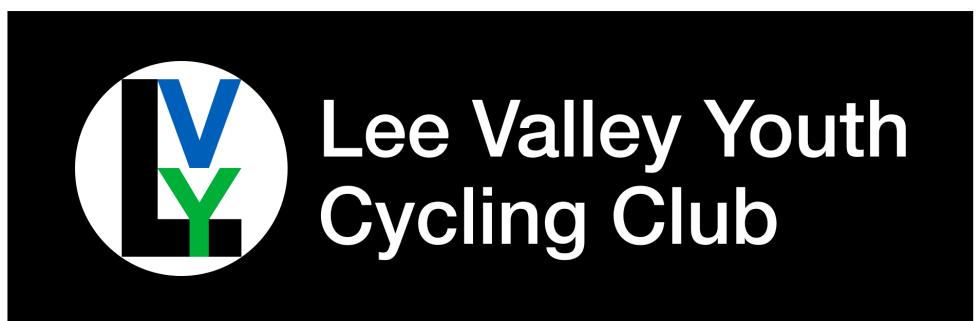




Challenge Tires London & South East Cyclo-Cross League – Round 7

Sunday 30th November 2025



Hosted by Lee Valley Youth Cycling Club

**Redbridge Cycling Centre
Forest Road, Ilford, IG6 3HP**

[Google](#) | [What3Words](#)

Technical Manual — British Cycling Category B

IMPORTANT - PLEASE READ

The road circuit is currently closed due to ground destabilisation and movement on the hillside that has caused cracks and fissures which have disrupted the asphalt layers and created hazardous conditions for riders. We only have permission to use the sections of track used for the cyclocross course, but the rest of the top and bottom circuits are off limits. Riding the closed circuit will put future races at risk, so please respect the closure and ensure other riders are aware too.

Riders caught using the road circuit will be reported to the commissaires and disqualified - do not risk it.

1. Introduction

Lee Valley Youth Cycling Club welcomes you to Round 7 of the Challenge Tires London & South East Cyclo-Cross League at Redbridge Cycling Centre.

This purpose-built cycling venue offers a mix of flowing trails, technical features, open grassland and gravel, creating a fast but selective course for all categories. The venue is currently undergoing extensive repair work, so some changes have been made from previous years — but with a little Beastway magic we've created a spectacular and testing route.

We hope you have a fantastic day of racing.

2. About the Course

Due to the ongoing repairs to parts of the road circuit, significant changes have been made for 2025. The course begins on the “Alpine Meadow”, using the full length of grass to stretch the field before swinging left across the road, under the oak tree, and back onto grass behind the timing hut. Riders then follow the grass past the BMX track and into the wood, turning left on the finish straight (give the judges a wave!) before entering the off-camber and a series of tight, grassy turns and hurdles designed to test explosive power and technical handling.

From there the course drops onto the gravel behind the centre and takes a new line through the S-bends before a high-speed descent beside the Hoggenburg. Riders then follow singletrack to the boardwalk before joining the lower road circuit. The lap finishes by passing through the scrubland, navigating a short bank and climbing the Alpe d’Hogz and back round to the finish straight.

If wet weather arrives in the days before the race, expect the grassy sections to become pleasingly muddy.

Approximate lap length: 2.5km



Youth course (U8/U10/U12)

A shortened **1.1km loop** around the top of the circuit, incorporating the fun technical elements of the full course while avoiding the long singletrack, the lower road circuit, and the main climb.

3. Equipment Pits

The pits can be accessed twice per lap:

- Shortly before the finish where the course exits the woods onto the finish straight.
- After the short downhill behind the cycling centre near the club's jetwash.

Note that the pit is a long way from the far reaches of the course, it's a long run so consider your tyre choice – puncture resistance and sealant is recommended.

Jet washing is permitted, but please be considerate — avoid spraying other bikes, people, or spectators.

LVYCC will also be running a jetwash behind the cycling centre building for £1 per bike, please bring coins to pay for your wash.

Servicing and bike changes are only allowed inside the designated pits. Riders may only enter the pit lane with the intention of changing a bike, wheel, or receiving mechanical assistance.

Please place equipment carefully to allow free movement, and avoid impeding other mechanics, helpers or riders. We rely on riders and helpers to self-police the pit area to reduce the burden on commissaires. Commissaires may attend to provide guidance.

The pits are **closed for U8/U10/U12 races**.

4. Travelling to the Event

By Car

Redbridge Cycling Centre is located on Forest Road, Ilford (IG6 3HP).

Important: Gallows Corner on the A12 is **closed until Spring 2026** — please plan your journey accordingly.

