

Time Trialling



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What Is Time Trialling

- Time trialling is a test in the accuracy of the driver to keep to a set average speed regardless of what the road entails and of the Co-driver to warn the driver of any issues and let them know how fast, slow or perfectly they are going.
- What does time trialling not entail?
 - Racing down straights at 130km/h and crawling around the turns at 30km/h
 - Speeding off at the start to race the first half of the stage then slowing to finish
 - Just going as fast as you can

So How Do I Figure Out How Fast I Should Go?

Targa NZ 2021 VCC Average Speeds & Times				
Stage No	Stage Name	Stage Length	VCC Average Speed	VCC Stage Time in Minutes
1	Marakopa/Awakino	36.5	70.65	31
2	Te Anga	42.77	71.28	36
3	Otewa	44.58	72.29	37
4	Oparure Road	23.37	73.80	19
5	Totoro Road Extended	22.63	75.43	18
6	CANCELLED			
7	Inglewood Jumps	26.04	71.02	22
8	Ratapiko	18.2	68.25	16
9	Whangamomona 1	38.98	73.09	32
10	Ohura	34.74	74.44	28
11	Whangamomona 2	39.09	71.07	33
12	Mt Egmont	20.78	73.34	17
13	Hurworth	9.68	82.97	7
14	Dover/Oxford Roads	13.97	76.20	11
15	Warea	10.11	75.83	8
16	Douglas	15.35	76.75	12
17	Insane Eltham	23.66	78.87	18
18	Kohi Loop	23.11	77.03	18
19	CANCELLED			
20	Fields Track	26.86	70.07	23
*21	Waiouru	11.75 ^{11.72}	78.33	9
22	Mataroa	20.22	71.36	17
23	Gentle Annie 1	25.82	73.77	21
24	Gentle Annie 2	28.49	77.70	22
25	Gentle Annie 3	29.69	77.45	23
26	Crownthorpe 1	36	72.00	30
27	Hedgeley	26.89	73.34	22
28	Crownthorpe 2	36	74.48	29
29	Raukawa	37.33	74.66	30
30	CANCELLED			
31	Tod/Middle Rd	23.95	75.63	19
		36.71	75.95	29

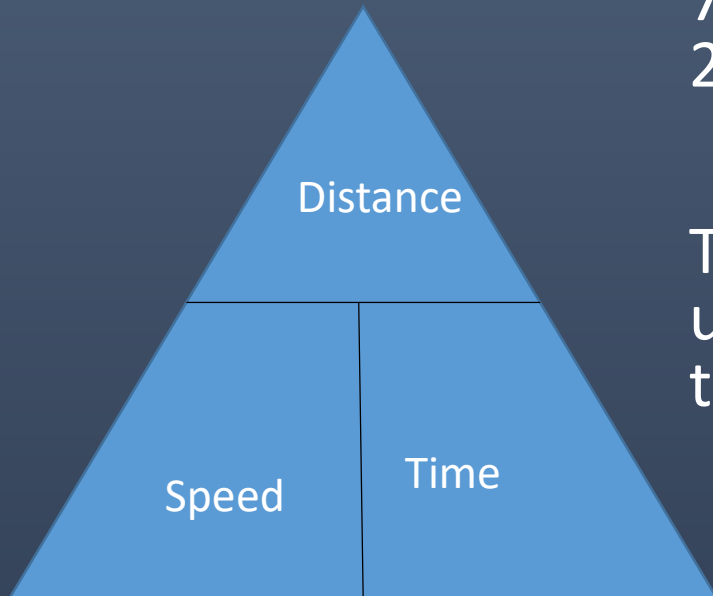
Before you start the event you will be given a list of each stage with the: Length, Average speed and Time to cross the finish line.

From this you can then work out at what time you should reach any point in the stage.

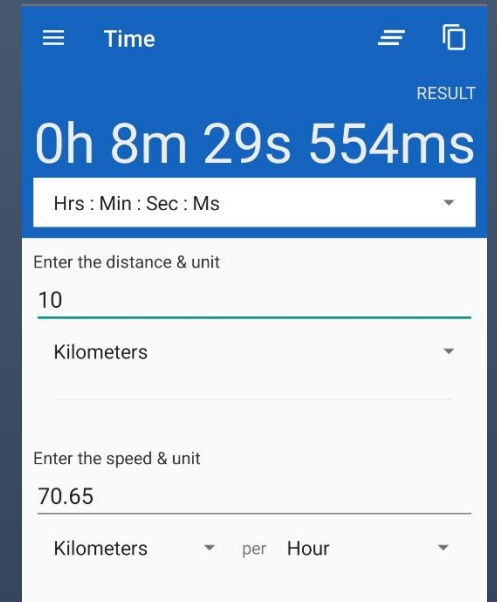
How To Calculate What Time I Should Be At What Point?

As seen in the triangle it is all basic math.

