



LCCA Team Champs Inc the Inaugural BUCX CX champs 2026

Sunday 8th February 2026

Cyclopark

**Watling Street
Gravesend
DA117NP**

<https://what3words.com/bench.soon.part>



**Technical Manual.
Class – British Cycling Category C-Non-ranking**

Introduction

Welcome to Cyclopark – Host of the LCCA Team Champs & BUCS CX champs 2026.

We will also be presenting the overall Challenge London and South East Cyclo-Cross league champions and the www.aeightbikeco.com Sussex League Overall Champions. We will be hosting them in a Marquee and split the presentations in two with 1) Youth U14,U16 and Under 12/10/8 at 12:00 and 2) Junior, Senior and Vet 40/50/60+ at 16:00. These will be combined with the on the day Team champs presentations too.

On behalf of everyone at Cyclopark, we are thrilled to welcome all athletes, families, and supporters to the event. It is an honour to host this event at our unique venue.

Cyclopark is a 49-acre cycling, sport, and wellbeing destination based in North Kent, and we're proud to be more than just a venue. As a registered charity, our mission is to support people of all ages and abilities to get moving on two feet and two wheels. From our Learn2Ride sessions to training grounds for elite GB riders, and from family-friendly trails to national championships like this, we're here to inspire, include, and energise.

Set in one of the UK's most deprived areas, our vision is to use sport and activity as a force for positive change—offering over 100 free activity places a week and providing a welcoming community hub that breaks down barriers to participation.

This year alone, we've welcomed over 300,000 visitors. Now, it's your turn shine and we look forward to seeing the passion, skill, and spirit that you bring to the tapes.

Warmest wishes,
The Cyclopark Team

Travelling to the event

Car	Cyclopark is located next to the A2 to the south of Gravesend, Kent. Take the A227 junction, (Gravesend Central) and follow the signs for Cyclopark.	
Walking	From the north – A227 Watling Street at Tollgate, just north of the A2 junction. From the south – via Downs Road, and the Ifield Court (Weald Way) and Church Road footbridges.	
Disabled Access	A number of additional pedestrian access points are located to the north of Cyclopark with disabled access.	
Cycling	National Cycle Route 177 runs the length of Cyclopark and is a short ride from Gravesend Station or Ebbsfleet International.	
Bus	To identify a suitable and available bus route, check https://www.arrivabus.co.uk/find-a-service	
Train	Gravesend Railway Station:	10-minute drive or 20-minute walk.
	Meopham Railway Station:	10-minute drive or 55-minute walk.
	Ebbsfleet International Railway Station:	10-minute drive or 20-minute walk.
	Northfleet Railway Station:	10-minute drive or 15-minute walk

Car Parking at Cyclopark

Payment for our car park is made via YourParkingSpace, on a pay on exit, barrierless system. Ways to pay for parking:

- Download the YourParkingSpace App
- Scan the QR code in the car park and venue

Blue Badge Holders can park in the car park for free. Please come to reception and validate your vehicle registration upon arrival.

Car Parking Prices

Under 30 minutes	FREE
Blue Badge Holders	FREE (Please provide your vehicle registration to Reception upon arrival)
Up to 4 hours	£1.90
Over 4 hours / All Day	£7.00

Please Note: There is **No Overnight Parking** for motorhomes / campers at this event. Please see below for local camping.

Hotel Accommodation & Camping:

Travelodge Gravesend	Coldharbour Rd, Gravesend, DA11 8AB 08719846527
Spring River, Talbot Ln	Ebbsfleet Valley, Swanscombe, DA10 1AZ 01322250170
Premier Inn Gravesend	Hever Ct Rd, Singlewell, Gravesend, DA12 5UQ 03330031685
Best Western Manor	1 Hever Ct Rd, Singlewell, Gravesend, DA12 5UQ 01474353100
The Inn on the lake hotel	Watling Street, Shorne, Gravesend. DA12 3HB <u>01474 823333</u>
Badgells Wood Camping – Harvel, Meopham, DA13 OUF	<u>07528 609324</u>

Best Western Manor Hotel

“The Best Western Manor Hotel is a family run hotel in Gravesend, Kent, we pride ourselves on our impeccable service and always going the extra mile for our guests; we’re proud to be different from the rest.

