



# LONDON & SOUTH EAST CYCLOCROSS LEAGUE

We're looking forward to welcoming you to Round 8 at Canada Heights

## RIDER INFORMATION

Please read these instructions carefully.



# About the Course

The venue is truly exceptional, and this year's challenge has been more about deciding what to leave out than what to include.

We've shaken things up a bit—it's still full of tough elements, but we've added some extra tricky sections to go with those wicked climbs, smooth off-cambers, and plenty of flowing trails.

Don't miss the exhilarating hill, and for the hardcore riders, there's a leg-burning climb to push you to your limits.

There's something for everyone, and we know you're going to love it

# On the day

## Timing Tags

If this is your first race in the series, you'll need to collect your race tag from the Van in the Race Hq and follow the instructions to secure this to your bike.

This will be your tag/number for the series, please keep it carefully and bring it to every race in series. You don't have to 'sign on' for the rest of the series, just turn up with the tag fitted to your bike and you're ready to go.

If you have raced in the series before, just fit you tag you have from your last race to your bike and you're ready to go, there is no need for you to go to sign on.

If you have forgotten/dog has eaten/has been stolen or for any reason you don't have your number from a previous race, make your way to the timing tent on the finish to get a bib of shame.

## Course preview

Check the schedule for course opening times.

# Race Schedule

Race	Gridding	Start	Duration
<b><i>Practice 1 - U8/U10/U12</i></b>		<b>9:00</b>	<b>15 mins</b>
Under 10 + U8	9:15	9:20	10 mins
Under 12	9:35	9:40	15 mins
<b><i>Practice 2 - Full course</i></b>		<b>10:00</b>	<b>35 mins</b>
Under 14/16	10:35	10:40	30 mins
Junior + Masters 40 Open	11:20	11:30	40 mins
Female (All categories)	12:20	12:30	40 mins
<b><i>Practice 3 - Full course</i></b>		<b>13:20</b>	<b>25 mins</b>
Masters 50/60/70+ Open	13:45	13:50	40 mins
Senior Open	14:40	14:50	60 mins

# Podiums

Podium Presentation	
U8/10/12 (18)	10.15
Youth (12)	11.45
Vet 40/Jun Open and All Female Categories (24)	13.30
Vet 50/60+ Open (6)	15.00
Senior/U23 Open (6)	16.00

Dulwich Paragon would like to thank Pete Owen at Rat Race Cycles and James Keen at Keenetic Kit for their generous contributions to the prize pool



# Facilities

## Refreshments:

Dans diner is on site with collection of home cooked burgers, sandwiches, tea, coffee and drinks.

**Toilets, Race Tag collection and First Aid are at the Race Hq.**

## Pit Note:

If you are bringing a full pit crew, there is **no water or electricity** available on site.

Finally, **thieves are known to target events at Canada Heights – look after your bike and possessions at all times** and please challenge people who look out of place or are acting suspiciously.

# Officials and emergency info

Organiser: Dylan Bexley

## Commissaires:

- |                     |                               |
|---------------------|-------------------------------|
| • Chief Commissaire | Sarah Cook                    |
| • Commissaire 2     | Peter Lloyd                   |
| • Commissaire 3     | Julian Campbell               |
| • Trainees          | Adrian Riddle & Matt Benfield |

## Medics:

EMATS, Garland House, Desborough Avenue, High Wycombe, Bucks, HP11 2RN, 0330 175 9971.

