

PROGRESSION RIDERS

Stage 4/8 Season 4

Rouleur Stage

Tour of Tewit Well - 40.0km

We start with C group rolling out 3 min before B.

Rouleur Chase Pot:

Refer to part 2.3 - Rouleur Stage in the Rulebook.

The short of it:

Slow catch = C group riders gets more Yellow points.

Fast catch B group riders takes more.

Segments for the Jersey Game as described below:

Lap 1



Yorkshire KOM Rev.

Lap 2



Yorkshire KOM Rev.

At Pot Bank:

C Group starts Rouleur Segment

At catch **AND** past Pot Bank:

B Group starts Rouleur Segment

Lap 3



Yorkshire KOM Rev. **FAL**

— **REGROUP -**

At Pot Bank:

Both groups starts Rouleur Segment

Lap 4



Yorkshire KOM Rev. **FAL&FTS**

This one is all about repeated threshold and over-threshold efforts — breakaway style.

Hard chase, attack, short recovery, attack again.

Who can hold it and earn the points?

Perfect race prep in a friendly group-ride format.

See you Sunday!

