



4 - 9th October 2021



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Helping Suffolk become England's most active county

The Women's Tour

The Women's Tour information pack has been developed to introduce you to this year's race and give you some ideas to use in the school during and after The Women's Tour visits Suffolk.

There is a wealth of knowledge about the race available on www.womenstour.co.uk/community/schools-information.

You can also find more information on cycling at www.britishcycling.org.uk/getinvolved or www.eastsuffolk.gov.uk/leisure/cycling-in-east-suffolk



The Women's Tour

When does it happen?

The Tour starts on Monday 4 October and finishes on Saturday 9 October.

Stage 1 Bicester to Banbury

Stage 2 Walsall

Stage 3 Atherstone

Stage 4 Shoeburyness to Southend

Stage 5 Colchester to Clacton

Stage 6 Haverhill to Felixstowe

How many cyclists take part in The Women's Tour ?

There will be 16 teams taking part in the 2021 Women's Tour made up of six riders each which will mean we will have 96 riders riding in Suffolk on a road near you.

How do the teams work?

Each team usually has:

A Leader - someone who will try and finish each stage of the race first

A mountain climber - someone that is good at cycling up hills.

A sprinter - someone that can cycle very fast

Domestiques - cyclists that help the team leader get to the finish first. Their job is to shelter the leader from wind, fetch food and drink and even give up their bike if the leader has a mechanical problem.

History of The Women's Tour

The Women's Tour is Britain's most prestigious stage race thanks to its status as a UCI Women's WorldTour event – one of only seven multi-day races in 2021 to be afforded the highest ranking available by the sport's governing body, and also the joint-longest.

Launched in 2014, the five-day event has been won by the likes of home favourite Lizzie Deignan and Marianne Vos, and is regarded by riders, teams and officials alike as one of, if not the leading professional women's stage race on the calendar.

Its origins trace back to 2010 when SweetSpot (the company behind the Women's Tour) organised their first women's cycling race, the Horizon Fitness Grand Prix in Stoke-on-Trent. What began as a supporting event for the men's Tour Series – Britain's leading televised cycle race series – grew into the Johnson Health Tech Grand Prix Series 12 months later. This quickly became an established and key part of the women's racing scene in Britain, thanks to television coverage on ITV4 in the UK and around the world.

The Women's Tour is organised by the company behind the men's Tour of Britain, which has been an ever-present on the UCI calendar since 2004. At this event's national launch in March 2013, SweetSpot's now Chairman Hugh Roberts first announced the company's intentions to create a standalone stage race for the world's top female cyclists in Britain – the first event of its kind.



What do the different Jersey's mean?

Race Leader

Awarded to the rider leading The Women's Tour overall, the Race Leader Jersey is what every rider in The Women's Tour seeks to pull on.

Each stage features three intermediate Sprints, where points are awarded towards the Sprints Jersey. Highly popular with fans, riders battle it out to be first across the sprint line to claim points, and also bonus seconds to be taken off their overall race time. If the overall lead for The Women's Tour is tight, expect the battle for the time bonuses to be intense.

Sprint Points Leader

Queen of the Mountain

Awarded to the best climber in The Women's Tour, riders battle for points at designated Queen of the Mountains climbs on every stage. Ranked in one of three categories according to their difficulty, the first riders across the summit win points with the rider who has accumulated the most points wearing the Queen of the Mountains jersey

Awarded to the most consistent finisher in The Women's Tour, the Points Jersey is Britain's equivalent of the Tour de France's green jersey. The first 15 riders across the finish line are awarded points on a 15 down to 1 basis, with the rider who has accumulated the most points wearing the jersey.

Points Jersey

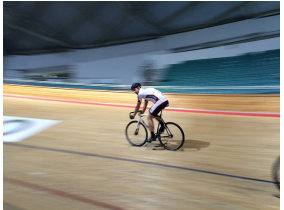
Different types of cycle races

Road Cycling



Road bicycles involve both team and individual competitions and races as contested in various way. They can be one day races, time trial and multi stage events like The Women's Tour (over 6 days) and Tour de France (22 days).

Track Cycling



Track cycling takes place on banked tracks or in a velodrome. Events are different and can range from individual and team pursuits, two-man sprints and mass start races.

Mountain Bike



Mountain bike races are held off-road and the riders are very highly skilled. The main categories are cross-country and downhill.

BMX



BMX takes place off-road. BMX races are sprints on purpose-built off-road single laps on single gear bikes. Riders ride around a dirt course which contains jumps and banked and flat corners.

