



Challenge Tires London & South East Cyclo-Cross League Round 1 and Sussex League Round 1

Sunday 3rd September 2023

Coombes Farm
Lancing
Sussex
BN15 0RS

what3words

Table of Contents

<i>Technical Manual. Class – British Cycling Category B</i>	3
Introduction	3
About the course	3
Travelling to the event	4
Sign on	4
Toilets	4
Course map full	5
Course map U8/10/12	6
Catering	7
Parking	7
Event Officials	7
Race Programme and timetable	8
Podium presentation times and results	8
Technical Regulations	9
First Aid and local hospitals	9

Technical Manual. Class – British Cycling Category B

1. Introduction

VC Jubilee welcomes you to Round 1 of the Challenge Tires London & South East Cyclo Cross League and Round 1 of the Sussex League.

2. About the course

VC Jubilee have found a new venue for the opening race of this year's season. Coombes Farm near Steyning nestles on the south side of the South Downs with the infamous South Downs way passing just to the north of the race. And just as with the SDW our race is going to feature a climb (it wouldn't be a VCJ race without one). The race area is a confined valley with pretty much the whole course visible from anywhere on the course.



The gridding and start area are at the bottom of the valley close to the car park area and on a gentle incline but don't let that fool you, it gets a whole lot steeper. Straight climb up the valley with the incline increasing as you pass the finish line for the first time. Just beyond that are the Pits and then it gets steeper. There will be a very short respite to the steepening gradient on the way up. But it will eventually end. When you do get to the top of this one and turn left across the

top of the valley, get your breath and take in the view. We actually thought about putting in an ice cream van hazard here but thought you probably wouldn't want to stop, by the time you had queued and eaten it the race would be over. A bit of respite across a fairly flat plateau taking in a loop that brings you back to the top and the descent.



Imagine a snowboarding halfpipe but with grass and on bikes, you got it. A few tight off camber turns as you zig zag across the valley. You will get a second bite at the Pits as you descend , throw in a few planks for a dismount and possibly in and out of a spiral if we can fit it in as the valley flattens. Then it's back to the climb. Around 2.3 km, maybe a bit more if we can squeeze in a few more turns. Don't say you were not warned!.



Please remember Coombes is a working farm. After we leave, the sheep and cows will be back grazing in the valley so please take all your litter home with you. Everything you need, even the toilets are in the valley field (no showers) so please do not enter any of the farm buildings and don't climb on any farm equipment. The farm dogs shouldn't be present but if they do show up don't go stroking them, that pretty much goes for any animals you might meet. Let's treat the place with respect, maybe they will invite us back.

3. Travelling to the event

Event is easily accessible from the A27 just on the outskirts of Lancing [here](#).

Note you now cannot turn right off the A27 heading Westbound. You will need to go to the new roundabout and turn back to pick up Coombes lane.

You will drive into the farm (**slowly and carefully please**) the bear right, left then left again to enter the valley over a cattle grid into the car parking area which is right next to the course.

If travelling by Train the closest station is Lancing that is 3.8 miles ride to Coombes Farm. The train line is accessed from Brighton Station.



