



## **London & South East CycloCross League Team Championships 2023**

**Sunday 12th February 2023**

South of England Showground (South Gate)  
Selsfield Road  
Ardingly  
West Sussex  
[RH17 6TL](#)

**ENTRANCE & PARKING VIA THE 'NORTH GATE'**

### **Technical Manual**

## Introduction

Crawley Wheelers once again welcomes you to the South of England Showground at Ardingly. This time for the Team Championships and End Of Season Prize Presentation the 2022/2023. For this we make use of the 3300m2 of compressed sand in the Abergavenny Building.

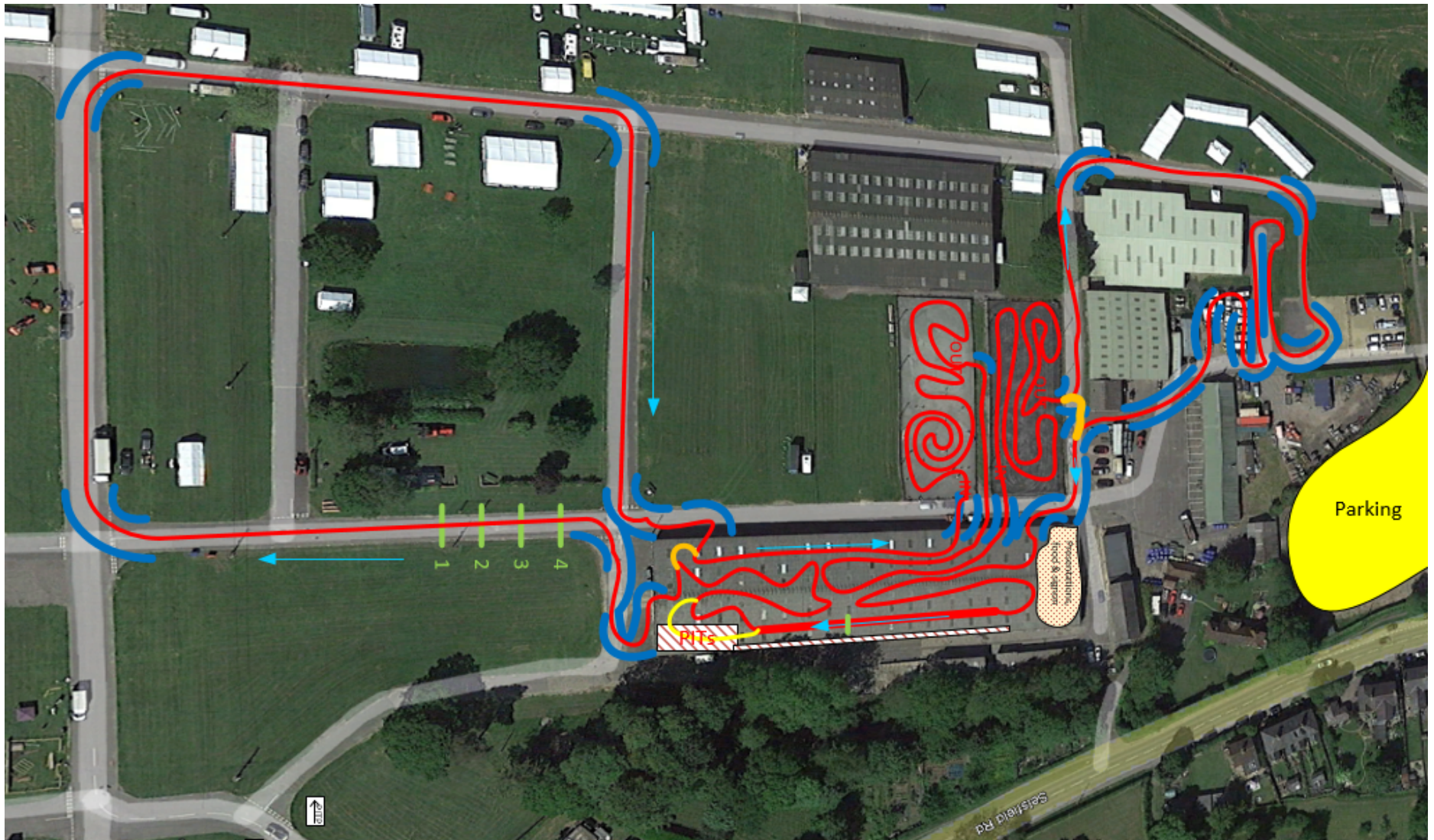
Please have a read of the following information over the next few pages which hopefully should make the event run smoothly.

