



Challenge Tires London & South East Cyclo-Cross League Round 8

Sunday 21st November 2021

Redbridge Cycle Centre (Hog Hill)

**Forest Rd
Ilford
Romford
IG6 3HP**

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Technical Manual. Class – British Cycling Category B

1. Introduction

Lee Valley Youth welcome you Redbridge Cycling Centre, aka Hog Hill featuring the infamous Hoggenberg.

Safeguarding against Covid19

1) If you have coronavirus symptoms - **Do not attend the event**

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

2) You are required to follow the BC COVID-19 Discipline Code (copy attached)

2. About the course

“Lee Valley Youth CC bring you the ultimate Hoggenberg cross. The iconic steepest road climb. Wide open muddy descents. Long stretches of undulating gravel and grassy margins. A testing infield section – No, it’s not the Koppenberg Cross... It’s the Hoggenberg Cross.

We take you from the road circuit, down the favourite once-was-grassy lane, with a bypass of the swamp and right around the wide off-road made trails before bringing you gently to the foot of the Hoggenberg road climb. But we thought it might not be hard enough, so we added the even steeper cut-through.

We know you will enjoy this challenge with nearly a quarter raced on tarmac, not that it makes climbing easy but it leaves more off-road to be taken on the down. Your start is on tarmac and the finish line is right in front of the beautiful purpose-built pavilion. This is proper cross and it’s not too challenging to ride.

3. Traveling to the event

Venue Postcode – IG6 3HP

Car - Entrance is off Forest Road

There is some free parking on site, please use the available space efficiently.

There are now enforced parking restrictions (double yellow lines) along Forest Rd, alternative nearby Car.Parks are at Hainault Forest Country Park and Fairlop Waters.

Train:

Goodmayes or Romford - 25 Google Bike mins away – 4 trains hourly from Liverpool St ,

4. Sign on

'Sign on' will be in the Pavilion.

We will be using the 'simplified' sign on process, where there is no physical sign on

You have raced in this season's London League series and have your number and bike number

You are ready to race, you do not have to visit sign on. (the timing system will log you when you pass the finish line on your first lap)

This is your first race in this seasons London League series

You need to collect your number and bike number from 'sign on'. Everything you need will be in an envelope with your name on. Allow about 5 mins to prepare your bike, you are then ready to race.