4. Sign on

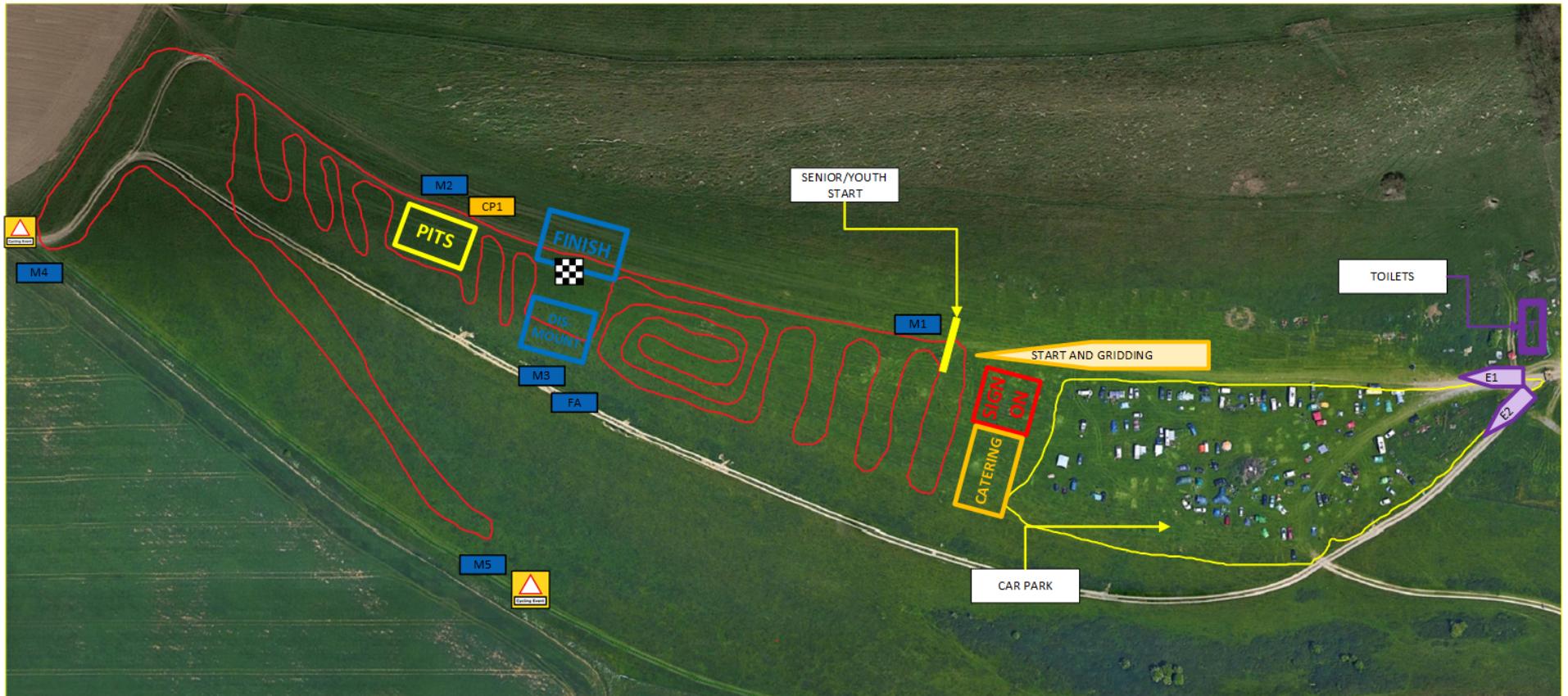
Please collect your race number pack from the Sign on Gazebo. You will need to keep these and bring them every time you race in this year's league.

We suggest you allocate 5 minutes to set up the number pack and timing chip. Riders are not required to sign anything, and are to use their race number for all events in the League. Riders will be confirmed at the event by the timing system picking up their timing chip at the start of the race. This means that you will not have to revisit sign-on at any other event you enter in advance once you have your race number pack.

