

# LONDON & SOUTH EAST CYCLOCROSS LEAGUE

We're looking forward to welcoming you to Round 10 at Herne Hill Velodrome

## RIDER INFORMATION

Please read these instructions carefully



# About the Course

For the last time this season we're back at Herne Hill Velodrome for round 10, the penultimate chance to earn those vital series points or National Ranking points.

I can't quite understand how, but I've found some more 'new bits' to add to the course as well as including loads of the old faithfuls I know you all love so much, those sneaky little turns, long overtaking stretches, humps, lumps and the odd drop, all good fun stuff.

If the weather holds and we see little rain this week, the trails should dry out a bit, there will be some mud but I suspect a majority of the course ought to be a fast grippy surface - but I could be wrong here...

We're planning to make some changes to the trails later this year, spoiler alert, this could be the last time you ride up Big Bob in his current format - don't worry he isn't going away, he'll be back ....for Maap Summercross in July.

Jan's Cafe will be open throughout the day for hot drinks, snacks and of course beer and frites - must ask Tony to get extra mayo, and there'll be a Jazz band strumming away enjoying you to all to ride harder.....

Finally, I've been asked by the trackies to **STAY OFF VELODROME and INNER TRACKS**, the delicate creatures can't abide mud (and I don't want to spend all Sunday evening hosing it clean)

# On the day

## Timing Tags

**If this is your first race in the series**, you'll need to collect your race tag from the pavillion.

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 additional 'sign on'.

**If you forget your number on the day**, you need to go the scorers tent (on the finish line) and collect a temporary 'number of shame'

## Course preview

Check the schedule for course opening times.

# Race Schedule

Race	Sign on Open	Gridding	Race Start	Duration
<b>Practice 1</b>	<b>9.00 to 9.25</b>			
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
<b>Practice 2</b>	<b>11.00 to 11.25</b>			
Vet 40 and Junior Open	10.00	11.25	11.30	40 mins
Female (All Cats)	10.00	12.25	12.30	40 mins
<b>Practice 3</b>	<b>13.20 to 13.45</b>			
Vet 50/60+ Open	11.00	13.40	13.50	40 mins
Senior and U23 Open	11.00	14.45	14.50	60 mins

# Podiums

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

# Facilities

## **Refreshments:**

Jan's Cafe in the Pavillion will be providing refreshments all day.

## **Toilets:**

Are in the Pavillion

## **Bike Wash:**

There will be 2 bike wash stations near the Derney Gate (course exit), please wash your bike in these areas (or during your race, in the Pits of course).

## **Warm Up Areas:**

Please use local side streets or Brockwell Park to warm up, the track and track centre need to be kept clear of mud, please do not ride on them.

## **Pits:**

Are in the track centre, accessed by the track gate in front of the Pavillion. When using the Pits. please wash your bikes on the grass areas.

## **Bike Hire:**

If you are planning to use one of HHV's bikes for the race please ensure you have [booked](#) it before Sunday



# Venue Map



Bike wash areas behind the containers and on the bank near the Derney Gate (near the course exit)

Course exit

Toilets, Cafe and Sample sale in the pavilion

Collect race tags from the pavilion

Course entrance

# Course Map





# Getting to Herne Hill Velodrome

## Address:

104 Burbage Rd, London, SE24 9HE

**Bike:** If you can, please ride the event as there is limited car parking on site.

**Car:** There is limited parking on site, please show consideration to the velodrome's neighbours when parking on local streets.

The Velodrome opens at 8:30 am, please not arrive any earlier or block Burbage Rd.

**Train:** The nearest station is Herne Hill.

