



Challenge Tires London & South East Cyclo-Cross League Round

Sunday 26th November 2023

Redbridge Cycling Centre, Forest Road, Hainault IG6 3HP

[What3words](#) [tonic edge loss]

Pleeeasse keep mud out of the pavilion.

And do not drop mud onto any hard surface away from the actual course.

Everything has to be cleaned after.

Your consideration is appreciated.

Technical Manual. Class – British Cycling Category B

1. Introduction

Thank you for entering this round of the league at Hog Hill. Your race will be on a course that's been thoroughly run-in by our friends of the Eastern region who are being hosted the day before.

2. About the course

The weather has truly turned the ground conditions to 'heavy' and so we have a course which includes a fair amount on the road circuit. We've dropped the idea of sending you along a new section of the lower infield, despite having cleared it specially. It is Hog Hill and the clue is in the name so you can expect the lap descends and then climbs to the finish. The lap is shorter than last year to give a more usual lap time.

We have a couple of tricky adverse turns on the grass of the infield at the start of the lap, and then that steep bank up out of the old top car park, where lots of people will be cheering / heckling you on. After that it's all about the downhill, with one technical turn before the long grassy lane that winds through some trees. There's an awkward muddy straight up to the permanent off-road trail down to the lower circuit. How much speed you want to carry off the circuit and into the full mud over to the rollers is up to you. Next you're back onto the off-road track to circle around for another long grassy downhill that can cause a skill deficit – just don't go into the brambles! Winding down and around to the steps, it's then a grassy climb to the circuit at the Starting Grid and on up the Hoggenberg for the finish. Lap is 2.3km with 39m elevation change.

Pits

These are near to the Pavilion and its water supply. A two-way pit is provided, although it's far from the middle of the lap since conditions forced a course change. Jetwashers may only be used in the lower part of the pits to keep run-off away from the circuit and course.

We insist you only clean bikes, kit etc on grassy areas and strictly not on paved or tarmac areas. Action will be taken against those not following this reasonable request.

****Special Note: Do not spread mud on any building, paved or tarmac surface****
You might be tempted to bounce your bike on the road circuit, bang your shoes or slart your gloves on a hard surface. Please don't. Believe it or not, the place was clean before this cyclocross weekend and will have to be cleaned before any other users arrive.

Please keep your mucky kit in a bag and get your bike washed by LUYCC volunteers at the earliest opportunity (bring £1 club donation).

3. Travelling to the event

Riding to the venue can be done from Central London along cycle ways and quiet roads, with only a few sections on road. – Ask around.

Tube at Fairlop or Hainault, Elizabeth Line and Rail at Goodmayes are all nearby.

Driving: A12, A127 from M25 - lots of arterial roads. Postcode for satnav is IG6 3HP.

Worried about the Ultra Low Emissions Zone? - First you should check on TFL if your vehicle is ULEZ compliant [here](#). If it isn't, check IG6 3HP on the ULEZ map on [this page](#) to see it is possible to get to the main gate without entering the Zone by coming from Chigwell direction along Romford Road, Fowler Road, Roebuck Road and into a short section of Forest Road. You'll need to drop off the M11 or the A12 before the M25 if you're serious about this, so allow extra time to come across country.

4. Sign on

REMEMBER TO BRING YOUR RACE NUMBER.

FIRST TIME THIS SEASON? - Please collect your race number pack from the sign-on area inside the lovely warm pavilion building. 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.

If you have ordered a 2nd bike number, follow the same process as above.

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.

5. Toilets and Showers

The pavilion is purpose-built but please keep it clean, inside and out. Only the door to the café and another to the main corridor will be open for riders. Before entering the building please peel off your muddy outer layers into the plastic bag you brought. Leave your shoes outside in the covered verandah area.

Inside there are toilets, changing and warm showers. DO NOT SPREAD MUD more than you can help.

The café serves hot drinks and cakes, with some savoury items such as baked potatoes and sandwiches to order.