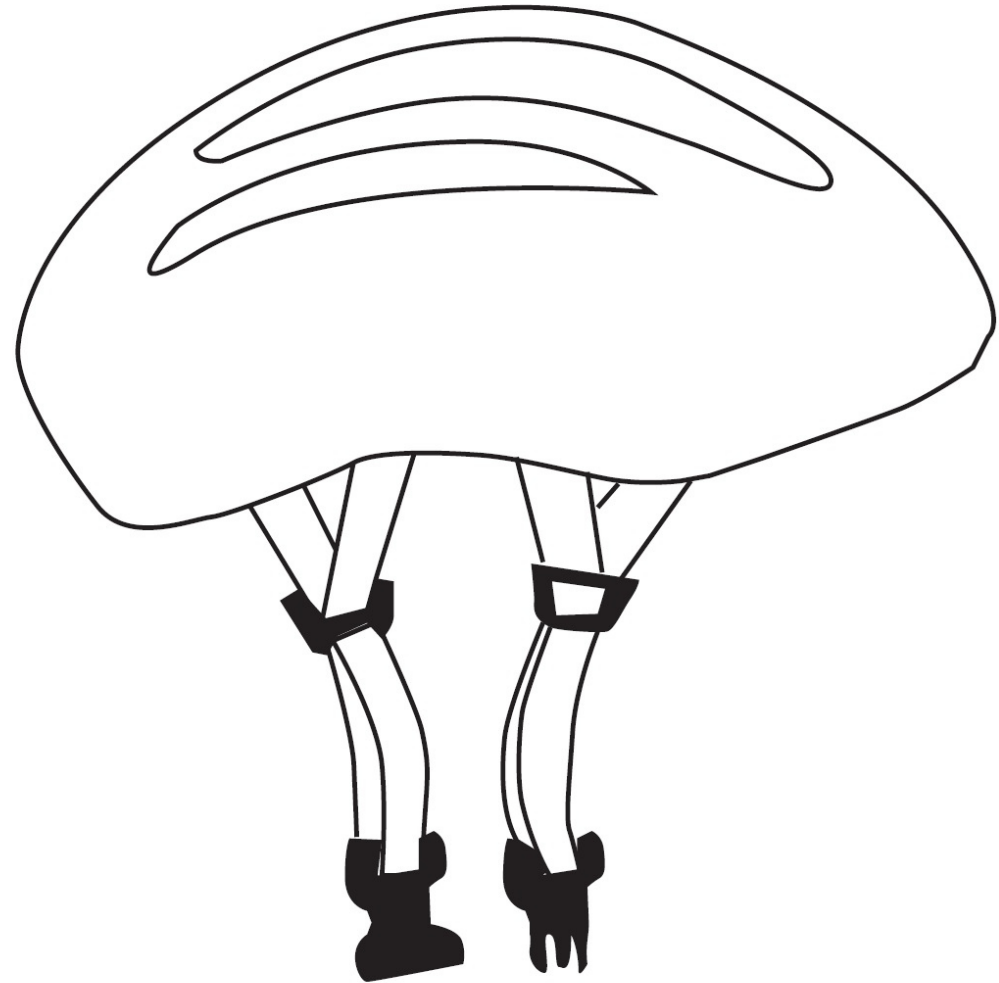
Stage 6 route map Haverhill to Felixstowe

To view the interactive map Women's Tour 2021 visit www.womenstour.co.uk/stages/stage-6



