

FLAMME ROUGE

R A C I N G



presents the

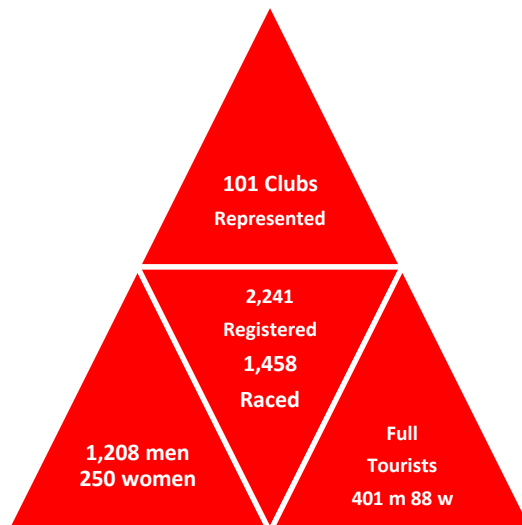
FRR *Event Report*

Series 3

Tour France

Oct 21 – Oct 29

V20231031.1



Simply the best Tour on Zwift... (your words again...)

This Tour has been simply staggering in so many ways, in 2020 our first Tour had just 80 registered riders and France Series 3 hit 2,000 before Stage 1 rolled out.... I hope this is testament to us doing something right and all the promotion you all do across platforms and social media. We listen, adapt and look to make each iteration more challenging and fair across every class – we might organise the Tours but it is the riders that make them.

I've said it before FRR is more than just a set of races where riders compete and go away till the next time. The vast majority of riders really connect in races and on the social media platforms to create a great Tour vibe which carries across every day as we live, breath and push ourselves further than we thought possible. New riders cannot imagine at first how this works as everyone is so used to the same same race smash fest and come back next week – but not here.

This Tour Discord was really seen at full force, we made more effort to keep everyone up to date with developments and despite early new rider chatter the discussions were constructive as they realised this isn't your normal event. We try and deliver an IRL Tour environment, results need to be swift, riders must feel informed and equally need to know where to ask for help.

Communication is key and we certainly try whether it is by answering emails using Google translate or putting out survival guides for new riders looking to pick up some pointers that older hands already know... Over the course of the Tour not a single email was unanswered nor message not responded to.

Equally Race Control will address the difficult questions too, we always try to do this in a fair and balanced manner and we are never afraid to take swift action when needed to protect the integrity of the Tour and what we offer.

The Tour is a fast moving exhausting event physically and mentally, and I do recognise that this was perhaps the hardest Tour we have put out there to date... you can sort of blame all those other event pretenders for claiming to be hardest, most inclusive etc.... but no matter what they call themselves it was done here long before they coded a line... and none of them deliver the level of competition across all riders, have the engagement or the level of support that we do... and all within 24hours!

FRR is a series unlike no other, do we get everything right... no... do we know everything ...no... but we do listen, learn and adapt to fine tune and improve each Tour and that's perhaps why so many return and bring more and more friends each time and for that we thank each and everyone one of you because whatever your goal for the Tour we are in it together and of course not everything is in our control as Stage 8 proved – but we overcome and move forward.

Results Summary

Thank you everyone for making the event, everyone who won a Jersey this Tour plus Readhead awards will receive that very special ***FRR Jersey*** in their locker before the next Tour begins....wear it with pride as you earned it!

Performance Verification

Race Control takes this duty seriously throughout the Tour and in any event we host – fair and transparent racing is our aim always for everyone. This responsibility continues post event too as we continued to help review and eventually ban 2 riders who thought that Zwift is there for them to disrespect the platform, FRR and their competitors....

They will be back I'm sure but for now they are gone – results have been amended in the report (it's too late to recalc the entire Tour and it would not affect the Team standings... and at this stage no \$ are on the line.. but their deception has enhanced our stance on verification and the steps we may need to go to accept submissions when asked.

Genuine riders will not have any issues completing the process.

Team League

As ever the Team prize takes the most effort and coordination to succeed, **EVOLUTION** took a commanding lead in the early stages with massive coordination across all classes and gender which is what it takes in order to succeed in the Team space. As I said in the summary there are no events on the platform that deliver this type competition in a multi event format and it's a key aim to keep Teams and riders engaged and having purpose to ride from Stage 1 to the very end.

