

Challenge Tires London & South East Cyclo-Cross League Round 8 and Round 3 of the Sussex League

Sunday 6th November 2022

Hosted by Brighton Mitre

East Brighton Park
Wilson Avenue
Brighton
BN2 5PB

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Technical Manual. Class – British Cycling Category B

1. Introduction

We're back at East Brighton Park for Round 8 of the League, which is also Round 3 of the #aeightbikeco Sussex League! This race has all the flat power sections for the strong riders plus some super tricky off camber banks and changes of elevation for the technical riders. It's turned into a modern classic of a course straight away!...

2. About the course

Clare Johnson gives us some detail, "Up. Down. Round and around. And up again. Welcome to East Brighton Park. We're proud to put on this event as part of the League. It's a unique event in one of Brighton's finest parks. A bowl carved into a hillside. You may remember the terraces from last time. You may want to forget them too. They're back but they're a little bit easier this time, but still a good challenge. It's a course with big climbs, flowing descents, woodland sections, bit of camber and fast grass sections. And with East Brighton's unique geography, you'll probably end up doing a bit of running too."

Muddy conditions mean tricky run ups which are easier if you can stay on the bike – that however requires full commitment and trust in your tyres!

The youth races get their own version of the run ups and the tricky downhill, guaranteed to test the best!

3. Travelling to the event

East Brighton Park, BN2 5PB is situated at the bottom of Wilson Avenue in Brighton quite close to Brighton Marina. There will be flags marking the entrance.

If coming from London you will most likely arrive via the A/M23 and London Road.

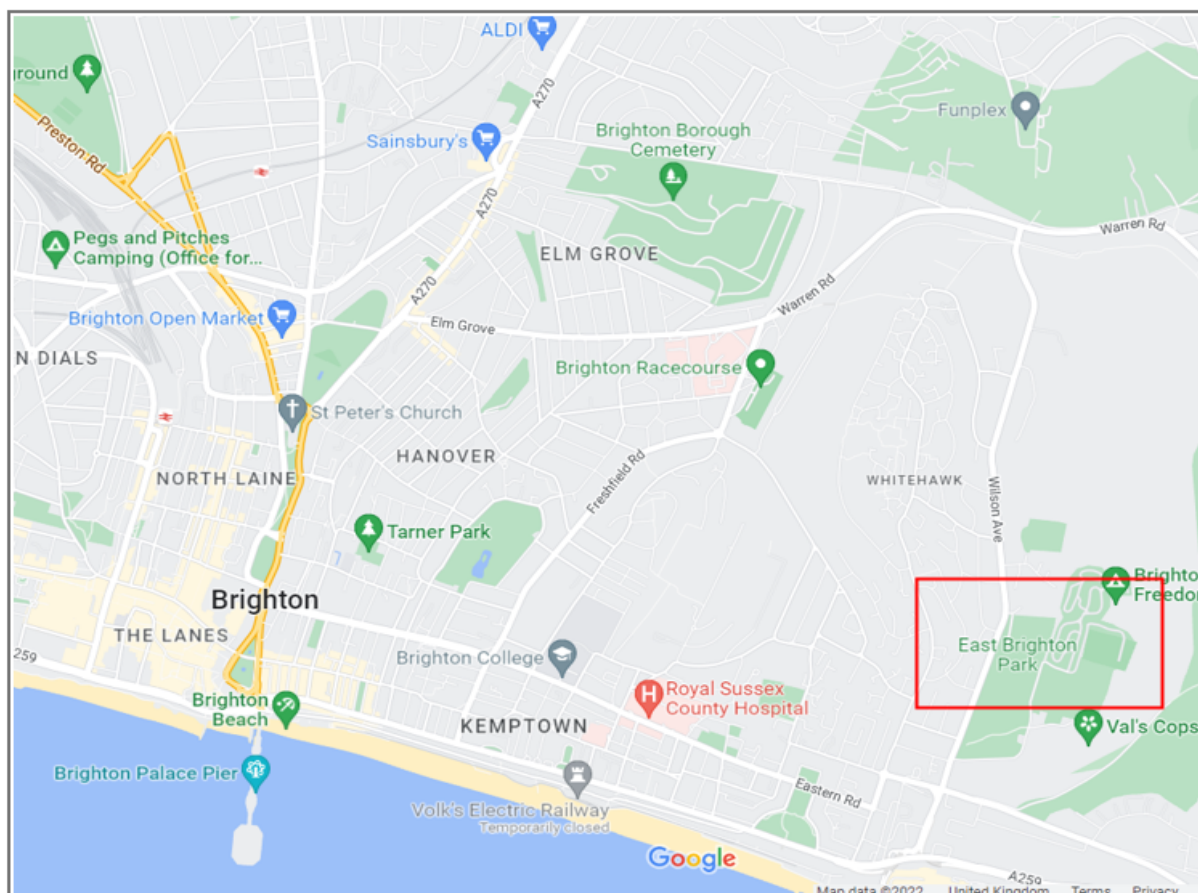
You may alternatively arrive from the North via the A270 Lewes Road.

