



# British Cycling South East Cyclo-Cross Regional Champs

**Sunday 23rd November 2025**

**Cyclopark**

**Watling Street  
Gravesend  
DA117NP**

<https://what3words.com/bench.soon.part>



**Prizes by:**



**MYATT'S**  
of MOCKBEGGAR

**FARM SHOP**



## **Technical Manual. Class – British Cycling Category A**

### **Introduction**

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Welcome to Cyclopark – Host of the British Cycling South East Cyclo-Cross Regional Champs. On behalf of everyone at Cyclopark, we are thrilled to welcome all athletes, families, and supporters to the event. It is an honour to host this event at our unique venue.

Cyclopark is a 49-acre cycling, sport, and wellbeing destination based in North Kent, and we're proud to be more than just a venue. As a registered charity, our mission is to support people of all ages and abilities to get moving on two feet and two wheels. From our Learn2Ride sessions to training grounds for elite GB riders, and from family-friendly trails to national championships like this, we're here to inspire, include, and energise.

Set in one of the UK's most deprived areas, our vision is to use sport and activity as a force for positive change—offering over 100 free activity places a week and providing a welcoming community hub that breaks down barriers to participation.

This year alone, we've welcomed over 300,000 visitors. Now, it's your turn shine and we look forward to seeing the passion, skill, and spirit that you bring to the tapes.

Warmest wishes,  
The Cyclopark Team

### **Travelling to the event**

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Car	Cyclopark is located next to the A2 to the south of Gravesend, Kent. Take the A227 junction, (Gravesend Central) and follow the signs for Cyclopark.
Walking	From the north – A227 Watling Street at Tollgate, just north of the A2 junction. From the south – via Downs Road, and the Ifield Court (Weald Way) and Church Road footbridges.
Disabled Access	A number of additional pedestrian access points are located to the north of Cyclopark with disabled access.
Cycling	National Cycle Route 177 runs the length of Cyclopark and is a short ride from Gravesend Station or Ebbsfleet International.
Bus	To identify a suitable and available bus route, check <a href="https://www.arrivabus.co.uk/find-a-service">https://www.arrivabus.co.uk/find-a-service</a>
Train	Gravesend Railway Station: 10-minute drive or 20-minute walk. Meopham Railway Station: 10-minute drive or 55-minute walk. Ebbsfleet International Railway Station: 10-minute drive or 20-minute walk. Northfleet Railway Station: 10-minute drive or 15-minute walk

### **Car Parking at Cyclopark**

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Payment for our car park is made via YourParkingSpace, on a pay on exit, barrierless system. Ways to pay for parking:

- Download the YourParkingSpace App
- Scan the QR code in the car park and venue

Blue Badge Holders can park in the car park for free. Please come to reception and validate your vehicle registration upon arrival.

#### **Car Parking Prices**

Under 30 minutes	FREE
Blue Badge Holders	FREE (Please provide your vehicle registration to Reception upon arrival)
Up to 4 hours	£1.90
Over 4 hours / All Day	£7.00

#### **Hotel Accommodation:**

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Travelodge Gravesend	Coldharbour Rd, Gravesend, DA11 8AB 08719846527
Spring River, Talbot Ln	Ebbsfleet Valley, Swanscombe, DA10 1AZ 01322250170
Premier Inn Gravesend	Hever Ct Rd, Singlewell, Gravesend, DA12 5UQ 03330031685
Best Western Manor	1 Hever Ct Rd, Singlewell, Gravesend, DA12 5UQ 01474353100

#### **Best Western Manor Hotel**

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"The Best Western Manor Hotel is a family run hotel in Gravesend, Kent, we pride ourselves on our impeccable service and always going the extra mile for our guests; we're proud to be different from the rest.

A home away from home; your perfect stay. Situated close to the A2, with easy access to London, the M25, Dartford Crossing, and Ebbsfleet International Station, we are situated just 1 mile from Cyclopark and with safe storage for bikes we are the ideal place to stay during the fantastic events and activities on offer.

Whether you're staying in one of our Super Spacious Suites, providing the perfect setting for a little extra luxury or one of our Classic Rooms, both stylish and cosy, you're guaranteed to be looked after. Our rooms and suites are available for families too!! for both short and extended stays.

