



Technical manual

South East Regional Cyclo Cross Championships 2022

Sunday 27th November 2022

MX Canada Heights

Sutton at Hone

Swanley

[BR8 8DX](#)

[What3words](#)

Technical Manual. Class – British Cycling Category A

1. Introduction

Welcome to the South East Regional Cyclo Cross champs at Canada heights. This is our second visit this year and we have a cracker of a course for you all.

2. About the course

We have designed a great course for you all. We looked at the last 2 races hosted and the course will be based on some of those key features. However some new interesting sections have been added..... For a course preview go to facebook page [here](#) for full video

From the main car park you have to cross the course twice to get to the village as detailed on the map. To get to the pits you need to cross the course once. There will be marshalls at these crossing points but please can I ask that you are all very vigilant crossing at these points. The start area for youth races upwards can be accessed as per map without crossing the course and is a separate 200m start straight from the course

3. Travelling to the event

Car - Entrance is off Button Lane - about 5 mins off the M25 Junction 3 M20 Junction 1 interchange - entrance is on the left before you pass under the M25.

Nearest train stations:

Farningham Rd - 13 mins away - trains hourly from Victoria, Denmark Hill and Bromley South

Swanley 14 mins away - 4 trains an hour from Victoria and Blackfriars stopping at pretty much every station in South London

4. Sign on

For this event we will be using your London and South East Cyclo Cross League bike numbers and jersey mounted number.

If this is your first time and you don't have this number kit then please make your way to sign on that will be clearly marked with a large Sign on flag.

Simply state your name and you will be given your number pack to fit. We suggest you allocate 5 minutes to set up the number pack and timing chip.

If by any chance you forget your current bike or jersey numbers please make your way to the finish line gazebo whereby the timing team will allocate you a new number.

5. Toilets

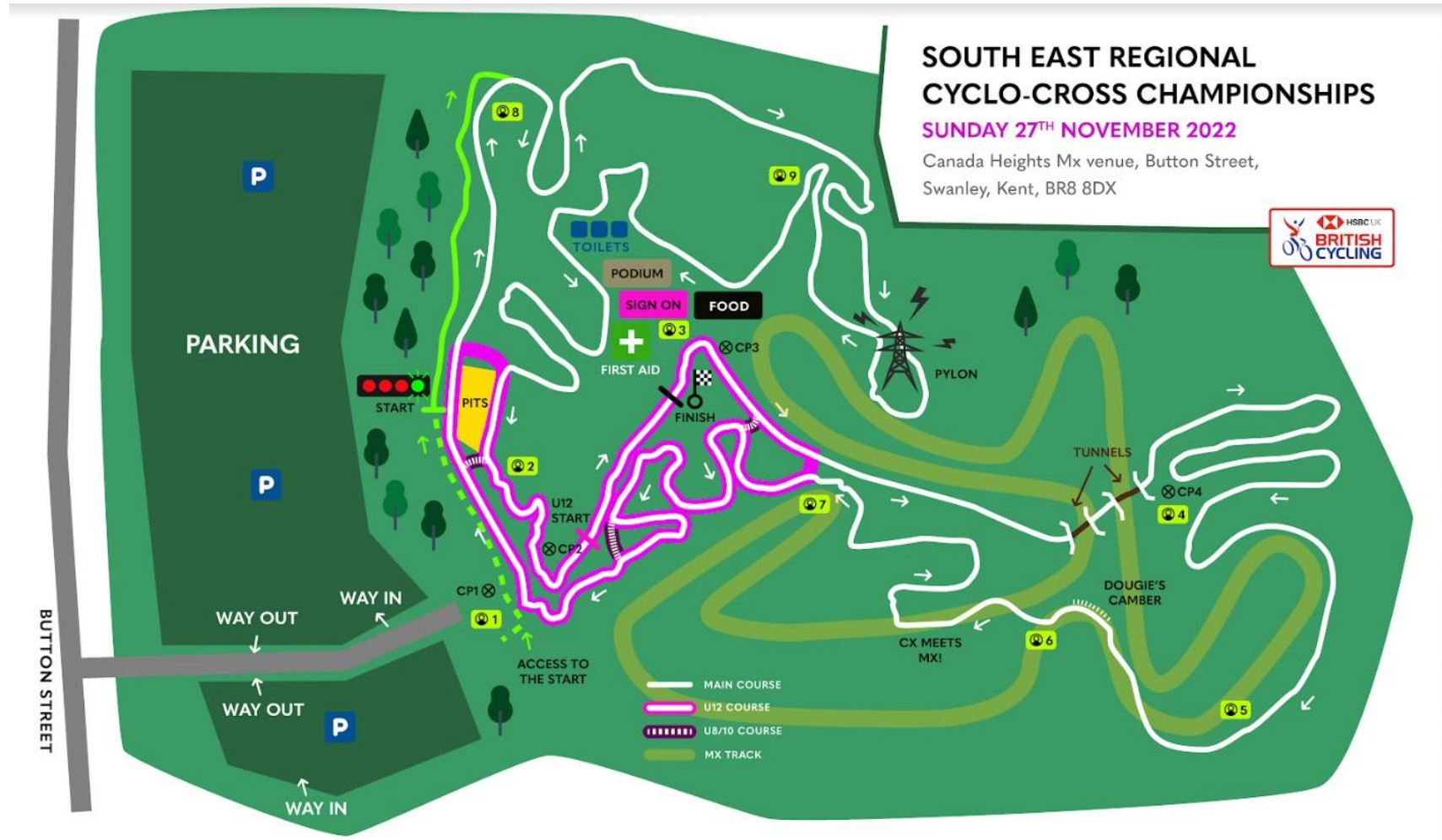
Portaloos are situated in main event village as detailed on the map