Congratulations to **EVOLUTION** winning by just 2 points from **OTR** I think proves that this is a great Team competition and Teams need volume and a wide mix of riders to make that challenge. **ABR** jumped on to the podium in the last stage too pushing out DIRT by just 1 point need I say more!

Team REVO should also be congratulated coming 5th overall as the highest placed all female Team exceptional performance again...

I'm sure Teams will be back in Britannia with renewed effort and tactics...

CAPSAICIN (CAP)

The competition at this level asks for so much more scrutiny all for well documented reasons. As organisers we can do and ask so much and I'm so pleased that riders who were asked responded – more on this in the lessons section. However post event two riders have since been further investigated and found to be operating a complete identity fraud – they have now been removed

Eirik Jungar [OTR] is a worthy winner of **GC** after 8 hard stages, 10 hours of racing, some serious climbing and an iTT that broke many he took the title by just 21seconds from **Jan Steinmann (WLECOL)** who knows how this battle would have played out without the distraction of others.

Paul Hamblett (BURRITO) secured the **Combined Jersey** showing his class across sprint, climb and finish edging out Jungar and Luke Elton (BURRITO)

Jason Robinson (DRAGONS) secured the **Green Jersey** well before Paris and **Hamblett** took the **Polka dot Jersey** to go with the combined jersey.

DRAGONS BREATH (DRA)

Just 24 minutes down the road was **Jakob Wilson (RELENTLESS)** who secured **GC** by just 76seconds from **Michael Greiner (OMG)** with **Thomas Evans (TACTFC)** a further 33seconds back. Top 5 rides split by just 5 minutes....!

Greiner (OMG) secured the **Combined Jersey** well ahead of **Andrew Dinsmore (TACTFC)** and **Jean-Christophe Beaulieu (OPT)**.

Duncan Johnson (OTR) secured the **Green Jersey** by just 3 points from Beaulieu and **Greiner** took the **Polka dot Jersey**.

CAROLINER REAPER (CRP)

Nathan Miller (RELENTLESS) who secured **GC** by just under 3minutes (he begged to be upgraded to DRA but next time...) from **Paul Carr (LVLESPORT)** with **David Squirrell (DIRT)** taking 3rd place... sure he was coming to try one stage!

Squirrell (DIRT) secured the **Combined Jersey** well ahead of **Eric Barnhorst (DIRT)** and **Monnier Remy (BIKES-FR)**.

Jasmin Marinelli (5W4T) secured the **Green Jersey** by just 3 points from Squirrell (I did see a sub 10s sprint in Paris too that simply was blistering from Jasmin...!) and **Squirrell** took the **Polka dot Jersey** to go with his combined jersey.

GHOST (GHT) - Mens

Mark Furler (LVLESPORT) secured **GC** by 12 minutes from **Ulli Fella (TALENTF)** with **Christian Moxon (WLECOL)** taking 3rd place.

Ally Loney (DIRT) secured the **Combined Jersey** ahead of **Furler** with **Snowy Pruett (DIRT)** taking 3rd place.

Mike Hoodless (ART) held the **Green Jersey** by just 3 points from **Wendell (USMES)** and **Furler** took the **Polka dot Jersey** to go with his GC jersey.

GHOST (GHT) - Ladies

Minna Kangas (Evolution) secured **GC** by 22 minutes from **Annie Poland (OTR)**, we know we need more ladies of this class and they are out there... will certainly be making a push to attract more but let me say this by no means detracts from our winners here...with Minna finishing 69th overall on time and Annie 120th...

Minna secured the **Combined, Green** and **Polka dot Jersey**'s ahead Poland – for their efforts both will be rewarded with the very special and exclusive FRR Jersey.

HABENERO (HAB) - Mens

Christer Sehlstedt snatched **GC** by just 54seconds from **Robert Egelnor (SZ)** in Stage 8 with **Sören Schumacher (ZRG-R)** taking 3rd place.

Egelnor (SZ) just held the **Combined Jersey** by just 2 points from Kial Jackson (BURRITO) ahead of **Tim Burn (ABR)** taking 3rd place.

Dylan Van der westen (TEAMNL) held the **Green Jersey** by just 2 points from **Burn**.

Adam Harper (EVOLUTION) had an incredible battle with both **Egelnor** and **Jackson** to secure the **Polka dot Jersey** by 1 single point.. wow.. how close!

