

**aerocoach<sup>®</sup>**

# MIDLAND TT CHAMPIONSHIPS 2019

18<sup>th</sup> August 2019

9:30am

K33/10S

HQ Norton Village Hall WR11 4TF

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

## **MESSAGE FROM THE ORGANISERS**

Thanks to everyone for supporting the Midland Championships - it's great to have a regional TT champs that's so well attended from both local riders as well as those from outside the district who of course are welcome! This event also forms part of the Midlands Womens TT Series which we are always delighted to support each year.

Please note that to be eligible for the Midland Champion jersey you must ride for a Midland based club, but all the other prizes are independent of where your club is registered.

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

The AeroCoach team

# HQ INFORMATION

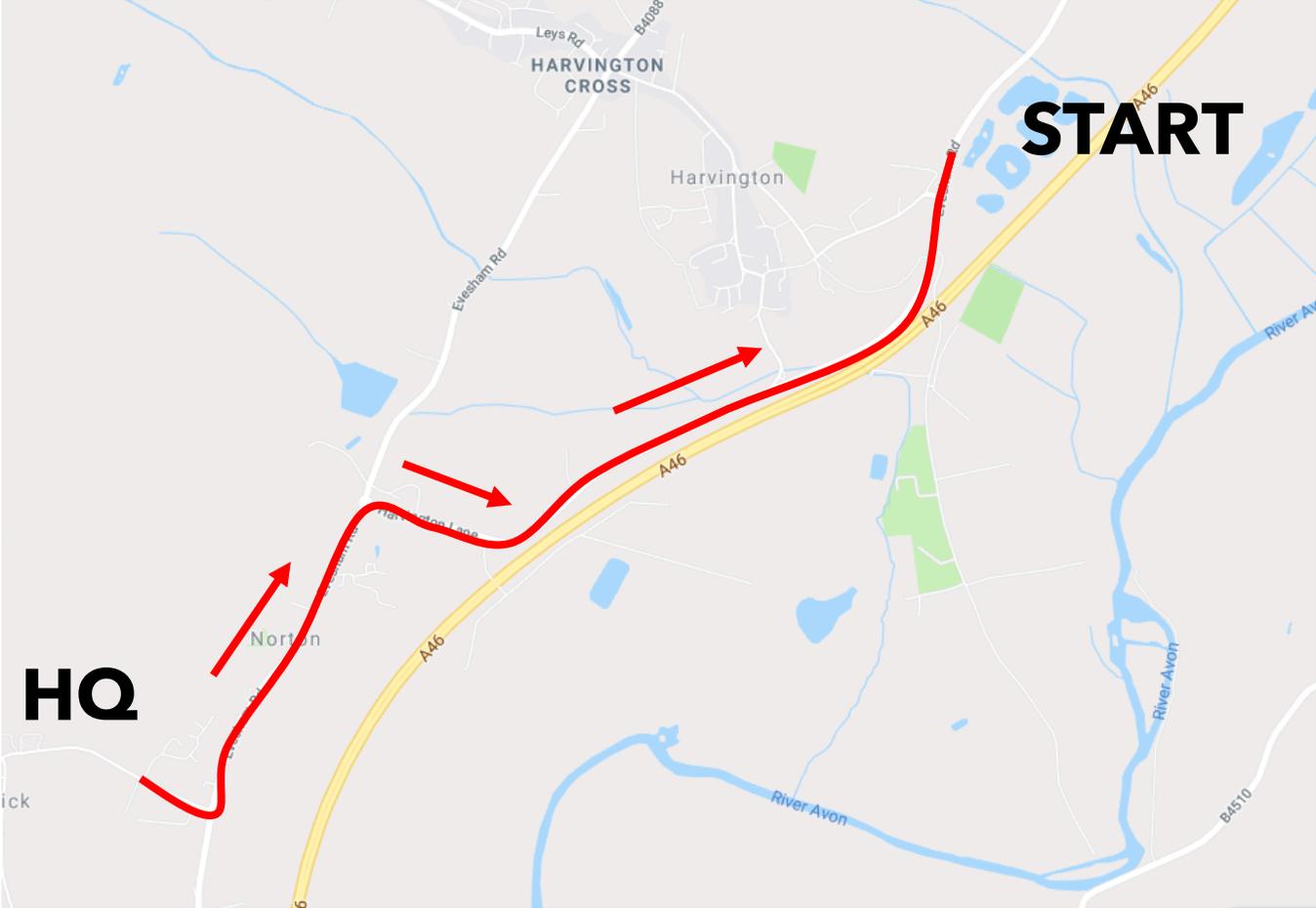
Norton Village hall (WR11 4TF).