On entering the venue from the main road:

- Turn **right** into the main car park.
- Please park **closely and considerately**, as spaces are limited.
- Overflow parking is available at **Hainault Country Park** (paid), a short walk away.

By Public Transport

The nearest stations are Newbury Park (Central Line) and Hainault.

5. Sign On

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

Sign on will be open from 8.30am.

If this is your first London League race of the season, please collect your race-number pack from Sign On inside the Cycling Centre building. Keep your numbers and bring them to every league event. Allow at least 5 minutes to fit your number pack and attach your timing chip.

Riders do not need to sign anything at sign-on. Race confirmation is via the timing chip as riders pass the start.

If you ordered a second bike number, collect it using the same process.

If you have forgotten your numbers, visit the timing hut to collect a *temporary set*. This is valid only for the day and must be returned after your race.

6. Facilities

The Cycling Centre pavilion is open with access only via:

- the café door
- the main corridor door for riders

Before entering the building:

- **remove muddy outer layers and place them in a bag**
- **leave muddy shoes outside** in the covered areas

Inside, the venue provides:

- Toilets
- Changing rooms

- Warm showers

Do not bring mud inside. Please treat the building with respect — muddy kit damages furniture and flooring. Blocked showers flood the changing rooms, which causes closure for all riders.

7. Catering

The café will be open, warm, and serving:

- hot and cold drinks
- cakes and snacks
- Sandwiches
- Pizzas

8. Event Officials

- **Organiser:** Bob Griffiths — robertgriffiths42@btinternet.com
- **Chief Marshal & Course Designer:** Andy Watson-Smith
- **Chief Judge:** LCCA Timing Team
- **Timing Team:** LCCA Timing Team
- **Chief Commissaire:** Dave Kahn
- **Commissaire 2:** Jon Goodge
- **Commissaire 3:** Neil Simpson
- **Trainee:** Matt Benfield
- **First Aid Provider:** EMATS
- **Governing Body:** British Cycling

9. Race Programme

Practice 1 — U8/10/12 short course — 09:00–09:15

Race	Gridding	Start	Duration
Practice 1 - U8/U10/U12		9:00	15 mins
Under 10 + U8	9:15	9:20	10 mins
Under 12	9:35	9:40	15 mins
Practice 2 - Full course		10:00	35 mins
Under 14/16	10:35	10:40	30 mins
Junior + Masters 40 Open	11:20	11:30	40 mins
Female (All categories)	12:20	12:30	40 mins
Practice 3 - Full course		13:20	25 mins
Masters 50/60/70+ Open	13:45	13:50	40 mins
Senior Open	14:40	14:50	60 mins

Practice notes

Course open times may change depending on conditions and lap times.

Use the green **Course Open** and red **Course Closed** flags for accurate information.

Gridding

Gridding for each category will be published on the league results website and shared by email before the event. <https://www.londonxleagueresults.co.uk/>

Queries should be raised on **Friday** before race day.

All decisions rest with the **Chief Commissaire**.

10. Podium Presentation & Results

Podiums will take place beside the Pavilion near the finish line and PA system. We aim to present awards immediately after each category finishes. Riders must be present — **awards cannot be claimed later** and will return to the promoting club.

Podium Schedule

- **U8 / U10 / U12:** 10:15
- **Youth (U14/16):** 11:45
- **Vet 40 / Junior Open / All Female Categories:** 13:30
- **Vet 50 / 60 / 70+ Open:** 15:00
- **Senior / U23 Open:** 16:00

Results

Race results and league tables will be published online as soon as possible. Results queries must be submitted by **6pm on the Tuesday** after the race:
admin@londonxleagueresults.co.uk

Once confirmed, results are sent to British Cycling for national ranking points.

12. Technical Regulations

This 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 & South East Cyclo-Cross League rules:

<http://www.londonxleague.co.uk/rules/>

Results are typically published on the league website and Facebook page on the day of racing.

<https://www.londonxleagueresults.co.uk/>

For result-related queries:

admin@londonxleagueresults.co.uk

13. First Aid & Local Hospitals

A qualified First Aider will be on site throughout the event.

Please inform a marshal or organiser if you or another rider requires help.

Nearest A&E Hospitals

- **King George Hospital A&E** (8–10 mins)
Barley Lane, Goodmayes, Ilford IG3 8YB
- **Queen's Hospital Romford A&E** (15–20 mins)
Rom Valley Way, Romford RM7 0AG
- **Whipps Cross University Hospital A&E** (15–20 mins)
Whipps Cross Road, Leytonstone E11 1NR

Minor Injuries Units

- **Harold Wood Walk-In Clinic** (8am–8pm)
The Drive, Gubbins Lane, RM3 0AR
- **Cheshunt Minor Injuries Centre**
King Arthur Court, EN8 8XN