HABENERO (HAB) - Ladies

Holly Diop (COALITION) after nearly 12 hours of racing secured **GC** by 10 minutes from **Angela MacRae (EVOLUTION)**.

Diop put some daylight in the competition on Stage 6 heading towards the Alpe on Stage 7 where MacRae and Diop were separated by just 20seconds after over 3hrs on the road. **Sophis Smits (TEAMNL)** took 3rd place just over 1 minute back.

Jen Moroz (OTR) secured the **Combined Jersey** ahead of **Diop** with **Katie Loker (BURRITO)** taking 3rd place just 9 points further back.

Katie Loker (BURRITO) powered the **Green Jersey** and **Moroz** took the **Polka dot Jersey** to go with her Combined jersey.

SCOTCH BONNET (HAB) - Mens

Eric Loenz (TACTFC) took **GC** by under 3mins from **Stijn Bollen (COALITION)** the competition was intense all week and could have gone a few ways as stages 6 and 7 approached. **Alejandro Ruiz (SISU)** took 3rd place.

Lorenz (TACTFC) held the **Combined Jersey** by just 16 points from teammate **Philip Sudworth (TACTFC)** with **Ruiz** taking 3rd place.

Michael Noorlander (TEAMNL) held the **Green Jersey** by just 2 points from **Sven Bessems (WOWOW)** proving that cycling heritage in Europe remains strong.

Philip Sudworth (TACTFC) secured the **Polka dot Jersey** on stage 7 fully deserved.

SCOTCH BONNETT (HAB) - Ladies

Yvonne Timewell (AEO) took **GC** by 8 minutes after 12hours of racing on the virtual road from **Aliseeyah (DRAFTDINO)** and **Jesse Whitaker (EVOLUTION)** in 3rd place.

Timewell made a decisive statement on Stage 6 with Stage 7 ending as a closely matched day between the top two.

Jesse Whitaker (REVO) secured the **Combined Jersey** with commanding finishing points to stay ahead of **Timewell** and **Aliseeyah**

Sarah Ryan (FRR) edged past Whitaker to wear the **Green Jersey** by 1 point from Whitaker and **Whitaker** took the **Polka dot Jersey** to go with her Combined jersey.

CAYENNE (CAY) - Mens

Marc Garcia (HISP) took **GC** by 8 minutes from **Richard Chilvers (ART)** with teammate **Darren Boswell** taking 3rd place.

Pedro Miguel (TugaZ) held the **Combined Jersey** from teammate from **Andrew Mudge (EVOLUTION)** and **Karsten Heimbach (ZWIFTKLUB)** taking 3rd place.

Chris Rees (EVOLUTION) secured the **Green Jersey** and **Miguel (TugaZ)** secured the **Polka dot Jersey** to go with his Combined jersey.

CAYENNE (CAY) - Ladies

Zoe Mackay (LGBTQ) took **GC** by 12 minutes a lead that she virtually held from start to finish with a great show of power throughout the Tour. **Beth Philips (WCC)** came in second and **Julia Brook (EVOLUTION)** commanded 3rd place.

Mackay (LGBTQ) secured the **Combined Jersey** ahead of **Brook** and **Renne Anseeuw (REVO)**.

Daffner (DIRT) secured the **Green Jersey** and **Anseeuw** took the **Polka dot Jersey** both in tight competitions that went down to the final stage with points.

JALAPENO (JLP) - Mens

Kevin Walsh (HERD) took **GC** by a good distance from **William Corry (EVOLUTION)** with **Paul Corkill (ABR)** taking 3rd place – predictably Stages 6 and 7 certainly making the difference here.

Walsh (HERD) held the **Combined Jersey** too from Corry and Corkhill to make it 2 Jerseys which was soon followed up by the **Green Jersey** and **Polka dot** to make the only male clean sweep on the Tour along with Minna Kangas.... I'm sure Kevin will look forward to even more of a challenge next Tour..

JALAPENO (JLP) - Ladies

Anneli Kylén (SZ) took **GC** by 9 minutes a lead that was held by **Elisabete Ribeiro (TugaZ)** right up to stage 7 when Anneli found stronger legs up the decisive Alpe climb.

Nikki Faulkner (DRAFTDINO) came in 3rd place after a tight battle with both Tara Follett (REVO) and Michelle Spicer (TBW) separated by just 2 minutes after 14 hours of racing.