Wilson Avenue can be accessed from:

The seafront via the Old Steine turning left at the Palace Pier and turning North up Arundel Road, right onto B0266 and left onto Wilson Avenue or

London Road, via one way system and left onto Union Road, right onto Elm Grove, Warren Road continuing past Brighton Racecourse (follow Brighton Racecourse signage) and turning right onto Wilson Avenue. Right to the bottom and the park is on the left.

Lewes Road, and turn left onto Elm Grove or take one of the earlier left hand turns as most lead up to the Race Course.



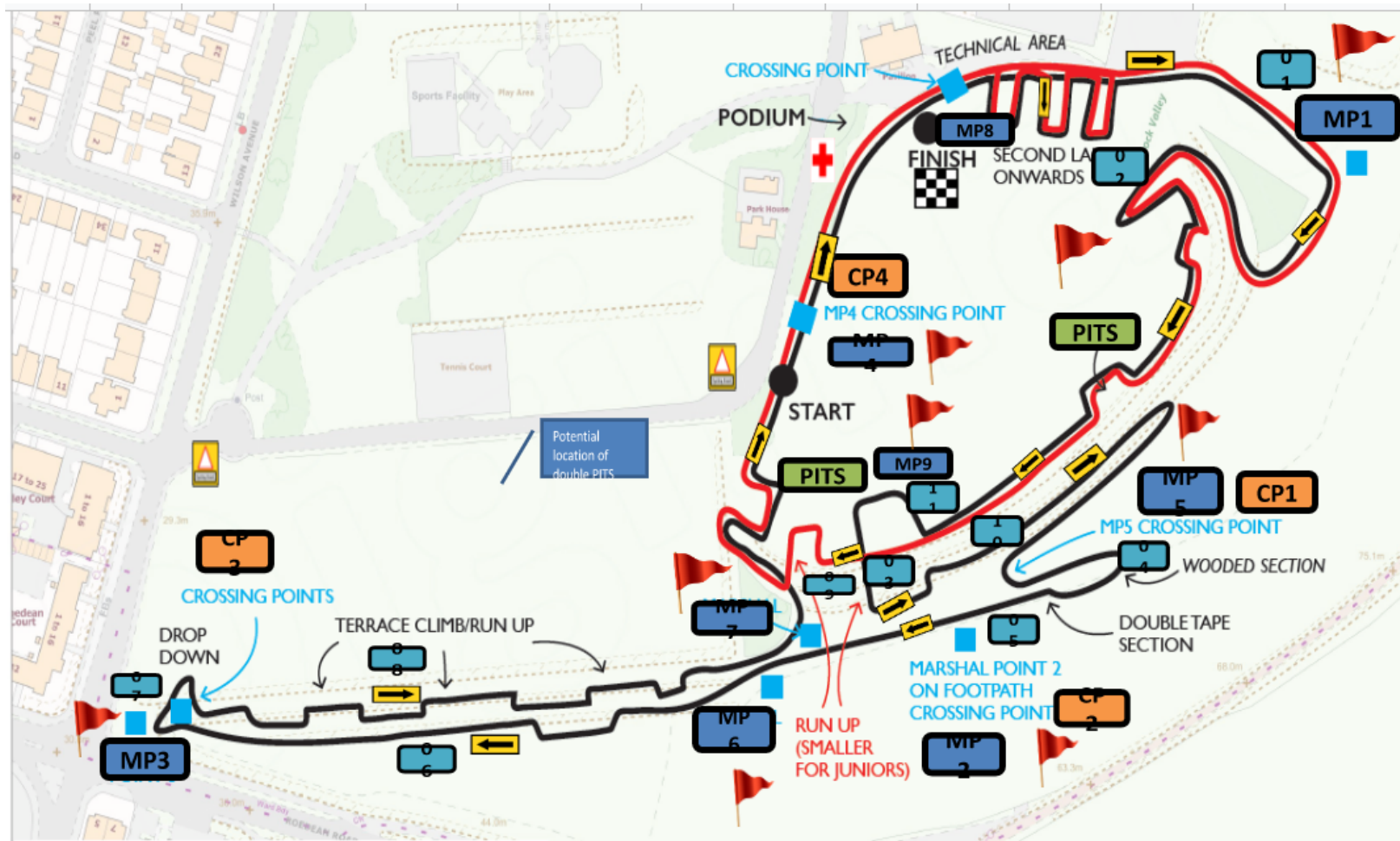
4. Sign on

Please collect your race number pack from the Sign on area in the Pavilion by the Sign on Flag

5. Toilets

Situated in the Pavilion

6.Course map Full



6. Catering

East Brighton Café situated in the Pavilion will provide a selection of tasty snacks, cakes and delicious coffee so plenty of sustenance for all your pre & post race requirements! The café is licensed so post race beers are available too!