So if we were doing stage 1 and wanted to know what time we should meet 10km in we would find that travelling at 70.65Km/h we would get there at 8min 29sec



This can easily and quickly be calculated using a time distance speed calculator on the app store.



So How Can I Put This Into Practice?

- Your road book contains all the important information for a stage. Because of this you will want to record your anticipated times of arrival in a way that is easy to access alongside the road book.
- 2 common ways of doing this are:

Recording Inside The Road Book

TC 23 GENTLE ANNIE 1		DISTANCE	LEG	PAGE
TC 24 GENTLE ANNIE 2		27.02 KM	SECTION: 8	414
STAGE NAME: GENTLE ANNIE 1		AVERAGE	TIME	
25.82 KM		73.69 KM/H	25 MINS	
DISTANCE TOTAL	DISTANCE PART	DIRECTION	DESCRIPTION	DIST. TOT. REGRESS
0.00	0.13	↑	SS 23 BY TREE ON RHS TIGHTEN YOUR BELTS	27.02
4.62	4.62	↖	LARGE CONCRETE SIDED BRIDGE	22.40
7.32	2.70	↘	CAUTION FAST APPROACH TIGHT ENTRY ONTO SINGLE LANE BRIDGE LARGE DROPS ON OUTSIDE	19.70
7.56	0.24	↘	TAIHAPE NAPIER RD MOAWHANGO VALLEY RD	19.46
7.88	0.32	↘	WHEREWHERE RD RETIGHTEN YOUR BELTS	19.14
9.20	1.32	↘	BURRIDGES RD	17.82
	2.95			16.60

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DISTANCE TOTAL	DISTANCE PART	DIRECTION	DESCRIPTION	DIST. TOT. REGRESS
12.15	2.95	↖	CAUTION OVER BROW	14.87
12.74	0.59	↖	MAKOKOMKO RD	14.28
18.98	6.24	↘	CAUTION CORNER TIGHTENS OFF CAMBER	8.04
25.80	6.82	↑	SS 23 BY STEEL GATE ON LHS NEXT TO GREEN BARN	1.20
26.21	0.41	↑	STOP SS 23 JUST BY INSET DRIVE ON LHS BY GREEN SHED	0.81
26.85	0.64	↑	REFUEL REFUEL ON METAL AREA OUTSIDE RED SHED	0.17
	0.17			