6. Course map Full



LVCYC Double-Cross Weekend Hog Hill 25 & 26 November 2023



We have use of the road circuit for the main climbs and flowing descents to keep the fun, with limited technical sections and no twisty mazes. Proper cross course, with no singletrack. Some great places for spectators and supporters near to the cafe!!

BC Eastern Cross Round 8 Saturday 25 November

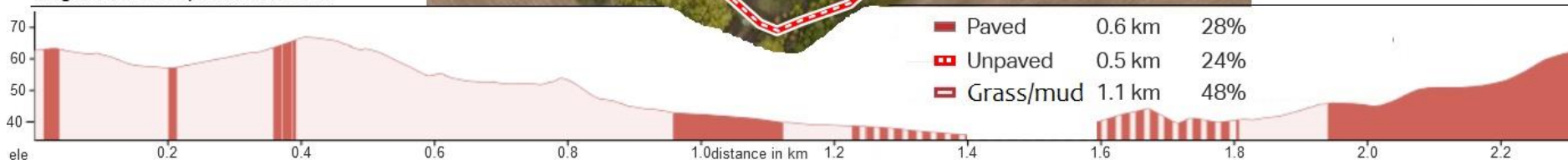
Race times

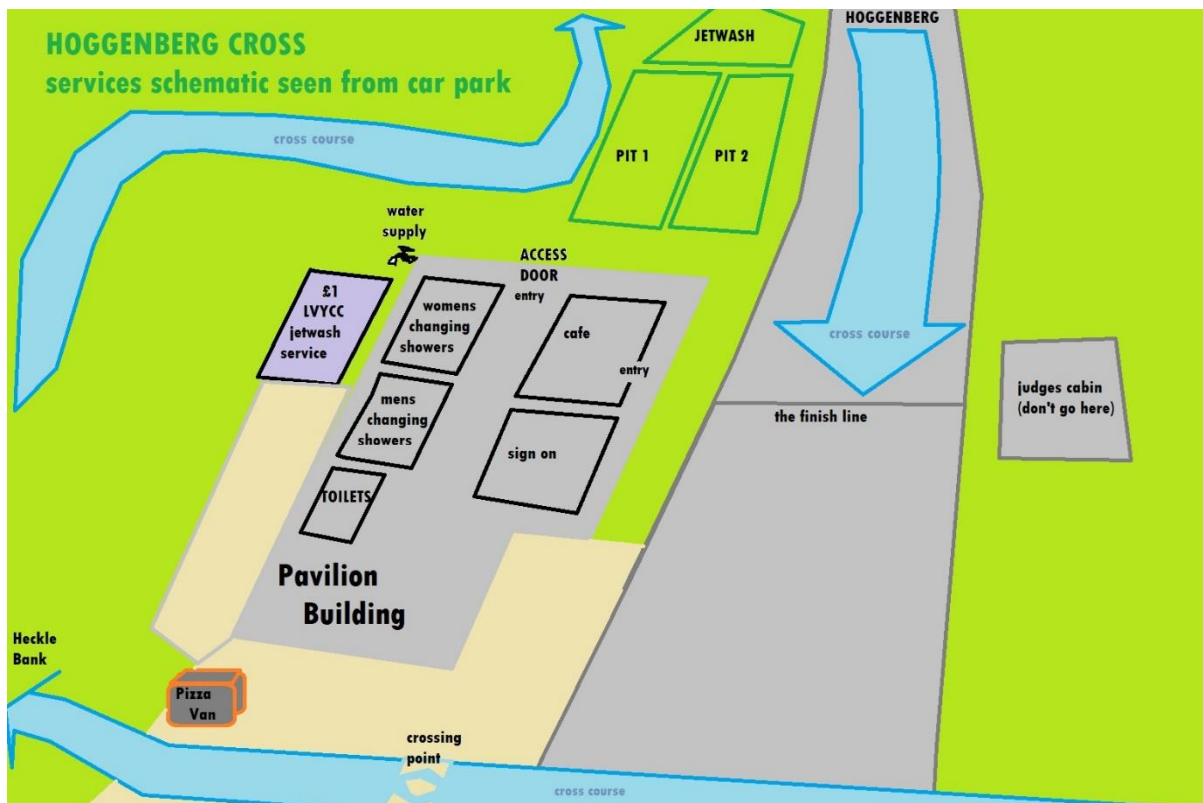
09:30	Under 10s Boys and Girls
09:50	Under 12 Boys and Girls
10:15	Youth Under 16 and 14
11:15	Veteran Open 50-59
12:45	Veteran Open 40-49
12:45	Veteran Open 60+
13:45	Senior, Jun and Veteran Women
14:45	Senior Open