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 miles from the HQ, and is a simple ride, turning right out of the hall and then left at the end of the road, and then right at the mini roundabout crossroads.

You don't cross the course by getting to the start line and there are roads to the west of the course which you can use for warming up. Remember don't warm up on the course or you will risk a DQ!

# HQ MAP - 2 MILES FROM THE START



# COURSE INFORMATION

The course is a fast one that we use for summer club events, the K33/10S.

This is out and back using a mixture of single and dual carriageway roads. Here are the official course details:

1. Start on Norton - Bidford on Avon approx 150Yds north of road from Harvington in line with old entrance transport yard marked marked 10S. Ride north.
2. At Salford Priors island junction with A46 take first exit (A46).
3. At the south Alcester island junction with Alcester bypass A435 Encircle the Island to retrace (A46) (5.205 miles)
4. At island junction with B439 take third exit (Bidford - Salford Priors Rd).
5. Finish at North end of first double gates beyond row of cottages and before new speed limit sign. Marked 10F.

In simple terms you start in a small lay by, head north east to the dual carriageway (A46), turn left to head to the top roundabout and then retrace, finishing just before the start line.

# COURSE MAP



## PLEASE NOTE:

**Take care at the turnaround, and ensure that you slow down appropriately ready to encircle and retrace the roundabout. There will be a marshal but please watch for traffic from your right.**

# GENERAL INFORMATION

Organisers: Xavier Disley  
Jessica Rhodes-Jones  
Email: xavier@aero-coach.co.uk  
Tel (on day): 07747 806527

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 JUNIORS 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

## MEN

**1<sup>st</sup> Midland Rider £40 & Midland  
champion jersey**

**1<sup>st</sup> £30 + TT kit bag  
2<sup>nd</sup> £20  
3<sup>rd</sup> £10**

**1<sup>st</sup> Junior £15 + TT kit bag  
1<sup>st</sup> Vet £15  
1<sup>st</sup> Road bike £15**

## WOMEN

**1<sup>st</sup> Midland Rider £40 & Midland  
champion jersey**

**1<sup>st</sup> £30 + TT kit bag  
2<sup>nd</sup> £20  
3<sup>rd</sup> £10**

**1<sup>st</sup> Junior £15 + TT kit bag  
1<sup>st</sup> Vet £15  
1<sup>st</sup> Road bike £15**

**TEAM (2 men, 1 woman)  
£60**

**TANDEM  
£10**

## ROAD BIKE RULES

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.