A home away from home; your perfect stay. Situated close to the A2, with easy access to London, the M25, Dartford Crossing, and Ebbsfleet International Station, we are situated just 1 mile from Cyclopark and with safe storage for bikes we are the ideal place to stay during the fantastic events and activities on offer.

Whether you’re staying in one of our Super Spacious Suites, providing the perfect setting for a little extra luxury or one of our Classic Rooms, both stylish and cosy, you’re guaranteed to be looked after. Our rooms and suites are available for families too!! for both short and extended stays.

We are an exclusive Residents' Only Hotel, providing a delicious breakfast for our guests as well as a full bar menu for dinner. Afterwards, you can relax and have a drink in our lounge which shows TNT sports!

CONTACT US DIRECT TO QUALIFY FOR SPECIAL DISCOUNTED RATES IF YOU ARE ATTENDING THE CYCLOPARK

Telephone 01474353100 or email res@bwmanor.com

Web www.bw-manorhotel.co.uk

Prohibited Items and Actions

- **No dogs on site**
- No BBQs for fires
- Use of the skatepark for the duration of the event
- No smoking or use of e-cigarettes
- No flares, lasers, smoke devices and canisters

About the course

Riding in a clockwise direction on a less technical condensed 1.65km version of our iconic National Champs course riders will start on the tarmac just beyond the Oval. The course will enter the 1st technical section, with 3 right-angle turns before entering the Event Marquee and tacking the Planks (20cms) in front of baying crowds. Exiting the Marquee (U12's deviate here) the riders will take some wide turns then in short succession riders will scale the Ride for Charlie Steps, before a right turn and gentle drop into the infamous BMX Bank Off-Camber (a bit easier than our nationals / regionals course line).

A widely taped climb back out and a more gradual descent to the circuit crossing point. A brief recovery follows on flat grass with a chance to recover before dropping into a short traverse off camber descent (U12's rejoin here), then back up again.

A new line into the bridge underpass, (U12s deviate here) circling back to go over the GKR Bridge which is always a spectating highlight! (U12s rejoin here) before Pit 1.

On exit of the Pit (U12s course deviates here) riders come back up the bank and back along the flat to the crossing point. Riders negotiate a series of flowing off-camber bends and a traverse before cutting across the MTB trail to the lower circuit, with a small bit of MTB on a fun switchback climb and new section in between the Red lake loop trail (expect some softer ground here making this a power section).

Exiting this section begins the short climb back to the bomb-hole and new entrance into Pit 2 descending through the trees, with the return to the Finish Line tarmac shortly afterward the final bank.

Expect plenty of wide track, passing opportunities via good "tekkerz" and mint vibes in the Marquee.
Nothing too scary & lots of fun.

When moving through the site, please stay on the designated crossing points to help minimise mud spread.

Equipment Pits

Access to the Pits

- Please only access the Equipment pits if you are supporting a rider.
- Access to the Pits and Bike Wash is down the side of the Finish Straight, alongside the road circuit, and down the bank.
- Steps only to be used if the bank is too slippery to walk.

- We 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.

Pits & Bike Wash Location

- We will have a double pit on the course defined by yellow flags, this will be located in the Big Oval, between the finish line and Bridge.
- 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.
- Bike Wash is at the bottom end of the Oval, access here is via the main start / finish straight and down the small bank
- A Bowser should be available for replenishment, please do bring your own water to begin with.

Pit Operations

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.

Warm Up Area.

For Use of Rollers please use the hardstanding area around the oval behind the marquee.

PLEASE ONLY warm up on the tarmac area around the Start and Gridding lines to help us minimise the clean-up operation. Thanks in advance for your cooperation.

Sign on

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

Sign on will be open from 8.30am and located in the Event Village near the Planks as indicted on the map.

Riders need to elect 1 person per team to collect all team numbers. Helmet numbers are divided between waves in the team.

If you arrive and there needs to be changes to your team please go to Sign on well in advance of the race start and we should be able to sort that out.

Also, if you have entered but not in a team please make yourself known at Sign on and we shall endeavour to make a team up.

We are using the race numbers you have used all season for the London and South- East League races. You only need to collect your number pack from sign on if you're a brand new rider this season. However each team captain must collect the helmet stickers for your team. These are numbered 1 to 4.

We suggest you allocate 5 minutes to set up the number pack and timing chip. Riders are not required to sign anything.

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 'temporary set' 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 & a crate in the Marquee podium area.