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## About the course

- The event is centred around the sand in the Abergavenny building and the two adjacent sand schools each providing a different surface to race upon.
- In a change to previous years, the course will run in reverse.
- The course utilises the tarmac roads to link these features together.
- With Zero elevation it is all about those tight technical turns, powering through the sand and unusually for CX, drafting on the tarmac.
- The race will start on a tarmac section away from the barn on a short tarmac section and will go through several turns before entering the sands.
- **NO RIDING ON THE GRASS PLEASE!**
- The Under12s course will follow the same start but doing a lap of the tarmac, but only on the first lap. After the finish line, the U12s will divert and stay in the barn rather than do the tarmac again, and then from the exit of the 2<sup>nd</sup> Sand school, they will divert right and straight back into the barn rather than go around the back of the buildings.

## Venue and course map



## **I. Parking**

If you're arriving by car then entrance is through the North Gate where there is a large hard standing car park for 300+ cars.

1. Please do not park out on the main road.
2. Please do not park on the grass except for in designated areas.
3. Please take care in the car park as this is also open to members of the public who regularly use it to walk their dogs. Also young children are often in the area on bikes or other wheeled devices.
4. Please park responsibly. There is plenty of room for all competitors and other users if everyone is considerate.

There will be Crawley Wheelers feather flags marking the entrance to the event site. Please follow these and find a space to set up camp.

## **2. Event Officials**

**Event Official (on the day) – Adrian Riddle**

**Timekeeping – LCCA Timing Team**

**British Cycling Commissaires – The Dream Team**

**First Aid Provider – Collingwood Medical Services**

**Governing Body – [BritishCycling@org.uk](mailto:BritishCycling@org.uk)**

### 3. Event Time Table

			Start time of rider....			
Race	Start	Length of race	1	2	3	4
Under 12	10am	15 mins	0	30 secs	1 minute	1.5 mins
Youth	10.45am	30 mins	0	30 secs	1.5 mins	3 mins
Presentation (U8/10/12/14/16)	11.45am	30mins				
Support Team Champs	12.45am	50 mins	0	1.5 mins	3 mins	4 mins
Open Team champs	14.15pm	50 mins	0	1.5 mins	3 mins	4 mins
Presentation (Jun/Sen/Vet 40/50/60+)	15.45pm	60mins				

If this is your first (and last) race this season then you need to collect your race pack from the sign on table inside the Abergavenny barn.

Each team captain (or nominee) will need to collect the team's helmet stickers from the sign on table. These are numbered 1-4 and each team member should wear one and line up in the corresponding start line bay. Commissaires will be checking.

SignOn is open to all from early.

Top Tip: if you don't want the sticker to leave a mark on your helmet then use some Sellotape or masking tape direct on your helmet then place the sticker on top.

## 4. General

**Practice times** – Please note that the course will be open for practice before the Under 12s race, but there will be diversions in place for U12s (look for the blue arrows). After the U12s race, all diversions will be taken down.

**Gridding** – There is no gridding as such. As this is a team event you should decide amongst you team what your start order is going to be, and then simply line up in the correct starting bay. There will be a maximum of 40 riders per start bay so even if you don't get to the line first, you won't be far behind. Please note that any decision made by the commissaires is final.

**PITs** – There will be a small PIT area at the end of the finish straight inside the barn, but with ZERO mud it shouldn't really be needed. If you do place equipment in there then please keep it tidy

**Catering** – Next to the sign on table inside the barn, Crawley Wheelers will be having our usual array of hot drinks, rolls, home made cakes and other goodies to keep you going. In addition to this, 'Real Belgian Fries' will be on site throughout the day to feast on.

Please use the bins provided or take your litter home with you.

## 6. Technical Regulations

Event 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](https://www.britishcycling.org.uk/zuvvi/media/bc_files/rulebook/2018/british-cycling-handbook-2019.pdf)

London and South East CycloCross rules and info on league available here <http://www.londonxleague.co.uk/rules/>

Results will be published on the London and South East CycloCross website and Facebook pages (but there may be a delay)

Any queries on results please visit here for info how to do this <http://www.londonxleague.co.uk/results/>

Thanks to Sutton CC for the original design and layout of this document too.