

A group of seven cyclists, including six men and one woman, are posing for a group photo. They are wearing matching cycling jerseys that are dark blue on top and white on the bottom with a red skyline graphic. The jerseys feature the text 'AUDAX RANDONNEURS SINGAPOUR' and 'PARIS-BREST-PARIS 2019'. They are also wearing helmets and some have high-visibility yellow jackets. They are standing with their bicycles in an outdoor setting with a stone building and a white van in the background.

PARIS BREST PARIS

2019

19TH EDITION



May 21, 2019 -Singapore AUDAX

Singapore AUDAX History

2003 - present



- Started in 2003 in Singapore by Jean-Francois Torrelle
- Three riders from Singapore did PBP in 2007
- 11 riders from Singapore did PBP in 2011

Paris - Brest - Paris 2015

26 Riders from Singapore Signed up for PBP in 2015. This year we have 12 riders going.

Paris-Brest-Paris History



1891

207 riders – pro & amateur

Only Frenchmen allowed

100 Finishers

Fastest time 71.27 hours

ORGANISÉ PAR **Audax**

PARIS BREST
SAINT-QUENTIN-EN-YVELINES

R A N D O N N

PBP All Time Facts

All time Fastest time male

➤ 38hours 55 mins in 1951

All time Fastest time female

➤ 44hours 15 mins in 1995

Fastest time 2011

➤ 44hours 13 mins

Fastest time in 2015 [unsupported]

➤ 42 hours 26 minutes



PBP 2015 – Facts & Figures

6094 Registered

224 DNS

Starters 5870

DNF 1113 or 19%

Disqualified 3

Finishers 4754

Out of Time 144

Men Registered 5732

Women Registered 362

Major Local Accomplishments Singapore AUDAX

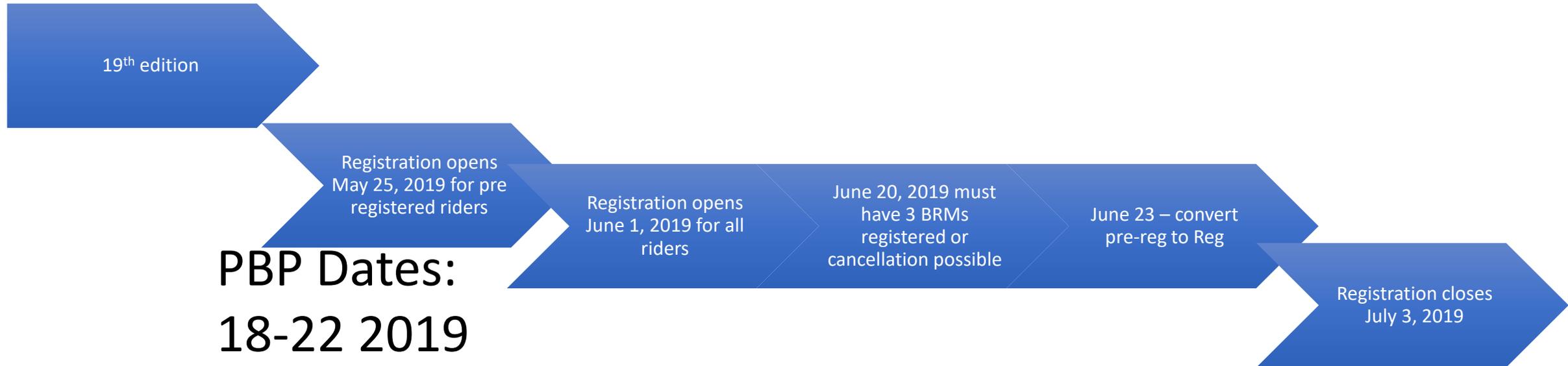
➤ *First ever Singaporean Woman to Complete PBP – Khina Ong*

Global Event

Riders' distribution by geographical origin

	Africa	America	Asia	Europa	France	Oceania	OVERALL TOTAL
Registered	23	702	553	2642	2079	95	6094
DNS	2	26	18	110	66	2	224
Started	21	676	535	2532	2013	93	5870
DNF	2 (9,5%)	157 (23,2%)	223 (41,7%)	320 (12,6%)	395 (19,6%)	16 (17,2%)	1113 (19,0%)
Disqualified				3			3
Finishers	19	519	312	2209	1618	77	4754
Out of time	2	22	37	45	35	3	144
HOMOLOGATED	17	497	275	2164	1583	74	4610