Anneli Kylén (SZ) secured the **Combined Jersey** ahead of **Mieke Block (ZWIFTKLUB)** and **Katrin Junkers (RCP)** held on to 3rd place by just 2 points from **Ribeiro**.

Tamara Christina (USMES) secured the **Green Jersey** by just 4 points from **Block (ZWIFTKLUB)** and **Kylén (SZ)** took the **Polka dot Jersey** taking a 3rd jersey on the Tour.

PEPERONCINI (PEP) - Mens

Mark Sole (ABR) took **GC** by a country mile from **Gary Cooper (DRAFTDINO)** with **Alvaro (HISP)** taking 3rd place.

Lest we forget that riders here on average spend 50% more time on the virtual road than higher classes so their (and that of JLP and CAY riders) is to be admired as much as any.

Cooper (DRAFTDINO) took the **Combined Jersey** from **Sole** with **Jason Botterill (WCC)** taking 3rd place.

Cooper (DRAFTDINO) secured the **Green Jersey** and **Sole (ABR)** secured the **Polka dot Jersey** to collect a brace of jerseys each.

PEPERONCINI (PEP) - Ladies

Silke Bükler (WATTFAB) took **GC** with **Lillian Taylor (ABR)** in second and **Shaz Bat (REVO)** holding 3rd place.

Jack Cat (OTR) secured the **Combined Jersey** ahead of **Sharon Blegg (RAVE)** held off **Shaz Bat** by just 3 points.

Shaz Bat (REVO) secured the **Green Jersey** and **Sharon Blegg (RAVE)** took the **Polka dot Jersey** both very well deserved and hard earned.

This brings us nicely to the **Readhead** award, which for those that are unaware is an award made to riders who throughout the Tour go above and beyond to achieve their goals and an award named after the first recipient 'Hilary' who FRR drove to new heights in the first ever Tour – France and ended up in that very exclusive Club F40 by doing them all!

Readhead Award

Over the course of 9 days stories emerge, and riders are drawn into the Tour taking them further than they have ever been before in virtual events it's very much part of the experience which new riders to the event do start to share as the days progress.

This week we had riders who had never even considered doing the Alpe or Ven-Top, let alone the Four Horsemen (or our version), riders who completed stages in the small hours given Zwift crashes or continued on solo when Zwift put them in the Twilight zone by themselves for 90km and riders who unselfishly supported other riders all week... all require a special type of person and that's who we look to find over the week.

MaryJane (GALAXY) is our first awardee, enjoying her first experience of FRR completed all 8 Stages but crucially Stage 7 ... whatever happened on Zwift she had no company as she entered the Twilight zone of virtual racing, no draft, no friends for a ride on just Discord and email where we reassured her if she finishes we will count it... While not the longest on course that day she still spent 4 and half hours alone and for that sheer determination the award is more than deserved.

Howard Blegg (TBW) and **Sharon Blegg (RAVE)** showed that supporting each other across all 8 Stages was the best way to get through the Tour together.... And given how our household works keeping the piece in the home during such a hard week is the best and only course of action.

Alejandro.UA (CRYO-GEN) went above and beyond to complete the Tour on Stage 7 with 3rd time lucky, after 2 Zwift crashes he completed the final event with just 2 others .. starting out around 4am his time... what have we done to make riders choose to do this of their own free will!

And finally in the dead of night I need to recognise how supportive our Tour family is when Race Control is in sleeping on the job... Stage 7 saw the UK clocks change which despite best efforts seemed to throw the last event out on timing... riders showed up only to find the event was underway... disaster but **Steve Fish (OTR)** was on hand to help set up an event for **Fredi Sonderegger (EVOLUTION)** and **Bob Horn (SISU)** to complete their Tour journey.... With Fredi just staying out to join Stage 8 immediately after ... incredible by all three and full deserved in recognition.

[Tour France Series 3 Podium Report...link](#)

and finally...

I want to thank everyone who has taken the time to send funds through the [FRR GoFundMe](#) page, we do not push this and mention it only in passing as we all have our lives to live and I know we are all living in a much harder economic period than most can ever remember.

I'm honoured that you let me into your lives each Series and appreciate every donation and ounce of perspiration. FRR will continue to evolve and adapt and if in that journey you want to contribute then donations to the cause are fully appreciated to keep this show on the road...