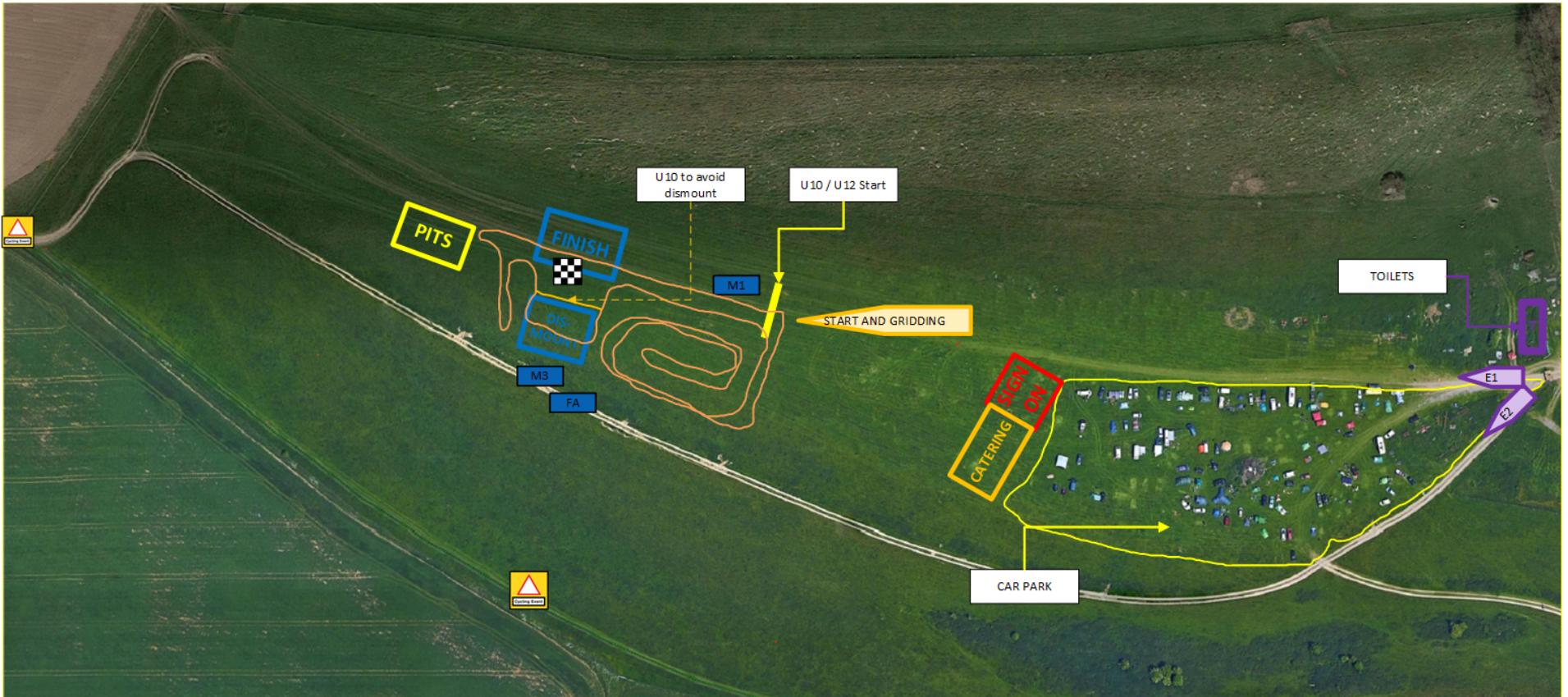
5. Toilets and Showers

Toilets are located by the entrance gate in the valley. No showers at this event.

6. Course map Full



Under 8/10/12 Course



Please note the pits are only shown for reference, they are not open during these races.

7. Catering

Food and drink is provided onsite by members of the VC Jubilee

8. Parking

Our local scout group will once again be marshalling the car park for us and whilst there is no charge, we do ask you to consider giving them a donation. The farm roads are not the smoothest, very low suspension might be an issue. If that affects you, please speak to the marshals on the way in. Do not park on the farm roads unless they instruct you to.

9. Event Officials

Event Organiser – James Stone

Chief Marshal – Ben Rodgers

Chief Judge – Dave Gerry

Timekeeping – LCCA Timing Team (Stuart McGhee)

British Cycling Chief Commissaire – Chris Clague

British Cycling Commissaire 2 – Peter Lloyd

British Cycling Commissaire 3 – Jason Ginn

Course Design – Stone/Hodge/Gerry

First Aid Provider – Collingwood Medical Services

Governing Body – British Cycling

10. Race Programme and timetable

Race	Sign on Open	Gridding	Race Start	Duration
Practice 1	9.00 to 9.25			
Under 10	8.45	9.25	9.30	10 mins
Under 8	8.45	9.25	9.30	10 mins
Under 12	8.45	9.45	9.50	15 mins
Under 14/16	8.45	10.15	10.20	30 mins
Practice 2	11.00 to 11.25			
Vet 40 and Junior Open	10.00	11.25	11.30	40 mins
Female (All Cats)	10.00	12.25	12.30	40 mins
Practice 3	13.20 to 13.45			
Vet 50/60+ Open	11.00	13.40	13.50	40 mins
Senior and U23 Open	11.00	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 Cyclo Cross League Website [rules section](#) for a full explanation of how the gridding has been created.

11. Podium Presentation times and results

Podium Presentation	
U8/10/12/14/16	11.00
Vet 40 Open and Junior Open and All Female Categories	13.30
Vet 50/60+ Open	15.00
Senior and U23 Open	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@londonxleagueresults.co.uk. Once finalised the results will be sent to BC update events page and allocate national rankings points.

12. Technical Regulations

The event is run under the rules of the British Cycling Federation

https://www.britishcycling.org.uk/cyclocross/article/bcst_rulebook_and_constitution?c=EN

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@londonxleagueresults.co.uk.

13. 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 5BE