



Challenge Tires London & South East Cyclo-Cross League Round 8

Sunday 10th November 2024

Address...

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

**What3words location!!
///sailor.grab.joke**

Technical Manual. Class – British Cycling Category B

1. Introduction

Lee Valley Youth CC are delighted to welcome you to Hog Hill and the Hoggenberg road finish. We're looking forward to showing you some out-the-way places you might not see from the road circuit. Our volunteer marshals are doing two whole days with the Eastern League on Saturday too, so please be nice!

The lovely pavilion has a café and full changing facilities so you can get clean and warm. In return we'd like you to keep the place as clean as possible so do peel your outer layers into a bag, especially your muddy shoes. We have to get the road circuit clean by Monday so please help us keep all hard surfaces clean by not knocking or scraping mud off on any hard surface – especially not in the verandah or on the building!

We have a £1 serviced bike wash for after your race – bring cash money for club funds. There will be buckets and brushes around to help you keep the place clean by getting the muck off your kit.

Water is available from the far corner of the pavilion by the bike wash.

If the weather's nice our presentations will be made near to the finish line so look out for the podium.

2. About the course

The course will be nicely run-in by Eastern League. This is Michael Humphreys' 144th and last ever event. He's come up with a compact course to make the most of many features; - especially the hill part of Hog Hill.

Starts are made straight up the Hoggenberg and you join it for the finish too. We expect some friendly action coming to the line.

The infield offers a double-sided pits at a level grassy section on either side of the road circuit. There's also a wide variation of off-camber for spectator interest.

Your favourite grassy descent and off-camber should be rideable at speed. It leads to a road crossing and over 'Dino Mound', we cleared specially wide. Briefly on the road, you're then going down last year's most hated grassy slog and turning Right towards the switchback trail to climb back up to the pits.

Leaving the infield you head along the hedge lane and wend down to cross the Lower Hoggenberg into a feature descent around an old copse. You'll want to keep your speed into a run up back onto the road and up the cut-through to the Hoggenberg and finish line.

Conditions on two sections may be 'heavy going' so do tighten your shoes and fit your

studs.

Course length is 2.1km with 41m elevation change. There are five marshals around the course and you pass the pits twice each lap.

Bonus: Load the course plan from <https://ridewithgps.com/routes/48780518>

Equipment Pits

These are double pits in the middle of the upper infield on the grass either side of a level section of road circuit. Look for the yellow flags. Jet wash area is by the lower (far side) of the pits, near to the big oak tree.

Please only access the Equipment pits if you are supporting a rider.

Servicing and the changing of bicycles will only be allowed in these pits. A rider may only take the pit lane with the intention of changing a bicycle, wheel or receiving mechanical assistance.

We would really appreciate it if all competitors and supporters show great care to ensure that equipment is placed in a manner that allows free movement through the pit area/s.

When holding a bike for a rider please make sure that you do not impede another helper or rider.

We rely upon you to self-police the pits rather than place the burden on the already very busy commissaires. The commissaires may be there in attendance to provide guidance and direction.

If you are planning to have a spare bike then we advise you purchase a spare bike number as this has the timing chip in it. If you use a bike without one then you go invisible to the timing system and it relies on manual scoring and a clever process in the timing software that predicts your position in the race, however this has to be manually verified and slows down confirming a result for the prize presentation.

We also ask that riders only place their equipment in the pits just before their race and not whilst another race is still on to avoid congestion.

3. Travelling to the event

Venue postcode is pretty good: IG6 3HP

Train and Elizabeth line connections from London to Goodmayes are good.
Tube to Fairlop or Hainault (bagged bike only)

In London we are very proud of our Ultra Low Emissions Zone and the improvements in air quality it has brought. Hog Hill is right on the edge of the zone and you can get to the venue without entering the London ULEZ overland from outside the M25 by following this route <https://maps.app.goo.gl/boWutS4BpdtcydFE7>.

Is your vehicle ULEZ exempt? Check here: <https://tfl.gov.uk/modes/driving/check-your-vehicle/>

Please park tidily and tightly in the car park. We may be offering additional parking on a part of the road circuit. – Just follow the marshal instructions. Do not block the road access and of course there will be no parking up the access road so don't drive up unless a marshal tells you to.

Hainault country park has paid parking and there is on-road parking in Hainault.

4. Sign on

Sign on is inside the pavilion accessed through the café and turn Left.