Site Facilities

There is NO WATER or electricity 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.

6. Course map Full



7. Catering

Event catering will be hosted by Canada Height regulate Weavers Event catering. Expect all the usual Cyclo Cross staple foods of Burgers, chips, bacon baps all to be washed down with Tea or Coffee of your choice.

8. Parking

As detailed on the map there are way in and way out gates that will be signposted. The parking is on grass and the way in gates are positioned higher up on the slope down towards the out gates. There is loads of space, please park responsibly and do not block the main tarmac routes.

9. Event Officials

Event Organiser – Stuart McGhee

Email: stuart.mcghee96@gmail.com

Chief Marshal – John Beggs

Chief Judge – LCCA Timing Team

Timekeeping – LCCA Timing Team

British Cycling Chief Commissaire – Ray Blackwell

British Cycling Commissaire 2 – Phil Jemminson

British Cycling Commissaire 3 – Tony Miller

Course Design – Stuart McGhee/Andy Carpenter/Dougie Fox/Glen Whittington

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		
Practice 2	All riders 11am to 11.25am			
Vet 50 Men	11.25	11.30	40 mins	13.30
Vet 60 + Men	11.25	11.31	40 mins	
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	13.40	13.51	40 mins	
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.

Gridding – Gridding will be based on national rankings. If you do not have a national ranking then grid position will be randomised after that.

10. Podium Presentation times and results

We have some great prizes and a lot of fun planned for these presentations, the podium is marked on the map and is quite visible and we will announce them on the League Megaphone. Please note that for most races we are offering prizes for top 5, please don't miss your podium opportunity.

Podium Presentation	
U8/10/12/14/16	11.00
Vet 50 plus Men and All Women Categories	13.30
Junior and Vet 40 Men	15.00
Senior Men and under 23 men	16.00

Male/Female	1st	2nd	3rd	4th	5th	Notes
Support Races						
Under 8	Tony's Choc	Tony's Choc	Tony's Choc	n/a	n/a	Chocolate edible medals
Under 10	Tony's Choc	Tony's Choc	Tony's Choc	n/a	n/a	Chocolate edible medals
Under 12	Tony's Choc	Tony's Choc	Tony's Choc	n/a	n/a	Chocolate edible medals
Regional Championship Races						
Under 14	£50.00	£35.00	£25.00	£20.00	£15.00	BC Medals and Winners Popper
Under 16	£50.00	£35.00	£25.00	£20.00	£15.00	BC Medals and Winners Popper
Junior	£50.00	£35.00	£25.00	£20.00	£15.00	BC Medals and Winners Popper
Senior	£50.00	£35.00	£25.00	£20.00	£15.00	BC Medals and Winners Champagne
Vet 40	£50.00	£35.00	£25.00	£20.00	£15.00	BC Medals and Winners Champagne

Vet 50	£50.00	£35.00	£25.00	£20.00	£15.00	BC Medals and Winners Champagne
Vet 60 plus	£50.00	£35.00	£25.00	n/a	n/a	BC Medals and Winners Champagne
<i>All finishers in the Under 8/10/12 and Youth 14/16 categories will receive a Chocolate Edible Finishers medal.</i>						

British Cycling Medals

These are from under 14 categories up. We will have a ceremonial set to use for the podium shots to give back. I will be getting your medal engraved with your name and event detail to present at a later date.



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@londonxleaguerevents.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 -
 _CycloCross_Regulations_-_BC_2022_HANDBOOK-Linked-Split.pdf](https://www.britishcycling.org.uk/zuvvi/media/media/press/9_-_CycloCross_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
admin@londonxleaguereports.co.uk.

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

Local Hospitals:

Dartford and Gravesend NHS Trust

Darenth Wood Road

Dartford, Kent , DA2 8DA