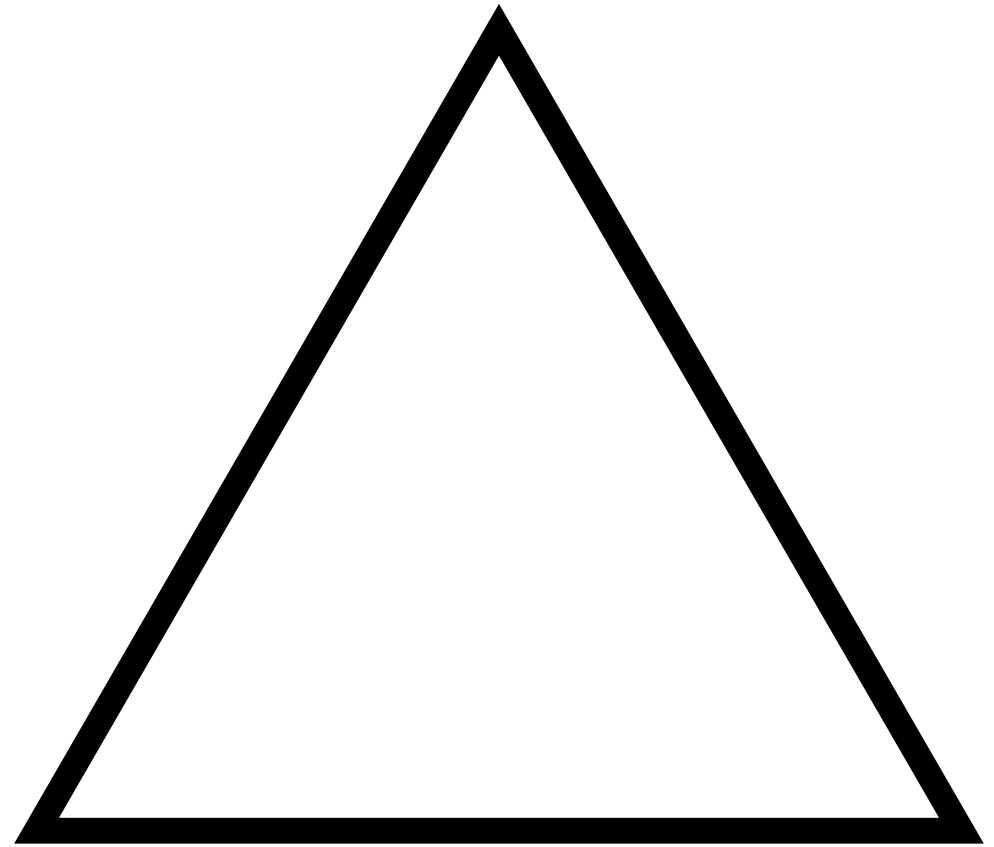
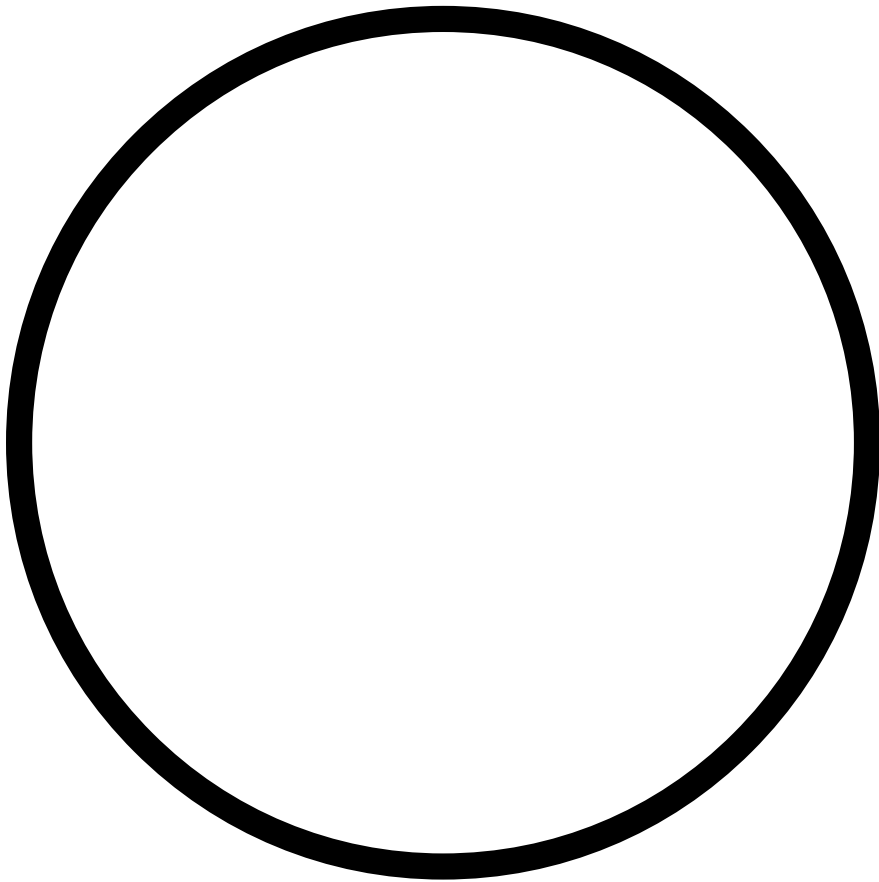
Helmet Design

Get equipped! Come up with a cool design for the surface of the helmet. Have a competition with your classmates to see who can come up with the coolest idea.



Road sign templates

Road signs have to communicate information or warnings quickly and clearly. Try designing a road sign to let drivers know there are young cyclists ahead, or come with a design for a message about cycling that you want to communicate.



How can my school get involved?

Learn more about the OVO Energy Tour of Britain

- Ask pupils to locate towns visited by the Women's Tour on a map of the UK.
- Look at the route map and identify famous landmarks the race passes through.
- Look at the route between Haverhill and Felixstowe, where does it go? Pupils could find photographs and build a route by picture collage.
- Research the teams. Which countries will be represented by The Tour riders?
- Research Britain's most famous female riders. Where do they come from and what have they achieved?
- Use the well-known jerseys to get pupils to research their meanings.
- Use some of the stats to create fun equivalents. For example, professional cyclists consume around 7,000 calories each day compared to 2,500. How much more food is that?

For more information

www.womenstour.co.uk

www.eastsuffolk.gov.uk/leisure/cycling