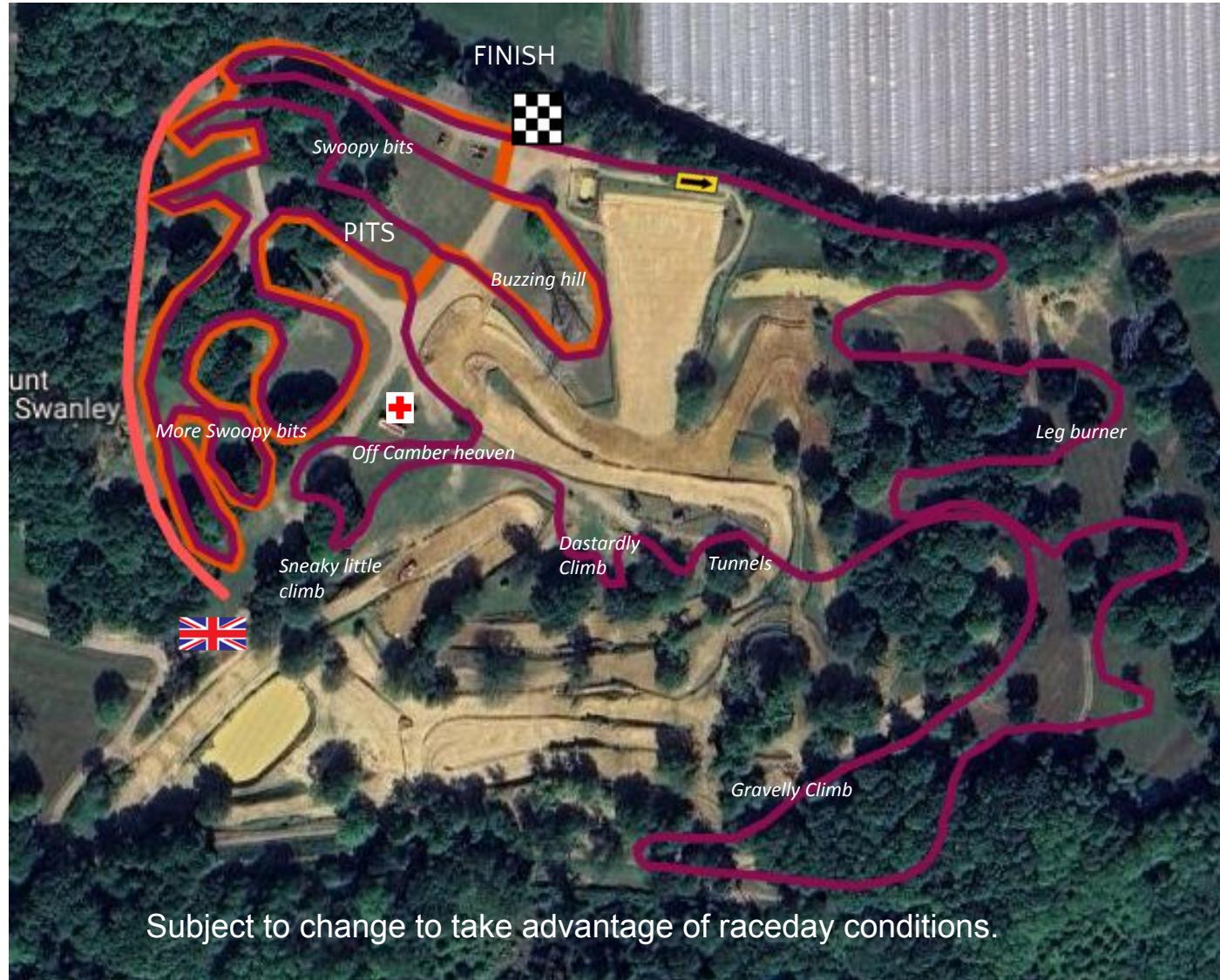
## Nearest A&E:

Dartford and Gravesham NHS Trust, Dartford Wood Road, Dartford, Kent, DA2 8DA Tel: 01322 428100.

# Venue Map



# Course Map



# Getting to Canada Heights

## Address:

Canada Heights, Sutton at Hone, Swanley BR8 8DX

## Car

A few minutes off the M20/M25 junction there's plenty of parking on site.

## Train

Alas - the railway wombles are digging up the line to Swanley, however trains are running from London to Dartford - which is a 5 mile ride away - chance to warm up!

