

South East Regional CX Championships



Technical Manual

Sunday 3 December 2023

Herne Hill Velodrome, 104 Burbage Road, SE24 9HE



© Andrew Moss Photography

Welcome to the South East Regional Cyclocross Championships at Herne Hill Velodrome. We've created an open, fast and flowing course with some of the classic Herne Hill features and a few new sections too.

British Cycling Cyclocross Category A Event. Supported by the Herne Hill Velodrome Trust and London Cyclocross Association



Contents

- [1. Access & Parking](#)
- [2. Event Timetable](#)
- [3. Course](#)
- [4. Sign-on](#)
- [5. Race Numbers](#)
- [6. Refreshments](#)
- [7. Toilets and Showers](#)
- [8. Bike Washing](#)
- [9. Race Organisation](#)
- [10. Technical Regulations](#)

1. Access & Parking

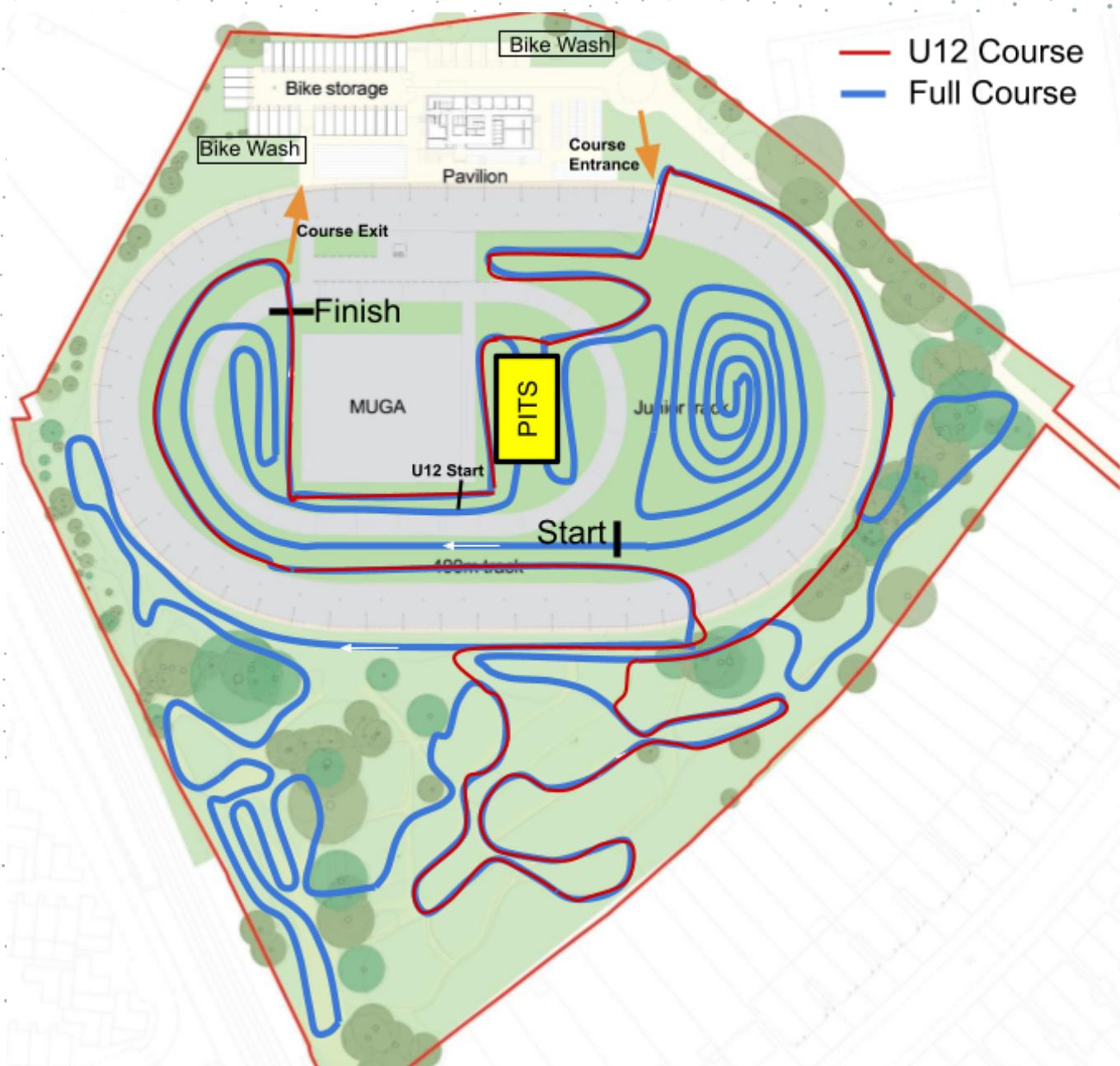
If possible please consider riding to the race or coming by train. We are within 15 mins walk / 5 mins ride of Herne Hill and North Dulwich overground stations. There is limited parking on site, with marked parking bays plus parking on the grass on the right hand side of the driveway as you enter the site. If the car park becomes full you will be able to drop off, but will be asked to park elsewhere - we recommend Gallery Road nearby (5 mins walk) for free parking. Full detailed travel information can be found [here](#).



