



Embargoed for 4th July 2017

Secret Training to support RTTC National 25-mile Championships

Secret Training (www.secret-training.com) announced as official partner of this year's women's RTTC National 25-mile Championships.

Experts in sports nutrition and personal care, Secret Training are delighted to be supporting the 25-mile Championships, held in Wales on Saturday 5th August 2017. They will be offering a number of exciting incentives for riders, including a special goodie bag for all entrants and prizes to all podium winners.

Tim Lawson, Founder of Secret Training says,

'We really enjoyed being a part of the Men's 10-mile event last year and only saw it fair that we offer the same level of support for the women this

time around. The 25-mile event always promises to attract a quality line up, and we look forward to seeing some fast results on the day.”

And Event Director Martyn Heritage Owen is just as excited about the new partnership. He says,

‘We are thrilled to have Secret Training on board as our official event partner. It is one of the fastest courses in the UK, holding both the men’s and women’s competition records. It is my first time hosting a National Championships, and I want to make it as enjoyable and memorable an experience for competitors as possible.’

Entries for all National 25 Mile Championship event are still open – more information of which can be found by visiting the Cycling Time Trials [website](#).

And to learn more about the Secret Training range visit: www.secret-training.com or follow the team on [Facebook](#), [Twitter](#) and [Instagram](#).

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Editors Notes:

Compiled by Martyn Heritage Owen – Event Director

The event will be headquartered at Rhigos RFC, famous for producing dual code Welsh International Dai Edwards and Dai Morris (voted into an all-time greatest Welsh XV blindside flanker).

The R25/3 course runs through the picturesque Vale of Neath. Passing Glynneath, a former industrial area famous not only for coal but also charcoal production a product used in Gun Powder.

Resolven associated with the Rheola forest of RAC rally fame and the turn at Aberdulais a site of tin and copper smelting with its famous waterfalls.

The course itself is a fast dual carriageway where the RTTC competition record was set by Hayley Simmonds in 2016 with a blistering time of 49:28 the first time a woman has broken the magic 50 minute barrier. Hayley is also the defending champion, the latest in a line of fabulous names from women's cycling; including Sarah Storey, Julia Shaw, Wendy Houvenaghel and Beryl Burton.

CTT (formerly RTTC) was founded in 1937.

Cycling Time Trials is the National Governing Body for time trials in England, Scotland and Wales. In the 1880s the bicycle was the fastest thing on the road and man on a bicycle was the boss! Naturally enough people wanted to see who was fastest and Cycle Racing on the Highways started.

Initially it was more like what we now know as road racing where all the competitors started together and the first to cross the line won.

With the introduction of the motorcar all of this changed with events being pushed off the road and onto velodromes. However there were those who

still wanted to compete on the road.

One of these, FT Bidlake by name, came up with a plan. If each rider were to be dispatched separately and just timed over the course, he wouldn't be seen to be racing, just going about his normal business “a bit quick like”! Then the person covering the course in the shortest time could be (secretly) declared the winner.

So time trialling came into being.

