



Challenge Tires London & South East Cyclo-Cross League Round 9

Sunday 20th November 2022

**Redbridge Cycling Centre
Forest Road
Hainault
IG6 3HP**

[What3words](#)

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Technical Manual. Class – British Cycling Category B

1. Introduction

Lee Valley Youth CC welcome you to Redbridge Cycling Centre for a fun course with tarmac climbs and downhill mud on the best course ever raced at Hog Hill. It's as near to Namur as we can get in London.

2. About the course

Our course offers the greatest variety and aims to keep your speed by use of tarmac or gravity. There's just one technical corner and the rest is flowing.

The lap opens from the line straight to a short infield section and the first grassy off-camber before nipping you into a green lane and curving right to pop out on the Lower Hoggenberg. You climb on the road to a downhill grass slalom, a tarmac recovery section and the next grassy off-camber and climb. A favourite feature of previous courses takes you across tarmac by the pavilion and up a short steep bank that leads into a simple-looking but treacherous sheep path along behind the pavilion.

Then it's past the pits into a downhill approach to - duh duh DUH!! - Hell Corner. This made after you've popped over the lip of a berm and rolled down to a flat turn that's as wide or tight to the R as your skillz allow. Up and over the next berm and it's the enjoyable cruise, slaloming down a fast and slippery green lane. A sweeping L turn, up a wide ramp to the permanent hard trail and you're swooping down to the lower loop of the road circuit and off-road to the Rollers which are like an amped-up rhythm section. Your straight-line skillz and power are needed to keep your speed on this level section where ground conditions may be a little, er 'heavy'.

Then comes a long meandering section of permanent trail for an easy lead-up to drop in the big MTB berms and off down a long embankment and fun sequence to the steps. A grassy slight slog back to the circuit and you're looping on up to the Hoggenberg where both your Start and Finish will be made up this iconic road climb to the line. We expect some great sprint finishes as you roll your rival for that place right at the last!

3. Travelling to the event

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4. Sign on

Sign on will be located at Race HQ.

Riders are only allowed to ride on the course if they have entered a race at the event and are displaying their race number on the bike.

The process for Sign on - Rider turns up and states their name, Sign on team will provide a race number pack in an envelope. Rider leaves the area. We suggest you allocate 5 minutes to set up the number pack and timing chip. Riders are not required to sign anything, and are to use their race number for all events in the League. Riders will be confirmed at the event by the timing system picking up their timing chip at the start of the race. This means that you will not have to revisit sign-on at any other event you enter in advance once you have your race number pack.

5. Site facilities

Water is right by the Pits area for your jetwashes which are to be used on the lower side of the pit area so water from there will drain away into an unused scrubby area.

LVYCC is offering a bike wash service in return for a £1 cash club donation - Have your £1 ready. This is for bikes that have done racing. It's not intended as a pit spare wash-up in the middle of a race.

We are very grateful to Redbridge Cycling Centre and the whole management team for their support in bringing you this event at their purpose-built facility. There are lockers, changing rooms, showers, a lovely cafe inside - all of which you are urged to respect by not trailing mud inside. Yes, there will be cleaning to do but it will be so much easier if you leave your shoes by the door, drop your outer layers there and keep to the floor coverings until you're cleaned-up. No muddy bums on chairs, neither!

6. Venue map

LVYCC LONDON LEAGUE CROSS
20 NOV 2022



7. Parking

Please park tidily in the car park. We'll put up tapes to help you nose-in. We suggest mobile homes are not necessary for this round because the pavilion is so plush.

8. Event Officials

Event Organiser – Michael Humphreys

Email: michaelhumphreys@btinternet.com

Chief Marshal – tbc

Chief Judge – LCCA Timing Team

Timekeeping – LCCA Timing Team

British Cycling Chief Commissaire – Neil Simpson

British Cycling Commissaire 2 – John Beggs

British Cycling Commissaire 3 - Peter Lloyd

First Aid Provider – Collingwood Medical Services

Governing Body – British Cycling

9. 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.

10. Podium presentation times and results

These will be located by the podium

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

11. Technical Regulations

The event is run under the rules of the British Cycling Federation
<https://www.britishcycling.org.uk/zuvvi/media/media/press/9> - [Cyclo-Cross Regulations - BC 2022 HANDBOOK-Linked-Split.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/>

12. 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 Hospital

King George Hospital

Barley Lane

Ilford

Essex

IG3 8YB