BUCS Cross Champs Event Info.

Riders may use any suitable off-road bike. UCI regs do not apply. MTBs, Gravel Bikes and CX Bikes all welcome. NO E-bikes.

Sign on process. Riders will need to sign on the sheet at the gazebo. Collect body numbers, pin on the right-hand side at the bottom of the jersey. Collect a seat-post mounted Timing Chip from the sign on desk and follow instructions to mount on the bike.

Please note, Body numbers are disposable – or keep as a muddy memento.

Timing Chips MUST be returned. Please use the buckets provided in the Marquee after your race.

Riders will start in Gender waves, Open then Female 1 minute later.

Toilets

Toilets are located in the main building as indicated on the map below.

Please note: NO Bikes are to be taken into the change rooms.

Washing of bikes, shoes or clothing in the change rooms is **STRICTLY PROHIBITED**

If possible please use our Pressure Washers to remove footwear / body mud before entering the changing rooms located at the end of the building.

Food and Beverage

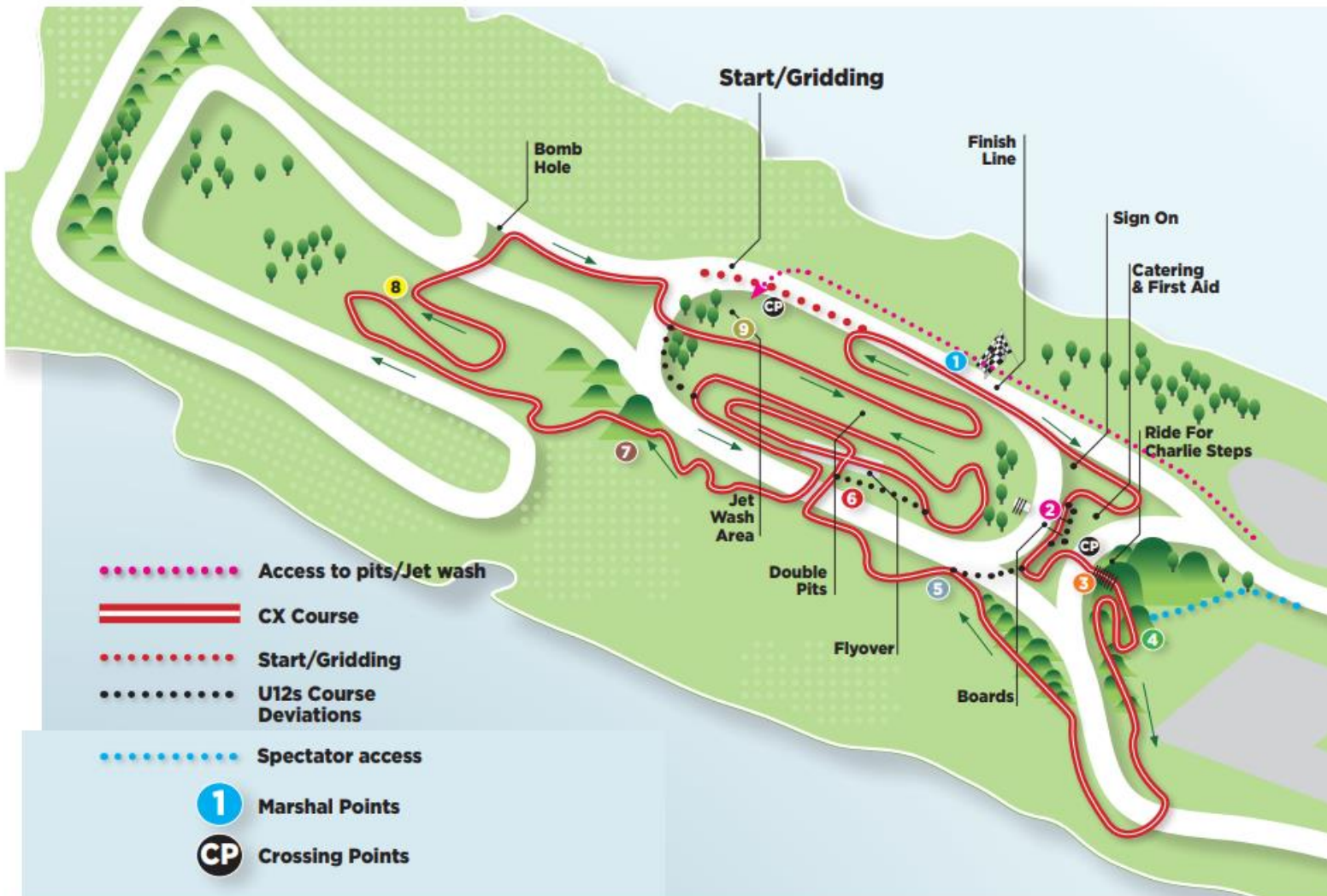
The **Real Belgian Fries** and The **Brooklyn Deli** will be located within the event village to supply feed and beverage throughout the event.