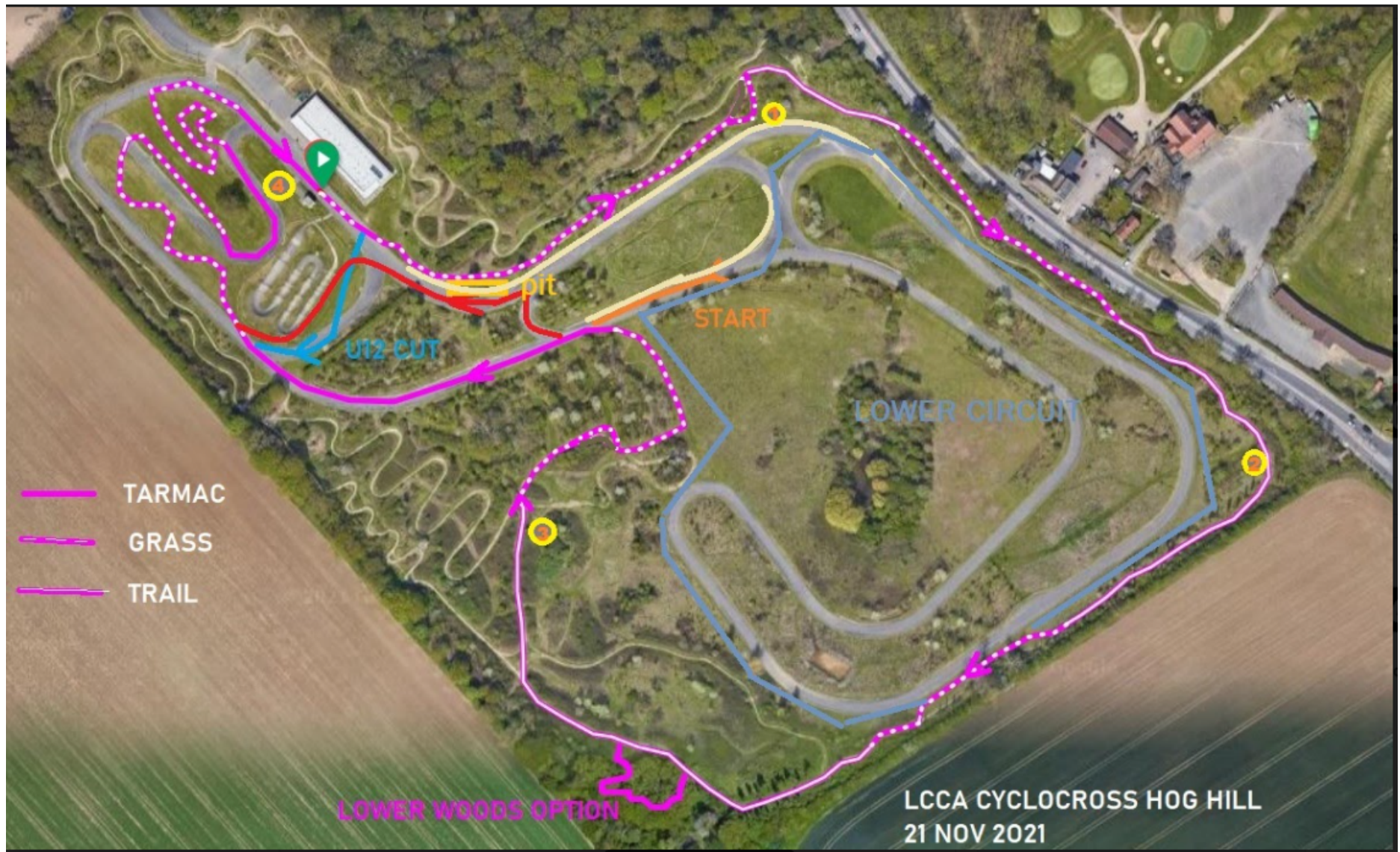
You have raced in this seasons London League series and forgotten/lost your number/bike flag

You need to go the timing/finish line and ask politely for a temporary 'number of shame'

5. Site facilities

Please respect the Pavilion, remove excessively muddy shoes etc before entering.

1. Toilets, showers and changing rooms are in the Pavilion
2. There is a café in the Pavilion offering snacks, light meals tea and coffee etc There will be a burger van on site selling tea coffee and of course burgers.
3. Keep an eye on your bike at all time



6. Parking

There is some free parking on site.

There are now enforced parking restrictions (double yellow lines) along Forest Rd, alternative nearby Car.Parks are at Hainault Forest Country Park and Fairlop Waters.

Please park responsibly and do not block the main route to the Race HQ.

7. Event Officials

Event Organiser – Bruce Mackie

Chief Judge – TBC

Timekeeping – LCCA Timing Team

British Cycling Chief Commissaire – John Beggs

British Cycling Commissaire 2 – Peter Lloyd

First Aid Provider – Collingwood Medical Services

Governing Body – British Cycling

8. 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)	10.30	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	12.45	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. This will be visible as you approach the course from the car park and sign on area.

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 Website rules section for a full explanation of how the gridding has been created. If you believe that you should be brought forward, then you must talk to the commissaires BEFORE they begin gridding. This is at least 15 minutes before race time. Please note that the commissaire's decision is final.

9. Prize List, presentation times and results

Podiums

Podiums will be held in front of the Pavilion, and will be for the first three riders in each category of the previous race.

There are no cash prizes this season, only the celebration of your amazing efforts.

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@londonxleaguerevents.co.uk. Once finalised the results will be sent to BC update events page and allocate national rankings points.

10. Technical Regulations

The event is run under the rules of the British Cycling Federation
https://www.britishcycling.org.uk/zuvvi/media/bc_files/rulebook/2018/british-cycling-handbook-2019.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
<http://www.londonxleague.co.uk/results/>

11. 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

First aid on the day will be Lee and Karen. Mobile 07775 511623.

Local Hospitals:

King George Hospital

Barley Lane

Ilford

IG3 8YB