2. Event Timetable

| Race | Gridding | Race Start | Duration | Presentation |
|------------------|----------------------------|------------|----------|--------------|
| Practice 1 | All riders 9am to 9.25am | | | |
| Under 10 | 09.25 | 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 | 10.15 | 10.20.30 | 30 mins | |
| Under 16 Girls | 10.15 | 10.21 | 30 mins | |
| Under 14 Girls | 10.15 | 10.21.30 | 30 mins | |
| Practice 2 | All riders 11am to 11.25am | | | |
| Junior Open | 11.25 | 11.30 | 40 mins | 13.30 |
| Vet 40 Open | | 11.31 | | |
| Women (All Cats) | 12.25 | 12.30 | 40 mins | |
| Practice 3 | All riders 13.20 to 13.40 | | | |
| Vet 50 Open | 13.40 | 13.50 | 40 mins | 15.00 |
| Vet 60 Open | | 13.51 | | |
| Senior Open | 14.40 | 14.50 | 60 mins | 16.00 |

3. Course





4. Sign-on.

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

If this is your first time and you don't have this number kit then please make your way to sign on in the container area.

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 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. Race Numbers

Please position your race number on the left hand side of your lower back so that it is clearly visible from the finish line gazebo.

6. Refreshments

Jan's Cafe will be open throughout, for hot and cold drinks, with burgers & Belgian frites!

There is an outdoor drinking water tap by the back door to the pavillion and drinking fountains in the men's & women's changing rooms.

7. Toilets and Showers

There are toilets, showers and changing rooms on the ground floor of the Pavilion. Please take care while using the facilities, try to get the worst of the mud off you and your kit outside in a grassy area, remove muddy shoes before entering the building and try not to sit on the chairs until after you've changed into clean clothes. In the event of a very muddy event, please ensure toilets, sinks and showers are not left clogged with mud so they can still be used by other riders in races later that day.

8. Bike Washing

There are 2 bike washing stations behind the shipping containers and racks and hoses set-up near the pit area. Please use these quickly rather than causing long queues by doing a proper deep clean. If washing your bike outside of the bike wash area please be considerate and do it somewhere on the grass rather than over any tarmacked areas.



9. Race Organisation

Event Organiser: Katherine Potsides

Chief Judge/Timekeeping - LCCA Timing Team

BC Chief Commissaire: Neil Simpson

BC Commissaire 2: Chris Clague

Trainee Commissaire: Julian Campbell

Course Design: Charlie Codrington

First Aid Provider: Collingwood Medical Services

Nearest Hospital: Kings College Hospital, Denmark Hill SE5 9RS

10. Technical Regulations

The event is run under the [rules of the British Cycling Federation](#)

London and South East Cyclo Cross rules and info on league available [here](#)

Results will be published on the London and South East Cyclo Cross website and Facebook pages pretty much on the day of racing. For any queries on results please email: admin@londonxleagueresults.co.uk.