Iron Peer Brewery will be located in the Event Marquee.

Park Eat, in the main building, be serving a selection of hot beverages including **barista coffees** and **speciality teas**, as well as a selection of **pasties and sandwiches**.

Course Map Full & Crossing Points

Please note the pits are only shown for reference, they are not open during the U8/10/12 races.



Venue Map



Event Officials

We would like to thank the event officials for their time and dedication:

Organiser	Luke Anderson
Chief Marshal	Rory Hitchens
Chief Judge	LCCA Timing Team
Timekeeping	LCCA Timing Team
British Cycling Chief Commissaire	Chris Clague
British Cycling Commissaire 2	Peter Lloyd
British Cycling Commissaire 3	Jon Goodge
British Cycling Commissaire trainee	Massimo Conforti
Course Design & Build	Luke Anderson & Huw Williams
First Aid Provider	Emats Limited
Governing Body	British Cycling

Race and Presentation Timetable

Race		Gridding	Start	Finish	Duration	Last Rider
	Sign On Desk Opens		08:30	14:00		
	Practice 1 (U8/10/12 course only)		9:00	9:15		
1	Under 8/10/12	9:15	9:25	9:40	15 mins	9:45
	Practice 2 (Everyone)		9:50	10:15		
2	Under 14/16	10:15	10:25	10:55	30 mins	11:00
3	BUCS Champs	11:05	11:15	11:55	40 mins	12:00
	Presentation 1		12:00	12:45		
	Practice 3 (Everyone)		12:00	13:05		
4	Support Team Champs	13:05	13:15	14:05	50 mins	14:15
5	Open Team Champs	14:20	14:30	15:20	50 mins	15:30
	Presentation 2		16:00	17:00		

Programme and Timetable info

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 split into 4 waves per event. Riders can choose which wave to go in with their teams, and each wave will be gridded on an Honesty basis. If you are one of the fastest riders, come to the front of the wave. Please remember this is a Fun Vibes event, not the worlds, so don't stress about it too much. There's plenty of space to overtake and time to get through the traffic.

Prizes

Race	1 st Place	2 nd Place	3 rd Place
U12's Open	LCCA Medals Choccies	LCCA Medals Choccies	LCCA Medals Choccies
Youth	LCCA Medals Choccies	LCCA Medals Choccies	LCCA Medals Choccies
Support Team Champs	Beers	Beers	Beers
Open Team Champs	Beers	Beers	Beers

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.

Results

Race Results will be published online as soon as feasible [here](#). 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.

Team Champs Rules

Under 12

- 4 Riders per team
- All team members to be First claim members of that team/club

- Composite teams can be created but will not count towards the Team Champs but there is a set of medals for the 1st composite team.
- Teams can be made up of any category (U8, U10/12 Boys or Girls)
- Places allocated on first come first served limited to 40 teams - 160 riders
- 15-minute race
- Start line set up - Each team to number team riders 1 to 4 and to line up in corresponding start line gridding bay numbered 1 to 4. You will be given helmet stickers at sign on to make this easy to remember.
- Rider 1 to 4 start times as indicated on table above.
- First place 160 points down to 1 point for 160th place.
- Best 3 riders to count, team with highest score wins.
- In the event of a tie on points the highest position of 3rd placed rider to decide winner
- Everyone will get a ride if they cannot make up a team.

Prizes

- Set of 4 medals for 1st, 2nd and 3rd teams
- Set of 4 medals for 1st composite team.