# START SHEET - WOMEN

No	Start time	First Name	Last Name	Club	Midland club
30	09:30:00	Gabriella	Homer	Cycle Team Onform	N
31	09:31:00	Arja	Scarsbrook	Bush Healthcare CRT	N
32	09:32:00	Sarah	Soden	Leicester Forest CC	N
33	09:33:00	Marie	Brush	Winchcombe Cycling Club	N
34	09:34:00	Kara	Tranter	Wyre Forest Cycle Racing Club	Y
35	09:35:00	Keri	Parton	Pro Vision Cycle Clothing	N
36	09:36:00	Sarah	Brookes	Stafford RC	Y
37	09:37:00	Julie	Hinds	Coventry Cycling Club	Y
38	09:38:00	Niamh	Campbell Williams	Derby Mercury R C	N
39	09:39:00	Jen	Morris	Wrekinsport CC	N
40	09:40:00	Susan	Semple	Born to Bike - Bridgtown Cycles	Y
41	09:41:00	Jennifer	Doyle	Kenilworth Whs	Y
42	09:42:00	Susanna	O'shaughnessy	Wyre Forest Cycle Racing Club	Y
43	09:43:00	Gillian	Campbell	Born to Bike - Bridgtown Cycles	Y
44	09:44:00	Judith	Harper	Rugby Racing Cycling Club	Y
45	09:45:00	Sarah	Short	QN Racing	N
46	09:46:00	Vicki	Standen	Born to Bike - Bridgtown Cycles	Y
47	09:47:00	Hannah	Noone	Stafford RC	Y
48	09:48:00	Natalie	Deven	Phoenix Velo	Y
49	09:49:00	Natalie	Murphy	Coventry Triathletes	Y
50	09:50:00	Anna	Morris	AeroLab Ward WheelZ	Y
51	09:51:00	Jess	Fawcett	JAM Cycle Race Team coached by BPC	N
52	09:52:00	Jacqui	Smith	Team Cherwell	Y
53	09:53:00	Anna	Wordsworth	Coventry Triathletes	Y
54	09:54:00	Ti	Aigoro	Rugby Triathlon Club	Y
55	09:55:00	Gemma	Johnson	Beacon Roads CC	Y
56	09:56:00	Aimee	Lane	Wyre Forest Cycle Racing Club	Y
57	09:57:00	Melissa	Haselden	Phoenix Velo	Y
58	09:58:00	Gail	Lowe	Lyme Racing Club	N
59	09:59:00	Rebecca	Wheaver	Rugby Triathlon Club	Y
60	10:00:00	Jessica	Rhodes-jones	AeroCoach	Y

# START SHEET - TANDEM

<b>No</b>	<b>Start time</b>	<b>First Name</b>	<b>Last Name</b>	<b>Club</b>	<b>Midland club</b>
61	10:01:00	Steve	Walker	Leamington C & AC	Y
61	10:01:00	Mary	Corbett	Sotonia CC	N
63	10:03:00	Norman	Harvey	Sotonia CC	N
63	10:03:00	Christine	Walker	Leamington C & AC	Y

# START SHEET - MEN

No	Start Time	First Name	Last Name	Club	Midland club
66	10:06:00	Steve	Mountford	Solihull CC	Y
67	10:07:00	Alan	Parfrey	Phoenix Velo	Y
68	10:08:00	Bob	Awcock	Born to Bike - Bridgtown Cycles	Y
66	10:09:00	Lee	Ross	Goode2tri Team	Y
70	10:10:00	Jon	Howard	Team Echelon	Y
71	10:11:00	Philip	Brown	Walsall Roads Cycling Club	Y
72	10:12:00	Richard	Coleman	Stourbridge Velo	Y
73	10:13:00	Matthew	Malone	RST/Cycledivision Racing Team	Y
74	10:14:00	Murray	Kirton	A5 Rangers CC	N
75	10:15:00	Paul	Westwood	CC Giro	Y
76	10:16:00	Peter	Ward	Stratford Cycling Club	Y
77	10:17:00	Russell	Carter	South Pennine RC	N
78	10:18:00	David	Ashworth	Team Jewson - MI Racing ~Poly Pipe~McCann	Y
79	10:19:00	Norman	Fenn	Team Echelon	Y
80	10:20:00	Craig	Mckee	Team Jewson - MI Racing ~Poly Pipe~McCann	Y
81	10:21:00	Jacob	Sparrow	Clee Cycles	N
82	10:22:00	Jonny	Bryan	Worcester St. Johns CC	Y
83	10:23:00	Ian	Taylor	Beacon Roads CC	Y
84	10:24:00	Chris	Udall	Gloucester City Cycling Club	N
85	10:25:00	Simon	Law	Race Rapid	Y
86	10:26:00	Simon	Dighton	Beacon Roads CC	Y
87	10:27:00	Roger	Foster	Banbury Star Cyclists' Club	Y
88	10:28:00	Keith	Adcock	Beacon Roads CC	Y
89	10:29:00	Keith	Fitzgerald	Stratford Cycling Club	Y
90	10:30:00	Aaron	Ward	Burntwood Triathlon Club	Y
91	10:31:00	Jeremy	Stone	Team Bottrill	N
92	10:32:00	Joseph	Costello	Walsall Roads Cycling Club	Y
93	10:33:00	Gary	Jones	Successcycling.co.uk	Y
94	10:34:00	Andrew	Milner	Worcester St. Johns CC	Y
95	10:35:00	Christopher	Hall	JAM Cycle Race Team coached by BPC	N
96	10:36:00	Alastair	Semple	Stafford RC	Y
97	10:37:00	Peter	Wright	Rugby Racing Cycling Club	Y
98	10:38:00	Dan	Morris	Halesowen A&CC	Y
99	10:39:00	John	Grumbley	Coventry Road Club	Y
100	10:40:00	David	Mead	Race Rapid	Y