Paris-Brest-Paris 2019



➤ **No Country Limits – 6700 spaces available**

Qualify 2018-2019

Distance Horaires / Open - Close	signature et cachet de contrôle Signature and mark of control	Distance Horaires / Open - Close	signature et cachet de contrôle Signature and mark of control	Distance Horaires / Open - Close	signature et cachet de contrôle Signature and mark of control
1 Km : Lieu / Place : Adresse / Address : h.....à.....h.....	 Heure de passage Arrival timeh.....à.....h.....	5 Km : Lieu / Place : Adresse / Address : h.....à.....h.....	200KM Heure de passage Arrival time 300KM	9 Km : Lieu / Place : Adresse / Address : h.....à.....h.....	Heure de passage Arrival time
2 Km : Lieu / Place : Adresse / Address : h.....à.....h.....	 Heure de passage Arrival timeh.....à.....h.....	6 Km : Lieu / Place : Adresse / Address : h.....à.....h.....	400KM Heure de passage Arrival time	10 Km : Lieu / Place : Adresse / Address : h.....à.....h.....	Heure de passage Arrival time
3 Km : Lieu / Place : Adresse / Address : h.....à.....h.....	 Heure de passage Arrival timeh.....à.....h.....	7 Km : Lieu / Place : Adresse / Address : h.....à.....h.....	600KM Heure de passage Arrival time	11 Km : Lieu / Place : Adresse / Address : h.....à.....h.....	Heure de passage Arrival time
4 Km : Lieu / Place :		8 Km : Lieu / Place :	Paris - Brest - Paris 2015	12 Km : Lieu / Place :	

November 17,
2018

200 km

[Results](#)

December 8,
2018

300 km

[Results 200km](#)

[Results 300km](#)

January 19, 2019

600 km

[Results](#)

[Stickers](#)

February 16,
2019

200/300/400 km

[Results 200km](#)

[Results 300km](#)

[Results 400km](#)

March 16, 2019

200/300/400km

April 13, 2019

600 km

May 11, 2019

200 km

June 15, 2019

400 km

July 20, 2019

300km

August 18-22
2019

Paris-Brest-Paris

September 21,
2019

200 km

October 12, 2019

200 km

HISTORICAL RESULTS

[2018 Homologated Results](#)

2019 Distance and Elevation

ROUTE OF PARIS-BREST

Distance : 1215 km – Difference in height : 11616 m

2019 Stops

OFFICIAL STOPS GOING OUT:

- 140KM: MORTAGNE-AU-PERCHE (FOOD STOP ONLY)
- 221KM: VILLAINES-LA-JUHEL (CONTROL)
- 309KM: FOUGERES (CONTROL)
- 363KM: TINTENIAC (CONTROL)
- 389KM: QUEDILLAC (FOOD AND SLEEP ONLY)
- 448KM: LOUDEAC (CONTROL)
- 494KM: ST-NICOLAS-DU-PELEM (FOOD AND SLEEP)
- 527KM: CARHAIX-PLOUGER (CONTROL)
- 612KM: BREST

2019 Stops

Official Stops Going Back

- 697KM: CARHAIX-PLOUGER (CONTROL)
- 730KM: ST-NICOLAS-DU-PELEM (FOOD AND SLEEP ONLY)
- 776KM: LOUDEAC (CONTROL)
- 835KM: QUEDILLAC (FOOD AND SLEEP ONLY)
- 861KM: TINTENIAC (CONTROL)
- 915KM: FOUGERES (CONTROL)
- 1003KM: VILLAINES-LA-JUHEL (CONTROL)
- 1084KM: MONTAGNE-AU-PERCHE (CONTROL)
- 1159KM: DREUX (CONTROL)
- 1224KM: RAMBOUILLET

2019 New Rules

- SECRET CHECKPOINTS AND MENTIONED STOPS SUBJECT TO CHANGE BUT FROM EXPERIENCE, NO CHANGES FROM 2011 AND 2015. 2 SECRET CHECKPOINTS IN 2011 AND 2015.
- A BREVET CARD AND AN ELECTRONIC TRACKING DEVICE WILL BE PROVIDED
- ALWAYS CARRY THE BREVET CARD AND HAVE IT VALIDATED AT EACH CONTROL (OFFICIAL AND SECRET)
- AUTOMATIC DISQUALIFICATION FOR LOSS OF BREVET CARD, LOSS OF TRACKING DEVICE, MISSING/INCOMPLETE VALIDATION

PBP 2019

- SECRET CHECKPOINTS AND MENTIONED STOPS SUBJECT TO CHANGE BUT FROM EXPERIENCE, NO CHANGES FROM 2011 AND 2015. 2 SECRET CHECKPOINTS IN 2011 AND 2015.
- A BREVET CARD AND AN ELECTRONIC TRACKING DEVICE WILL BE PROVIDED
- ALWAYS CARRY THE BREVET CARD AND HAVE IT VALIDATED AT EACH CONTROL (OFFICIAL AND SECRET)
- AUTOMATIC DISQUALIFICATION FOR LOSS OF BREVET CARD, LOSS OF TRACKING DEVICE, MISSING/INCOMPLETE VALIDATION
- PENALTIES CAN BE UP TO 5 HOURS – IE NO LIGHTS, LITTERING, ETC

