAR LIGHTS. IF YOU DO NOT YOU WILL NOT BE PERMITTED TO START.

PRIZE INFORMATION

(one prize per rider except for team)

MEN

1st £60

2nd £30

3rd £15

1st Junior £15

1st Vet £15

WOMEN

1st £60

2nd £30

3rd £15

1st Junior £15

1st Vet £15

TEAM (1 man, 1 woman)

£30 total

TANDEM

£20 total