



South East Regional Cyclo-Cross Championships

Sunday 28th November 2021

**Cyclopark
The Tollgate
Wrotham Road
Gravesend
Kent
DA11 7NP**

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Technical Manual. Class – British Cycling Category A

Introduction

Welcome to the South East Regional Cyclo Cross Championships at Cyclopark This venue is well known for hosting multiple League events, Regional Champs, National Trophy rounds and of course the highlight of the National Champs as of a few years ago. Course designer supremo Huw Williams and his team of course builders has designed and built a great course for you all that will be loosely based on the National Trophy course for Mid December.

Safeguarding against Covid19

1) If you have coronavirus symptoms - **Do not attend the event**

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

2) You are required to follow the BC COVID-19 Discipline Code (copy attached)

About the course

- Both the Under 8/10/12 course and full course will have the finish line down by the pit area bowl.
- The full course starts at pretty much the furthest point from the car park and will start on a wide grassy climb leading up through the finish line and then in the adverse cambers.
- There will be small climbs, flat sections, off camber descents and a section for some hurdles'
- The course will be mainly 3m wide with plenty of wide over taking sections through the course.

Traveling to the event

- Cyclopark is well signposted off the A2 by Gravesend, easy access from M25

Sign on

Sign on will be located under the Gazebo that will be situated down in the pits area bowls close to the Finish Line.

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 their bike.

The process for Sign on -

If you have entered previous rounds of the London and South East league this season

You will have been provided with your number pack that consists of a bike mounted number and jersey mounted number. You are to use these for this event. You do not need to visit sign on unless you have lost or forget either of these numbers. If that is the case please visit the timing team gazebo who will issue you with a new numbers as required

If you have not entered previous rounds of the London and South East League this season

Turn up to sign on and state your name. The 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. Riders will be confirmed at the event by the timing system picking up their timing chip at the start of the race.

Toilets and Showers

Toilets and showers are located in Cyclo park building complex and 2 portaloo will also be situated in the Pits areas

Venue and course map



Parking

If you're arriving by car, please drive up the main road to Cyclopark whereby you will be greeted by a Car Park Marshal who will direct where you are to park. Parking will be £1.20 for a 3 hour stay and £3.60 for all day as per standard charges and if you can pay at reception, they take cash or card.

Event Officials

Event Organiser – Ian Lloyd

Email: llloyd5@outlook.com

Chief Marshal – Damian Pittock

Chief Judge – LCCA Timing Team

Timekeeping – LCCA Timing Team

British Cycling Chief Commissaire – Neil Simpson

British Cycling Commissaire 2 – Tony Millar

British Cycling Commissaire – Phil Jemmison

British Cycling Chief Trainee Commissaire – Peter Bancroft

First Aid Provider – Collingwood Medical Services

Governing Body – British Cycling

Race Programme and timetable

Race	Gridding	Race Start	Duration	Presentation
Practice 1	All riders 9am to 9.25am			
Under 10	9.25	9.30	10 mins	11:00
Under 8	9.25	9.30	10 mins	
Under 12	9.45	9.50	15 mins	
Under 16 Boys	10.15	10.20	30 mins	
Under 14 Boys		10.20.30		
Under 16 Girls		10.21		
Under 14 Girls		10.21.30		
Practice 2	All riders 11am to 11.25am			
Vet 50 plus Men	11.25	11.30	40 mins	13.30
Women (All Cats)	12.25	12.30	40 mins	
Practice 3	All riders 13.20 to 13.40			
Junior Men	13.40	13.50	40 mins	15.00
Vet 40 men		13.51		
Senior Men	14.40	14.50	60 mins	16.00

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.

Gridding – Gridding will be based on National rankings first and then randomised. Will be advertised on the London and South East league results website and facebook page before the event.

Presentation timings and Prize

The Podium will be situated close to the Sign on gazebo, next to the finish line.

11.00 - All under 8/10/12 and Under 14/16 youths

13.30 - Vet 50 and 60+ men and All Women Jun/Sen/Vet40/Vet50

15.00 - Junior Men and Vet 40 men

16.00- Senior Men

Prize List

	Female					Male				
	1st	2nd	3rd	4th	5th	1st	2nd	3rd	4th	5th
Under 8	Prize	Prize	Prize	n/a	n/a	Prize	Prize	Prize	n/a	n/a
Under 10	Prize	Prize	Prize	n/a	n/a	Prize	Prize	Prize	n/a	n/a
Under 12	Prize	Prize	Prize	n/a	n/a	Prize	Prize	Prize	n/a	n/a
Under 14	£15.00	£10.00	£5.00	n/a	n/a	£15.00	£10.00	£5.00	n/a	n/a
Under 16	£20.00	£15.00	£10.00	n/a	n/a	£20.00	£15.00	£10.00	n/a	n/a
Junior	£30.00	£25.00	£20.00	n/a	n/a	£30.00	£25.00	£20.00	n/a	n/a
Senior	£30.00	£25.00	£20.00	£15.00	£10.00	£30.00	£25.00	£20.00	£15.00	£10.00
Vet 40	£30.00	£25.00	£20.00	£15.00	£10.00	£30.00	£25.00	£20.00	£15.00	£10.00
Vet 50	£30.00	£25.00	£20.00	£15.00	£10.00	£30.00	£25.00	£20.00	£15.00	£10.00
Vet 60 +	No Entrants					£20.00	£15.00	£10.00	n/a	n/a

Medals

There will be British Cycling Regional medals awarded to all categories from Under 14 to Vet 60 +. There will be a ceremonial set to use for the podium image that we want back as we are going to have the medals engraved with your name and event details and present to you later on in the season.



Results

Race Results 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.

Technical Regulations

The event is run under the rules of the British Cycling Federation
https://www.britishcycling.org.uk/zuvvi/media/bc_files/rulebook/2018/british-cycling-handbook-2019.pdf

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/>

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 Hospitals:
Darent Valley Hospital
Darenth Wood Road ,
Dartford,
Kent,
DA2 8DA

01322 428100