*Departure Times AUG
18/19*

80 hours- waves of
250-300 people -
16:00- 17:30 solo bikes

90 hour – 17:45 –
21:00

84 hours – 0500 for
solo bikes Monday
August 19 2019

P B P 2019 ■
J E R S E Y



Services Included in PBP

- High visibility vest
- Hot meal on arrival
- Roadmap for controls
- Brevet card
- Bike frame badge
- Waterproof briefcase for travelogue
- Medical evacuation
- Online progress – rider tracking
- Snacks at closing ceremony
- For Finishers – PBP medallion (in January)

COSTS

**PRE REGISTRATION
30 EUROS**

**REGISTRATION
150 EUROS
(LESS PRE REGISTRATION FEE)**

Things to Bring

in the bag at the checkpoints	Impact	Qty	NOTES	Impact	Qty
short sleeve jerseys	H	4	SADDLE BAG		
Assos cycling shorts	H	6	repair / patch kit	H	1
short sleeves inner thermal layer	H	3	tyre levers	H	1
arm warmers	H	2	multi purpose tool	H	1
sports bras	H	4	chain breaker	M	1
leg/knee warmers	H	1	spoke wrench	M	1
eyeglasses	H	1	spare cycling shorts	H	1
cycling gloves	H	4	Air Canisters	M	1
full-fingered cycling gloves	M	1	Small Chain Oil	L	1
socks	H	4	survival blanket	M	1
rain jacket	H	1	powerbike and charging cables	H	1
Assos winter cycling jacket	H	1	ON THE BIKE		
Assos cream	H	2	spare lights	M	1
sunblock	H	1	rear LED light with lithium batteries	H	1
liquid soap and small towel	H	1	dynamo hub with edelux lights	H	2
toothbrush and toothpaste	H	1	mudguard	H	1
Spare Tires	H	2	Pump	H	1
powerbank and extra garmin cable	H	2	garmin with route map	H	1
Flipflops	H	1	ON THE BIKE		
Sleeping Clothes (Shorts/ T-Shirt)	H	1	reflective vest	L	1
Laundry Bag	H	2	ziplock with cash, phone and credit card	H	1
Tubes	H	4	baby wipes	M	5
Bike Oil	H	1	spare tubes	H	1
Wipes	H	4	Breathable/Rain Jacket	H	2
FOOD			phone + Cash + Zip Bag + Tissues	H	1
Cadbury Milk Chocolate Bars	H	10	prescription sun glasses	H	1
Tailwind Nutrition (50s bag)	H	2	Small Sun Screen	H	1
Babybel Cheese/Beef Jerkeys	H	4	Small Assos Cream	H	1

Logistics & Budgets

- Pre-registration is 30 Euros
- Full registration is 150 Euros (less pre-reg if paid)
- You should have insurance
- Lodging in Rambouillet, France
- Group Logistical cost
- Food/drinks along the way

JFT Cycling PBP 2019 Series

JFT CYCLING PBP 2019 SERVICES	
Assistance	
Van Pick up from Airport with bike to Hotel in Paris 1 pax 1 way	120.00 €
Bus Group pick up from airport 25 pax	750.00 €
Full assistance share Based for 10 pax - 1 campervan from 19th to 22nd august every Check point	2,950.00 €
Bag drop @ loudeac check point pick up + return at your hotel In St Quentin or Rambouillet	50.00 €
Bag Drop @ Fougères check point pick up at your hotel St Quentin or Rambouillet	50.00 €
Bag Drop @ Tinteniac check point pick up at your hotel St Quentin or Rambouillet	50.00 €
Bag Drop on the spot Booking @ rambouillet	70.00 €
Rooms 2 nights @ Loudeac two beds / room 3 stars hotel incl breakfast	495.00 €

jftorrelle@hotmail.com

Learnings from Past PBPs

- START AS EARLY AS POSSIBLE TO MAXIMIZE DAY LIGHT
- HAVE COLD GEAR (JACKETS, LEG WARMERS, ARM WARMERS, FULL GLOVES, ETC.)
- BE READY FOR RAINS AND BRING PROPER WATERPROOF GEAR
- KEEP YOUR CONTROL POINT STOPS SHORT AND SWEET UNLESS YOU INTEND TO SLEEP
- ENSURE YOU HAVE GOOD LIGHTS AS IT CAN BE PITCH DARK
- GET A GPS DEVICE. ARROWS CAN BE PINCHED ON THE WAY BACK.
- ENJOY THE EXPERIENCE AND INTERACTION WITH RIDERS AND LOCALS
- DON'T FORGET TO EAT THE CREPES AND THE PBP PASTRY!

Information Sources

www.paris-brest-paris.org

www.singaporeaudax.com

www.paris-brest-paris.org/en/download/BROCHURE-GB.pdf