



## **Challenge Tires London & South East Cyclo-Cross League Round 3**

**Sunday 25th September 2022**

Crystal Palace Park,  
Anerley Hill,  
Sydenham,  
London,  
[SE19 2BA](https://www.google.com/maps/place/SE19+2BA)

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# Technical Manual. Class – British Cycling Category B

## 1. Introduction

Brixton Cycles Club welcomes you to Crystal Palace for round 3 of the London and South East Cyclo Cross League. An iconic Cyclo Cross venue that once hosted the World Cyclo Cross Champs in the early 1970's.

### Safeguarding against Covid19

1) If you have coronavirus symptoms - **Do not attend the event**

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

## 2. About the course

Starting from the bottom of the hill just up from Fisherman's corner and straight up the tarmac towards the bowl. The course then goes right onto the grass, running parallel to the pond and stage, and crossing the first pit entrance. Continuing behind the stage before the first technical section with steep descents into hairpins and climbs back up the banking. A tricky off camber section follows a tarmac transition, which can be loose and dusty if it stays warm and dry. A short punch up the bank and swooping corner takes the course into the trees and then parallel to the crit course finishing straight. A couple of hairpins bring the speed back down, then a sweeping corner down the banking gives riders a chance to get some speed back up before heading up and out of the bowl over the hurdles (think Tabor, but with a shallower gradient and faster corner before the hurdles!). Weaving through the trees, then a chance for a jump down the slope towards the maze. A tricky chicane awaits riders at the bottom, followed by a sweeping 180 degree corner and a short climb back up the slope. Another tricky off camber, which was almost unrideable after a rain shower last year (you have been warned!) follows, before a tarmac section. A right hander at the end of the straight, then a left back onto the grass of the bowl, crossing the second pit entrance, back out of the bowl, and across the tarmac and descending down into the field. A sequence of tight corners follows, before sweeping across the maze entrance and then back onto tarmac. The final technical section, with a steep descent, off camber, and steep climb, brings riders back onto the tarmac. It's

almost 200m to the line from here - the perfect opportunity to gain (or lose) a place.

### **3. Travelling to the event**

There are a multitude of train stations nearby to Crystal Palace Park (Penge West, Penge East, Gipsy Hill, Sydenham, Sydenham Hill, etc.). Crystal Palace station is in the park itself and just a 5 mins walk to the course.

If driving, enter the park from Anerley Hill, and follow the parking instructions below.

### **4. Sign on**

Please collect your race number pack from the Sign on in the Brixton Cycles gazebo. 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. 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.

### **5. Toilets and Showers**

Portaloos are situated as detailed on map below.

## 6. Course map Full



## 7. Catering

We will have DELICIOUS BBQ jerk food from Brixton Cycles Club's own Cliff Steele and Sweet Peas Adventures.

Four Boroughs will also be in attendance, meaning you don't need to make the short trip to their café for delicious coffee.

## 8. Parking

Enter Crystal Palace Park from Anerley Hill, and follow the road straight down, through the yellow barriers (one has a height restriction - avoid it if you exceed the limit!). Park in the car park on the right at the bottom of the road - please don't park on the side of the road. Postcode for sat nav is SE19 2GA.

## 9. Event Officials

**Event Organiser** – Josh Benson

Email: josh.246.b@gmail.com

**Chief Marshal** – Josh Benson

**Chief Judge** – LCCA Timing Team

**Timekeeping** – LCCA Timing Team

**British Cycling Chief Commissaire** – Stuart McGhee

**British Cycling Commissaire 2** – Chris Clague

**British Cycling Commissaire 3** – Jon Goodge

**British Cycling Commissaire Trainee** - Mark James

**Course Design** – Josh Benson/Mon Zamojska/Mike Hudson

**First Aid Provider** – Collingwood Medical Services

**Governing Body** – British Cycling

## 10. Race Programme and timetable

Race	Sign on Start	Sign on Close	Gridding	Race Start	Duration
Practice 1	9.00 to 9.25				
Under 10	8.45	9.30	9.25	9.30	10 mins
Under 8	8.45	9.30	9.25	9.30	10 mins
Under 12	8.45	9.30	9.45	9.50	15 mins
Under 14 + Under 16	8.45	10.00	10.15	10.20	30 mins
Practice 2	11.00 to 11.25				
Vet 50 plus Men	10.00	11.00	11.25	11.30	40 mins
Women (All Cats)	11.00	12.00	12.25	12.30	40 mins
Practice 3	13.20 to 13.40				
Junior + V40 Men	12.00	13.15	13.40	13.50	40 mins
Senior Men	13.15	14.15	14.45	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 CycloCross Website [rules section](#) for a full explanation of how the gridding has been created.

## 11. Podium Presentation times and results

Podium Presentation	
U8/10/12/14/16	11.00
Vet 50 plus Men and All Women Categories	13.30
Junior/Vet 40 Men	15.00
Senior Men	16.00

Additional podium prizes provided by Rouleur.

## **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@londonxleaguerevents.co.uk](mailto:admin@londonxleaguerevents.co.uk). Once finalised the results will be sent to BC update events page and allocate national rankings points.

## **12. Technical Regulations**

The event is run under the rules of the British Cycling Federation  
[https://www.britishcycling.org.uk/zuvvi/media/media/press/9 - Cyclo-Cross Regulations - BC 2022 HANDBOOK-Linked-Split.pdf](https://www.britishcycling.org.uk/zuvvi/media/media/press/9%20-%20Cyclo-Cross%20Regulations%20-%20BC%202022%20HANDBOOK-Linked-Split.pdf)

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@londonxleaguerevents.co.uk](mailto:admin@londonxleaguerevents.co.uk).

## **13. 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](mailto:admin@collingwoodservices.co.uk)

### **Local Hospitals:**

St George's A&E, (6.5 miles)  
St George's Hospital, London,  
SW17 0QZ

020 8672 1255