

# LONDON & SOUTH EAST CYCLOCROSS LEAGUE

We're looking forward to welcoming you to Round 7 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.

This year, a slightly longer course, yeah, we'll have that great gravelly climb I know you all love leading up to the tunnels, before a meander through the orchard. I've found some dastardly little climbs and some lovely off-camber and loads of glorious swoopy bits in between.

Don't forget the buzzing hill or the longest sandpit ever imaginable and for the the toughies, there's leg burner climb.

So, there's something for everyone, 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 your 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	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:

Scandilicious will providing a 'Taste of Sweden' with their cool selection of whatever hungry Swedes eat.

**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

Postcode for Sat Nav : BR8 8DX

MX Canada Heights

Car Parking

Race Hq, Toilets and refreshments

Entrance

No vehicles beyond this point

Button St

Button St

Button St

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# 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

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

