



LONDON & SOUTH EAST CYCLOCROSS LEAGUE

We're looking forward to welcoming you to Round 4 at Canada Heights

RIDER INFORMATION

Please read these instructions carefully.



About the Course

The venue is an amazing place and it's been more a case of deciding what to leave out rather than include everything that's on offer.

The separate start line will feed into the main course leading on to a fast flowing section through the woods before heading off to cross the largest sandpit I've ever seen on a CX course.

Climbing the 'hill' on the gravel to pass under the MC course for a short sharp climb to the summit. The flowing descent leads to the second tunnel, a short climb before an awesome straight descent.

The course will be 3 metres wide throughout and will include a climb, tunnel, flowing downhill sections, a sandpit and don't forget the off camber. If it remains dry this week, I'd expect the course to be firm with fast riding.

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, don't use zip ties as these can interfere with the timing system.

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.

Course preview

Check the schedule for course opening times.

Race Schedule

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 Boys and Girls	8.45	10.15	10.20	30 mins
Practice 2	11.00 to 11.25			
Vet 50 plus Men	10.00	11.25	11.30	40 mins
Women (All Cats)	10.00	12.25	12.30	40 mins
Practice 3	13.20 to 13.45			
Junior + V40 Men	11.00	13.40	13.50	40 mins
Senior Men	11.00	14.45	14.50	60 mins

Facilities

Refreshments:

Scandilicious will providing a 'Taste of Sweden' with their cool selection of what ever hungry Swedes eat

Toilets and Race Tag collection are at the Race Hq

Note:

There is no water or electricity available on site

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

Venue Map



Course Map



- Main course
- U10/12 cut offs



DIRECTION



START



FINISH

PITS: Note there is no water available on site

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

The nearest stations is Swanley with over 4 trains an hour from London.