Youth

- 4 Riders per team
- All team members to be First claim members of that team/club
- Composite teams can be created but will not count towards the Team Champs but there is a set of medals for the 1st composite team.
- Teams can be made up of any category (U14/16 Boy or Girl)
- Places allocated on first come first served and field size will be limited to 40 teams - 160 riders
- 30-minute race
- Start line set up - Each team to number team riders 1 to 4 and to line up in corresponding start line gridding bay numbered 1 to 4. You will be given helmet stickers at sign on to make this easy to remember.
- Rider 1 to 4 start times as indicated on table above.
- First place 160 points down to 1 point for 160th place.
- Best 3 riders to count, team with highest score wins
- In the event of a tie on points the highest position of 3rd placed rider to decide winner
- Everyone will get a ride if they cannot make up a team.

Prizes

- Set of 4 medals for 1st, 2nd and 3rd teams
- Set of 4 medals for 1st composite team.

Support Team Champs

For riders that cannot make up a full team from first claim members, creating composite teams. Interesting team names are encouraged!

- 4 Riders per team
- Team can be made of any category from any club (Men/Women/Jun/Sen/Vet 40/50/60+)
- Places first come first served and field size will be limited to 160 riders.
- 50-minute race
- Start line set up - Each team to number team riders 1 to 4 and to line up in corresponding start line gridding bay numbered 1 to 4. You will be given helmet stickers at sign on to make this easy to remember.
- Rider 1 to 4 start times as indicated on table above.
- First place 160 points down to 1 point for 160th place.
- Best 3 riders to count, team with highest score wins
- In the event of a tie on points the highest position of 3rd placed rider to decide winner
- Everyone will get a ride if they cannot make up a team

Prizes

- Prizes for first 3 teams

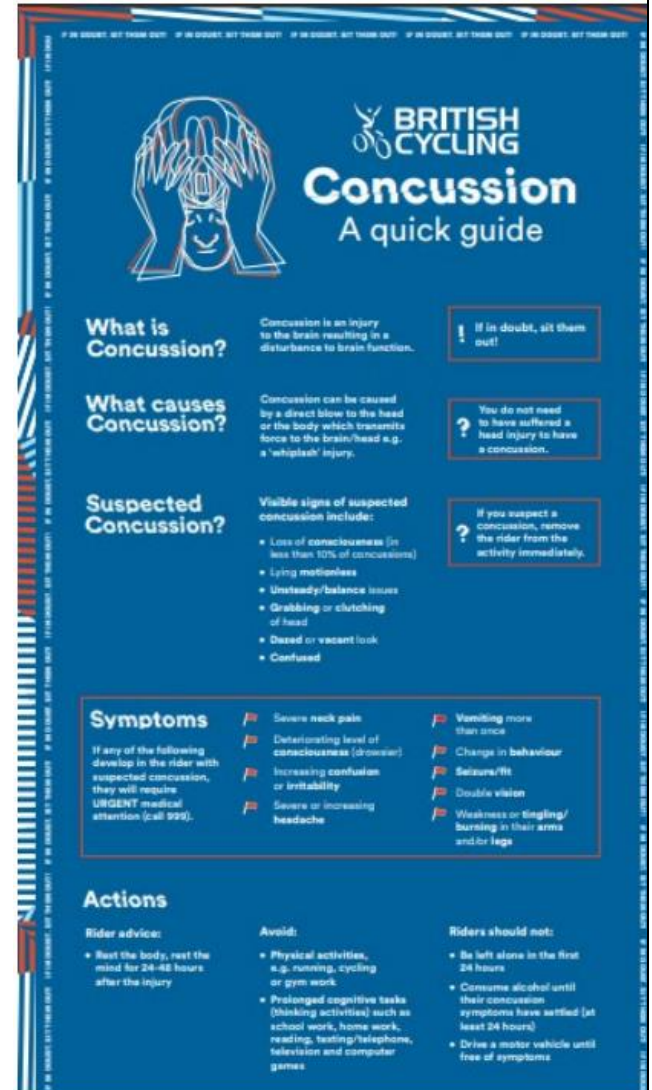
Open Team Champs

- 4 Riders per team
- All team members to be First claim members of that team/club
- Team can be made up of any category (Men/Women/Jun/Sen/Vet 40/50/60+)
- Places allocated on first come first served and will be limited to 160 riders
- 50-minute race
- Start line set up - Each team to number team riders 1 to 4 and to line up in corresponding start line gridding bay numbered 1 to 4. You will be given helmet stickers at sign on to make this easy to remember.
- Rider 1 to 4 start times as indicated on table above.
- First place 160 points down to 1 point for 160th place.
- Best 3 riders to count, team with highest score wins
- In the event of a tie on points the highest position of 3rd placed rider to decide winner
- Teams can enter as 3
- No individual entries, entry only accepted if in a team of 3 or 4 first claim club members.