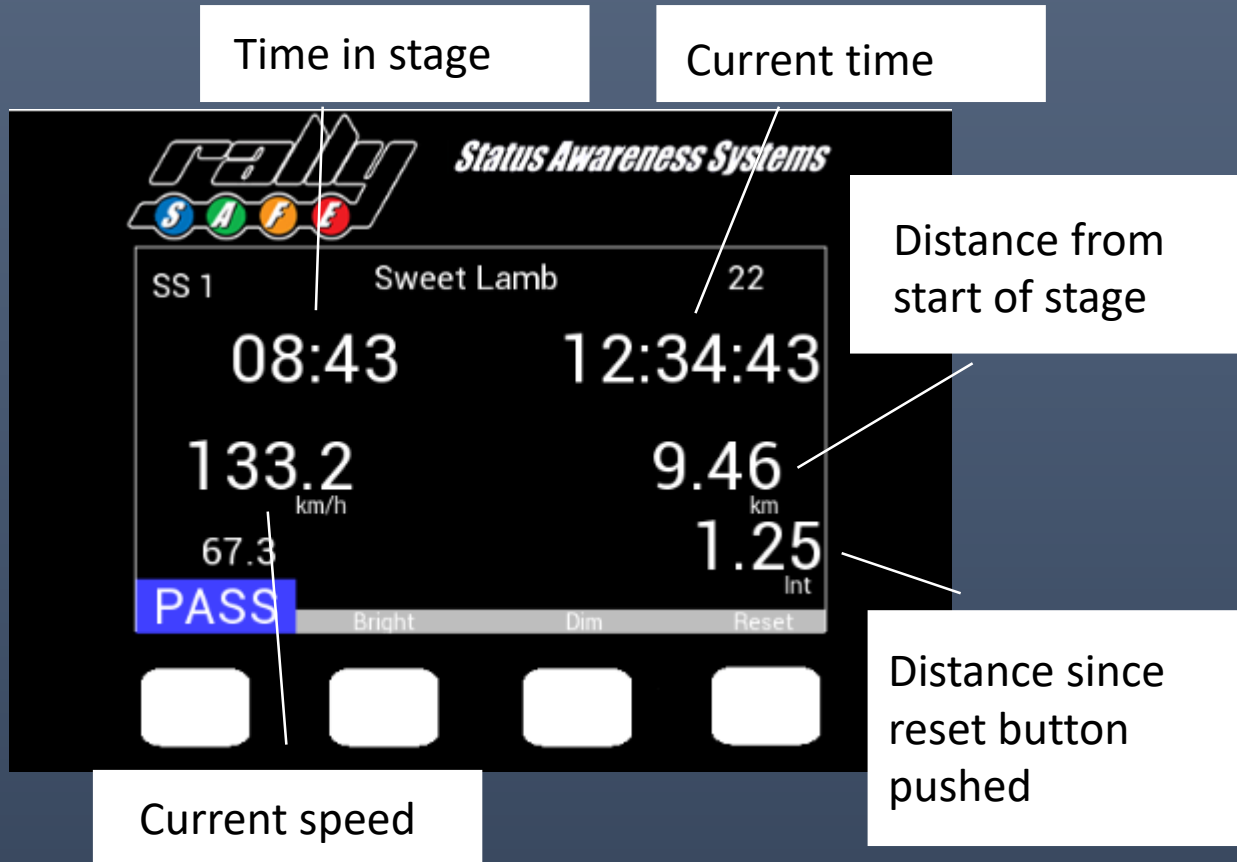
Recording Alongside The Road Book

Km into stage	Time min/sec
4.62	3.45
7.32	5.57
7.56	6.09
7.88	6.24
9.20	7.29
12.15	9.53
12.74	10.21
18.98	15.26
25.80	21.00

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Am I Running Fast or Slow?



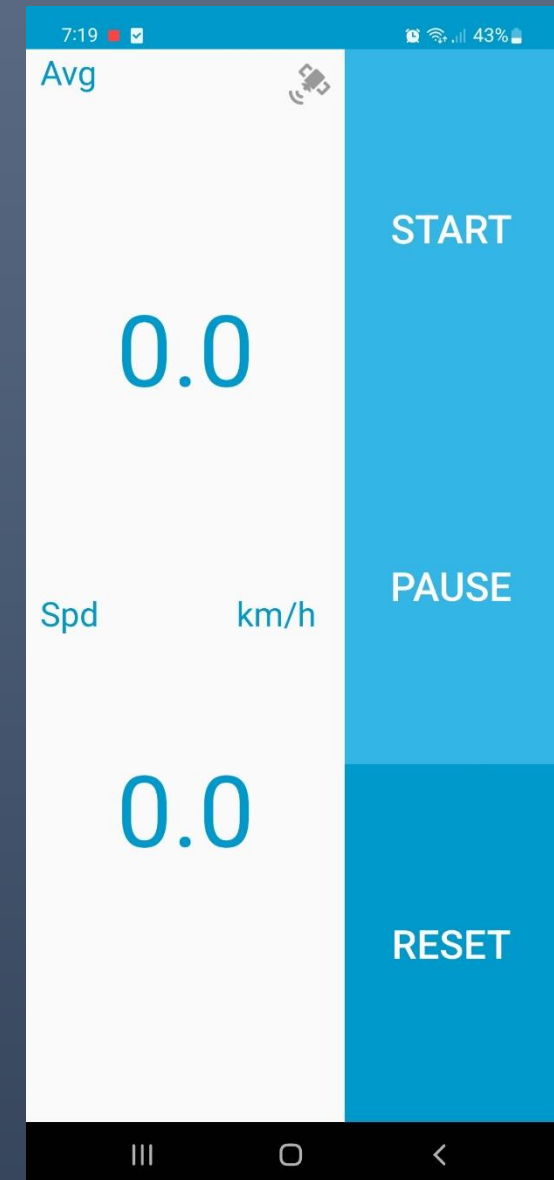
- Say we had an arrival time for 9.46km into stage of 8 min 45 s then on this screen we have arrived 2 seconds early to our point. This means you are travelling 2 seconds too FAST.
- If you were to have an arrival time of 8 min 40 s then you have arrived 3 seconds late an you are travelling 3 seconds too SLOW.

Extra Hints

- The key to being accurate for a time trial is to not let your speed swing too far from the set speed. Think of your speed like a pendulum. The wider it swings one way the more it wants to go the other way and the harder it is to steady it.
- Therefore maintaining a constant speed and not doing corners slow and straights fast make keeping to time much easier.
- Many of us find it much easier to make up time rather than lose time due to our inclination to be lead footed.

Extra Hints Continued

- On each stage there is a way point somewhere that you can also lose points at. Therefore keeping an accurate speed throughout is vital.
- Having an accurate GPS is vital for the driver to allow them to drive to the speed rather than approximate the speed. We prefer the Avg Speed app for its clean easy to read screen. (Screen shot on right)



More help?

- I am more than happy to help anyone improve their understanding of how this event works or how to become more accurate. So please send me an email or text message to arrange a time to chat.
- coordinator@urg.co.nz or 027 226 1266

- A Little about me:

Along side my Dad (Russell Yates) we have won the 2019 and the 2021 5 day VCC time trial. I enjoy the challenge of doing the calculations on the run while also warning of any hazards ahead. I would love for this class to become more competitive and encourage anyone to ask any questions or ask for help if you are struggling.