7. Parking

Whitehawk Football Club have kindly allowed us to use their car park.

On entering East Brighton park, follow the access road right to the end, which is the Whitehawk FC car park.

Marshals will be available to direct you.

Important!

- There are very limited marked parking bays on the approach road - **don't park anywhere else on this road.**

Why?

1. The first football field (not the CX course) is also the air ambulance landing pad for Sussex County hospital - **ambulances need access.**
2. Large motorhomes and school buses need clear access - **save your wing mirrors.**
 - a. **Before 12 Midday** Caravan and motorhome traffic will be leaving driving past you as you enter the park - please make allowances
 - b. **After 1pm** Caravan and motorhomes will be entering the park - make allowances.
3. It is **traffic warden patrolled** and you are likely to get a ticket / towed if parking illegally.

How to get to CX car parks.

The car parking is marked with yellow boxes on the map below.



8. Event Officials

Event Organiser – Clare Johnson

Email: clarej50@gmail.com

Chief Marshal – Andrew Bernard

Chief Judge – LCCA Timing Team

Timekeeping – LCCA Timing Team

British Cycling Chief Commissaire – John Beggs

British Cycling Commissaire 2 – Richard Helmsley

British Cycling Commissaire 3 – Peter Lloyd

Course Design – Dan Fagg

First Aid Provider – Collingwood Medical Services

Governing Body – British Cycling

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9. Race Programme and timetable

Race	Sign on Start	Sign on Close	Gridding	Race Start	Duration
Practice 1	9.00 to 9.25				
Under 10	8.45	9.30	9.25	9.30	10 mins
Under 8	8.45	9.30	9.25	9.30	10 mins
Under 12	8.45	9.30	9.45	9.50	15 mins
Under 14 + Under 16	8.45	10.00	10.15	10.20	30 mins
Practice 2	11.00 to 11.25				
Vet 50 plus Men	10.00	11.00	11.25	11.30	40 mins
Women (All Cats)	11.00	12.00	12.25	12.30	40 mins
Practice 3	13.20 to 13.40				
Junior + V40 Men	12.00	13.15	13.40	13.50	40 mins
Senior Men	13.15	14.15	14.45	14.50	60 mins

Practice times – Please note that course open times are provisional as dependent on lap times and conditions. Please look for the green course open and red closed flags for accurate info on when you can get on course.

Gridding – Gridding will be created for each event race and advertised on the league results website and facebook page before the event, any queries in gridding may be raised on friday via email as posted on the results site. Please visit the London and South East CycloCross Website [rules section](#) for a full explanation of how the gridding has been created.

10. Podium Presentation times and results

Podium Presentation	
U8/10/12/14/16	11.00
Vet 50 plus Men and All Women Categories	13.30
Junior/Vet 40 Men	15.00
Senior Men	16.00

Results

Race Results and overall league tables will be published online as soon as feasible after each race. Race queries can be made up to 6pm on the Tuesday after each race by emailing admin@londonxleaguereults.co.uk. Once finalised the results will be sent to BC update events page and allocate national rankings points.

11. Technical Regulations

The event is run under the rules of the British Cycling Federation
<https://www.britishcycling.org.uk/zuvvi/media/media/press/9> - [Cyclo-Cross Regulations - BC 2022 HANDBOOK-Linked-Split.pdf](#)

London and South East Cyclo Cross rules and info on league available here
<http://www.londonxleague.co.uk/rules/>

Results will be published on the London and South East Cyclo Cross website and Facebook pages pretty much on the day of racing

Any queries on results please visit here for info how to do this
admin@londonxleaguereults.co.uk.

12. First Aid and local hospitals

First Aid is provided by:

Collingwood Services Ltd (part of the Collingwood Group)
 Suite 5, Minton House
 Amesbury Distribution Park, London Road
 Amesbury SP4 7RT
 Tel - 01980 623 820
admin@collingwoodservices.co.uk

Local Hospitals:

Royal Sussex County Hospital
Eastern Road
Brighton
BN2 5PE