Prizes

- Set of 4 medals for 1st, 2nd and 3rd teams
- Set 4 medals for 1st Veterans team (All riders to be veterans man or woman)
- Set of 4 medals 1st Women Teams (All riders to be Women of any Category)
- Any team can win the Open Title, Example, a Veteran Team can win the Open Title and the Veterans Team Title.

British Cycling Concussion Policy



What is Concussion?
Concussion is an injury to the brain resulting in a disturbance to brain function.

What causes Concussion?
Concussion can be caused by a direct blow to the head or the body which transmits force to the brain/head e.g. a 'whiplash' injury.

Suspected Concussion?
Visible signs of suspected concussion include:

- Loss of consciousness (in less than 10% of concussions)
- Lying motionless
- Unsteady/balance issues
- Grabbing or clutching of head
- Dazed or vacant look
- Confused

Symptoms
If any of the following develop in the rider with suspected concussion, they will require URGENT medical attention (call 999).

- Severe neck pain
- Deteriorating level of consciousness (drowsier)
- Increasing confusion or irritability
- Severe or increasing headache
- Vomiting more than once
- Change in behaviour
- Seizure/fit
- Double vision
- Weakness or tingling/burning in their arms and/or legs

Actions

Rider advice:


- Rest the body, rest the mind for 24-48 hours after the injury

Avoid:

- Physical activities, e.g. running, cycling or gym work
- Prolonged cognitive tasks (thinking activities) such as school work, home work, reading, texting/telephone, television and computer games

Riders should not:

- Be left alone in the first 24 hours
- Consume alcohol until their concussion symptoms have settled (at least 24 hours)
- Drive a motor vehicle until free of symptoms



Return to Cycling
Riders should follow a progressive programme back to cycling, known as a Graduated Return to Play (GRTP) protocol.

Graduated Return to Play (GRTP) Protocol

Stage 1
A short period of relative rest (first 24-48 hours).
Earliest return to sport-specific training is 14 days and only progress to the next stage if undertaken activity does not more than 'mildly' exacerbate existing symptoms.

Stage 2
Focus on return to your normal daily activities outside of school or work, with light physical activity.

Stage 3
Focus on increasing tolerance for thinking activities, including light aerobic activity in weeks 1-2.

Stage 4
Focus on your return to study and work, with non-contact training allowed in week 2.

Stage 5
Focus on your return to full academic or work-related activity. Unrestricted training activities is not allowed before week 3.

Stage 6
Return to competition and this should not be reached before day 21 after your concussion (Day 0 is the day of the concussion).

Further information can be found in the British Cycling Concussion Guidelines.

First Aid and local hospitals

EMATS Limited
Garland House, High Wycombe, Bucks, HP11 2RN
0330 175 9971
www.emats.co.uk

Local Hospitals

Darenth Valley Hospital (Accident and Emergency)

Darenth Wood Road, Dartford, Kent. DA2 8DA
01322 428100

5.5 Miles

10 minute drive

Gravesend Community Hospital (Minor Injuries)

Bath Street
Gravesend
DA11 0DG
01474 360500

2.1 miles

7 minute drive

Spectator Safety

Spectator Information Spectator safety is of paramount importance at the Team & BUCS Champs Cyclo-cross, and as much as we strive to keep all spectators safe from harm, please remember that all spectators are responsible for their own personal safety.

Here are some pointers to help spectators stay safe while watching a live event:

- Be responsible and keep your own safety in mind
 - Always follow and obey marshal's instructions; they are there to keep you safe
 - Observe and follow all event signs, do not cross or enter taped areas and stay within any designated spectator areas
 - Do not enter any restricted areas and keep off the track, if unsure ask a marshal
 - Keep dogs on a lead at all times
 - Do not alter, move or disturb any part of the course
 - Children to be accompanied at all times •
 - Never stand on the outside of a corner-
 - Stand above the track, rather than below
- Remember:**
- Riders may run wide on corners, take lines close to the tape, overshoot features or leave the course with mechanicals