BCSE London League Round 9 Sunday 26 November

Race Times

09:30	Under 10/8	Under 12
09:50	Under 12	Under 12
10:20	Youth U14/U16	
11:30	Vet 40 and Junior Open	
12:30	Women (All Cats)	
13:50	Vet 50/60+ Open	
14:50	Senior and U23 Open	





7. Catering

The café will be open and warm. Friendly staff are serving hot drinks and cakes, with some savouries such as baked potatoes and sandwiches.

Outside we have arranged for SommiPizza to offer their wood-fired oven pizzas cooked from fresh. Matt is serving just peperoni and margarita pizzas to keep things simple. The van should be parked right by the course.

8. Parking

On-site and in the Country Park at Hainault across Romford Road

9. Event Officials

Event Organiser – Michael Humphreys for Lvycc

Chief Marshal – Bob Griffiths

Chief Judge – LCCA Timing Team

Timekeeping – LCCA Timing Team

British Cycling Chief Commissaire – Jon Goodge

British Cycling Commissaire 2 – Stuart McGhee

British Cycling Commissaire 3 – Chris Clague

Course Design – Michael Humphreys

First Aid Provider – Collingwood Medical Services

Governing Body – British Cycling

Huge thanks to the large number of LUYCC volunteers for this whole weekend.

Special mention to the management and staff of Redbridge Cycling Centre for their tolerance and understanding. - *Please let's all help them to remain this way.*

10. Race Programme and timetable

Race	Sign on Open	Gridding	Race Start	Duration
Practice 1	9.00 to 9.25			
Under 10	8.45	9.25	9.30	10 mins
Under 8	8.45	9.25	9.30	10 mins
Under 12	8.45	9.45	9.50	15 mins
Under 14/16	8.45	10.15	10.20	30 mins
Practice 2	11.00 to 11.25			
Vet 40 and Junior Open	10.00	11.25	11.30	40 mins
Female (All Cats)	10.00	12.25	12.30	40 mins
Practice 3	13.20 to 13.45			
Vet 50/60+ Open	11.00	13.40	13.50	40 mins
Senior and U23 Open	11.00	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.

You must have your bike number fitted to your bike for the practice sessions.

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 Cyclo Cross 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 40 Open and Junior Open and All Female Categories	13.30
Vet 50/60+ Open	15.00
Senior and U23 Open	16.00

Podiums by the Pavilion, near to the finish line and PA. We'll try our best

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@londonxleaguereults.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 [here](#)

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.

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

Local Hospitals:

King George Hospital
Barley Ln, Ilford IG3 8YB
- *Let's hope not, eh?*

14 . CX HUBZ App

Many of you will have already seen the CX Hubz app, most of the leagues around the country have already been using it. The app makes it quick and easy access to the latest news and league activity up and down the country, to choose your local league and keep up to date with events, fixtures and news

To use the app download here (it's free):

<https://apps.apple.com/dk/app/cx-hubz/id1612649015>
<https://play.google.com/store/apps/details...>

It is very easy and straightforward to use. When you first install you can select *Find Your League* and make The London and South East Cyclo Cross League your home league.

Events will take you to the London and South East League Events web page where you can then click through to BC and enter races. Results takes you to the league results page where you can see previous results and live timings when you are at a race.

Everything else should be self-explanatory. If there is anything you would like to see added then please let me know through the contact page on the website.