Please collect your race number pack from Sign on. You will need to keep these and bring them every time you race in this year's league.

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 and the Regional Championships. 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.

If you have ordered a 2nd bike number, follow the same process as above.

If you have forgotten your numbers, you will need to visit the timing tent and collect a 'Bib of Shame' which you must return after your race. This will be your race number for the day only.

All riders must have their race numbers attached to their bike for the practice sessions

Return of last year's number pack

In our drive to keep costs down to you as riders and recycle equipment as much as possible, we really would like you to return your number tail fins and jersey numbers from previous seasons. There will be a marked crate at Sign on for you to do this.

5. Toilets, showers and changing

The pavilion has changing rooms with hot showers. There are separate toilets. Lockers too. All these can be reached directly along the central corridor from the doors at the far end of the building in the verandah area.

All of these facilities are to be kept clean, please. If you have collected a lot of mud, you need to peel off as much kit as decently possible outside and remove your shoes.

6. Café

Cakes and hot drinks are available. Also some sandwiches and sweet bars.

How we wish the café would serve more hot food. They may be doing baked potatoes.

The main thing to emphasise is please keep the fabric-covered chairs clean and don't use the café as your changing room. Kit bags left lying around will be moved out of the way to remind you there are lockers. If you are seen to be muddy in the café you can expect to be asked to leave, after you have cleared up.

Cyclocross course plan

Hog Hill November 9 & 10 2024

SATURDAY

E Region Eastern League round 6

09:30 u10
09:50 u12
10:15 Youth
11:15 Vet Open 50
12:45 Vet Open 40
12:46 Vet Open 60
13:45 Women Jun Sen Vet
14:45 Sen Jun Open

SUNDAY

SE Region London League round 8

09:20 u8 u10
09:40 u12
10:40 Youth
11:30 Vet 40 & Jun Open
12:30 Senior Women
13:50 Vet 50 60 Open
14:50 Senior & u23 Open

Senior course length 2.1km

u12 cuts to make shorter course

1 marshall points

'HOG HILL' REDBRIDGE CYCLING CENTRE FOREST RD HAINAULT LONDON IG6 3HP

Special note to riders:

Help save our time by not dropping/scraping any extra mud onto the circuit or any hard surface anywhere. Buckets and brushes are provided to clean up. Remove shoes and bag mucky kit outside the building to keep inside clean. Thanks



Please note the pits are not open during the U8/10/12 races.

5. Officials

Event Organiser – Michael Humphreys

Chief Marshal – Bob Griffiths

Chief Judge – Bruce Mackie

Timekeeping – LCCA Timing Team

British Cycling Chief Commissaire – Jon Goodge

British Cycling Commissaire 2 – Neil Simpson

Course Design – Michael Humphreys

First Aid Provider – Collingwood Medical Services

Governing Body – British Cycling

6. Race Programme and timetable

Important note. We have changed the race schedule from last year.

Race	Gridding	Race Start	Duration
Practice 1 U8/10/12 (Short Course Only)	9am to 9.15am		
Under 10	9.15	9.20	10 mins
Under 8 (Line up behind the U10)	9.15	9.20	10 mins
Under 12	9.35	9.40	15 mins
Practice 2 (Full Course)	10am to 10.35am		
Under 14/16	10.35	10.40	30 mins
Junior + V40 Open	11.20	11.30	40 mins
Female (All Cats)	12.20	12.30	40 mins
Practice 3	13.20 to 13.45		
Vet 50/60+ Open	13.45	13.50	40 mins
Senior Open	14.40	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.

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 League Website [rules section](#) for a full explanation of how the gridding has been created.

7. Podium Presentation times and results

Podium Presentation	
U8/10/12 (18)	10.15
Youth (12)	11.45
Vet 40/Jun Open and All Female Categories (24)	13.30
Vet 50/60+ Open (6)	15.00
Senior/U23 Open (6)	16.00

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 to update events page and allocate national rankings points.

8. Technical Regulations

The event is run under the rules of the British Cycling Federation

https://www.britishcycling.org.uk/cyclocross/article/bcst_rulebook_and_constitution?c=EN

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@londonxleaguereults.co.uk.

9. 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:

King George Hospital
Barley Ln, Ilford IG3 8YB

Whipps Cross Hospital
Whipps Cross Rd, London E11 1NR

Queens Hospital
Rom Valley Way, Romford RM7 0AG