As you may know 20% of donations received will be used to support causes World Wide and we have linked up with our chosen charity [Cyclists Fighting Cancer](#)

The Tour now moves on to **Tour Britannia**, Profiles will reset and LOANs will be removed. Please read the changes and lessons learned as set out below, these will be in force for the next Tour and it is key these are understood – we remain **PRIVATE** and we will be using a revised method to class riders and allocate their FRHC and the Tour will improve again!

What's next....Tour Britannia on 25th November....put back a week while we finalise update the site with the enhancements....

The event is more than a set of virtual riders who can select an open Zwift event, riders return Tour after Tour and just like IRL the participants know each other and instantly bond – FRR is a competitive family and together we make the event what it is and something where feedback is listened to and can influence how the event you ride can improve the experience.

I want to thank you all for joining the FRR Tour Series – the competition, camaraderie, team support, feedback, positivity and support is simply overwhelming – what we do is very personal to us and I see that too in the riders who join and contribute.

Finally, a very special thank you Hayley and my family for supporting me throughout the Series – it's an immersive experience all the way through and I couldn't do it without them.

Late nights, early mornings, laptops in service stations, laptops in the bed at night, in stands at football games, car parks wherever it is needed – reacting every day 24/7 to ensure events run as well as possible, keeping results timely and any adjustments made are quickly decided upon and communicated to everyone from New Zealand to Hawaii...

We wouldn't have it any other way!

See you very soon!

Richard & Hayley

Join us in the [FRR Facebook Event Group](#) and we also have a [FRR Discord](#) server

Event Lessons Learned & Improvements

If you have any additional observations then please contact [Race Control](#)

Reminder Our Tour aims...

- Multi day stage event where fatigue comes into play
- Rider engagement from Stage 1 to the end
 - Mixed Team racing
 - Fair racing Classes
 - Your Race Your Way – Race any event each stage
- Engage riders of all levels
- Remove game features and level the playing field
- Fair, honest and respectful racing

The points below will not go over the various arguments made over the course of the week, but the changes outlined are as a direct result of all that discussion and input.

Feedback Point	Comments
Event PENs	<p>Moving back to a single PEN removed the choice discussion but consequently increased the speed at the start, especially given the size of some of the most popular times.</p> <p>Speeds are generally pushed up by the A+/A male riders and everyone else sinks or swims until they can do so no longer.</p> <p>Is this what we intended... no is the simple answer especially as we pens are mixed in ability and gender.</p>
	<p>CHANGE</p> <p>We will run 2 PENs for Britannia.</p> <p>PEN A – Male only A+/A riders (CAP – DRA – CRP)</p> <ul style="list-style-type: none">- Any rider of a lower class joining this PEN will be upgraded to CRP if their class is lower- Domestiques can join but must quit the race before the end or an upgrade would be applied potentially <p>PEN B – Mixed all other riders +2min after A PEN to remove temptation to try and chase to the A pen</p>

<p>Flamme Rouge</p>	<p>One for the memory everlasting – keeping this here for new riders!</p> <p>Now whenever you are watching a race on TV as rider's pass under the 1km banner and the commentator says 'Flamme Rouge' you will think of FRR.</p>
<p>FRHC Setting</p>	<p>France set FRHCs based on a simple matrix of mixed and ladies CAT to place riders.</p> <p>Previously we considered NP, gender, weight, CATs etc... but the difference between having a complex grading process and a simple one which is understandable/transparent is small. So why be complex looking for an answer that isn't there...!</p> <p>New riders would automatically be placed higher.</p> <p>Known riders to FRR additionally had their FRR race history considered in order to override the process.</p> <p>In both circumstances if riders thought they were too high then we advised contacting Race Control for a review.</p> <p>We processed many reviews before Stage 1 and we recognise that many don't fully engage until the event starts and it's only at that point do they realise they should have asked...</p> <p>We have FRHCs, Zwift has CATs, zFTP, ZR.app has gemstones/metals and vELO has an index – we are currently comparing those to determine an explainable difference.</p> <p>Ultimately each rider knows where they really are and Britannia will 'renew' that understanding and here is how....</p> <p>CHANGE</p> <p>Step 1. We will use Zwifts zFTP score which is shown on everyone's home page on Zwiftpower and their weight (kgs)</p> <p>Step 2. We calculate a Wkg (zFTP/kg) which will then fit into our revised FRHC levels (refer to the table at the end of the document) to set your baseline FRHC – recognising that the zFTP may not be perfect but it is understandable and transparent to everyone</p> <p>Ands the difference...</p> <p>Step 3. Rider can CHOOSE to upgrade, stay with the baseline or downgrade – so it's your choice you know you...</p> <p>Sandbaggers</p> <p>Now the obvious comment is, why would riders not downgrade or sit lower when really they should be higher... Upgrades will attract both</p>