# START SHEET - MEN

No	Start Time	First Name	Last Name	Club	Midland club
101	10:41:00	Paul	Astin	Beacon Roads CC	Y
102	10:42:00	Michael	Smith	Raw Sport	N
103	10:43:00	Philip	Wooldridge	Audax UK	N
104	10:44:00	Stephen	Foster	CC Giro	Y
105	10:45:00	Simon	Garrett	Team Echelon	Y
106	10:46:00	Gavin	Tillson	cyclisme du loup solitaire	N
107	10:47:00	George	Thorne	Beacon Roads CC	Y
108	10:48:00	Michael	Harborne	Warwickshire Road Club	Y
109	10:49:00	John	Frydman	Leamington C & AC	Y
110	10:50:00	Charles	Walker	SPIRIT TIFOSI RT	N
111	10:51:00	David	Dickerson	Team Echelon	Y
112	10:52:00	Stuart	Short	QN Racing	N
113	10:53:00	Adrian	Murray	Worcester St. Johns CC	Y
114	10:54:00	Simon	Davis	VTTA (Midlands)	Y
115	10:55:00	Dave	Elliott	Rugby Racing Cycling Club	Y
116	10:56:00	Tim	Wood	Team Echelon	Y
117	10:57:00	George	Galbraith	JAM Cycle Race Team coached by BPC	N
118	10:58:00	Matt	Clegg	Beacon Roads CC	Y
119	10:59:00	Simon	O'shaughnessy	Wyre Forest Cycle Racing Club	Y
120	11:00:00	Tom	Ward	AeroLab Ward WheelZ	Y
121	11:01:00	David	Fellows	Solihull CC	Y
122	11:02:00	Neil	Wilkes	Team V - Sprint Racing	Y
123	11:03:00	Damian	Barratt	Team Velo West Mercia	Y
124	11:04:00	Daniel	Clarke	Rugby Triathlon Club	Y
125	11:05:00	Chris	Parsons	Team Jewson - MI Racing ~Poly Pipe~McCann	Y
126	11:06:00	Alex	Doherty	Goode2tri Team	Y
127	11:07:00	Harry	Tait	Worcester St. Johns CC	Y
128	11:08:00	Jamie	Brookes	Beacon Roads CC	Y
129	11:09:00	David	Prior	Wyre Forest Cycle Racing Club	Y
130	11:10:00	John	Luccock	Born to Bike - Bridgtown Cycles	Y
131	11:11:00	Carl	Bullingham	CC Giro	Y
132	11:12:00	Martin	Osman	CC Giro	Y
133	11:13:00	James	Hargreaves	Kenilworth Whs	Y
134	11:14:00	Gary	Smith	Stourbridge Velo	Y
135	11:15:00	Jonathan	Ellis	Royal Sutton CC	Y
136	11:16:00	Robert	Smith	Warwickshire Road Club	Y
137	11:17:00	Martin	Stanley	Worcester St. Johns CC	Y
138	11:18:00	Adrian	Osborn	Stratford Cycling Club	Y
139	11:19:00	Sivio	Cortis	Farnham RC	N
140	11:20:00	David	Kiernan	Race Rapid	Y