	<p>rider and Team penalty points – more on that as we get closer to Britannia.</p>
<p>GC Timing</p>	<p>GC remains the top prize for many and event size drove the fastest times but of course not everyone can make those times, as suggested using eGAP should give everyone a chance at GC where ever they race... the benefits outweigh the shadow scenarios so we will try it.</p> <p>CHANGE</p> <p>eGAP will be used for TOUR GC time this will remove the need for riders to join the largest events</p> <p>GC Time will be cumulative eGAP time over the entire Tour as shown in the Leaderboard table we posted for France.</p>
<p>ITTs & Upgrades</p>	<p>With riders' self selecting their FRHC it is essential that riders are within the range of their class and this means extending upgrades to iTT Stages.</p>
<p>Points – iTT</p>	<p>CHANGE</p> <p>iTT stages will have double finish points to compensate for having no segment points.</p>
<p>Rider verification</p>	<p>Verifying riders given performance is a organisers duty for the good of the Tour and reputation.</p> <p>Verification is private, sensitive and all riders who join the Tour agree to fully cooperate if requested by Race Control.</p> <p>Information is not shared and will remain private.</p> <p>The process is as follows.</p> <p>CHANGE</p> <ol style="list-style-type: none"> 1. Race Control contacts riders via email/Discord 2. Riders will be requested to provide: <ul style="list-style-type: none"> • Height and weight video to verify their BIO details • Video of Zwift setup including smart trainer, pedals etc..

	<ul style="list-style-type: none"> • Strava accounts if private must be granted access to Race Control and .fit files made available for requested events • Rider will give their consent to Zwift via email to allow Zwift to confirm to Race control the Smart Trainer used for Tour events <ol style="list-style-type: none"> 3. Riders will be given a suitable amount of time to review and provide the information requested 4. Riders who fail to cooperate will be suspended from the Tour and post Tour excluded from entering future events. 5. FRR Jersey holders will have those Jerseys removed
<p>Smart Trainers</p>	<p>Within a riders Profile we ask riders to complete what they use as their primary and secondary power source.</p> <p>CHANGE</p> <p>It is now mandatory to use a Smart Trainer as your primary power source not power meter pedals.</p> <p>Pedals are acceptable where these are the only option.</p>
<p>Team Competition</p>	<p>CHANGE</p> <p>For Britannia we will also introduce a Team competition by gender in addition to the mixed competition that is already used</p> <p>We will determine the number of qualifying riders for each stage closer to the date...</p>
<p>Web site</p>	<p>Improvements to the look feel and operation need to be made which may run beyond my reading ability, however I have been contacted by a couple of rides who may be able to help.</p> <p>So let's see how the site moves forward... this little project seems to have grown some what!</p>
<p>World Trophee</p>	<p>Now we had great hopes for this event last year but it seems there were other distractions on the day that took riders elsewhere....</p> <p>The event looks to ring together all racers into a single event to determine who can take the FRR Bands. April 12th is the date and we will update more on this as we get closer.</p>

Your Race Your Way – Time slots

Riders have requested more time slots which may then enable increased participation in both APAC, Europe and the America's. We have tweaked the times slightly given the daylight savings and looked to reduce slightly (as it's still the hardest Tour remember) the length of time on the virtual road during the week.

We should now be offering 6-7am time slots in most regions and 730pm evening slots in most regions and with GC Time moving to eGAP then we hope this very much evens out events.

CHANGE

Timeslots:

0600UTC 0830UTC 1100UTC 1400UTC

1800UTC 1930UTC 2330UTC 0130UTC

CHANGE

All events with the exception of the final Stage will be subject to upgrade based on a riders race average WKG fair margin.

FRR will always retain the right to adjust riders where exceptional performance is evident.