We are an exclusive Residents' Only Hotel, providing a delicious breakfast for our guests as well as a full bar menu for dinner. Afterwards, you can relax and have a drink in our lounge which shows TNT sports!

CONTACT US DIRECT TO QUALIFY FOR SPECIAL DISCOUNTED RATES IF YOU ARE ATTENDING THE CYCLOPARK

Telephone 01474353100 or email [res@bwmanor.com](mailto:res@bwmanor.com)

Web [www.bw-manorhotel.co.uk](http://www.bw-manorhotel.co.uk)"

#### **Prohibited Items and Actions**

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- **No dogs on site**
- No BBQs for fires
- Use of the skatepark for the duration of the event
- No smoking or use of e-cigarettes
- No flares, lasers, smoke devices and canisters

## About the course

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Riding in a clockwise direction on an abbreviated version of our iconic National Champs course riders will start adjacent to the fenceline next to the Pits. The course will then enter the main loop just before the finish line, (U12's deviate here) then tackle a 90degree corner into a double switchback before the Cyclopark Planks.

In short succession riders will scale the Ride for Charlie Steps, before a tricky off-camber bank back down to the road circuit, then back up the bank to the infamous BMX Bank Off-Camber (U12's rejoin here - U8's & U10s will miss the off-camber). This has a slightly easier exit and a more gradual descent to the circuit crossing point.

Riders then have a smooth and fast entrance to the Ruts, into the Wiggles where line choice and cornering flow is key. Riders then cross into the Oval for the entry to Pit 1, (U12s deviate here) and the GKR Bridge, which is always a spectating highlight! Riders then exit the Oval (U12s course deviates here) and negotiate an Off-camber bend before cutting across the MTB trail to the lower circuit, into the Carousel and onto the Roller Coaster which is a fun section through the trees. Then begins the short climb back to the bombhole and new entrance into Pit 2, with the return to the Finish Line tarmac shortly afterwards.

Please stay on the designated crossing points to help minimise mud spread.

## Equipment Pits

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### Access to the Pits

- Please only access the Equipment pits if you are supporting a rider.
- Access to the Pits and Bike Wash is down the side of the Finish Straight, alongside the road circuit, and down the bank.
- Steps only to be used if the bank is to slippery to walk.
- We ask that riders only place their equipment in the pits just before their race and not whilst another race is still on to avoid congestion.

### Pits & Bike Wash Location

- We will have a double pit on the course defined by yellow flags, this will be located in the Big Oval, between the finish line and Bridge.
- Servicing and the changing of bicycles will only be allowed in these pits.
- A rider may only take the pit lane with the intention of changing a bicycle, wheel or receiving mechanical assistance.
- Bike Wash is at the bottom end of the Oval, access here is via the main start / finish straight and down the small bank

### Pit Operations

We would really appreciate it if all competitors and supporters show great care to ensure that equipment is placed in a manner that allows free movement through the pit area/s.

When holding a bike for a rider please make sure that you do not impede another helper or rider. We rely upon you to self-police the pits rather than place the burden on the already very busy commissaires. The commissaires may be there in attendance to provide guidance and direction.

## Warm Up Area.

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For Use of Rollers please use the hardstanding area around the oval from the Pits steps to the Bridge.  
PLEASE do not warm up on the tarmac if you have muddy tyres to help us minimise the clean-up operation.  
Thanks in advance for your cooperation.

## **Sign on**

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**All riders must have their race numbers attached to their bike for the practice sessions.**

### **Sign on will be open from 8.30am**

We are using the same numbers and timing chip bike numbers that are used for the Challenge Tires London & South-East League, so if you have ridden one of the 6 rounds up to now then you already have your number pack.

However, if you are a new rider and not ridden this season a league race, you will need to collect your race number pack from Sign on.

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

If you have forgotten your numbers, you will need to visit the timing tent and collect a 'temporary set' which you must return after your race. This will be your race number for the day only.

### **Sign on will be located in the Event Village near the Planks as indicated on the map.**

### **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.

## **Toilets**

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Toilets are located in the main building as indicated on the map below.

**Please note:** **NO** Bikes are to be taken into the change rooms.

Washing of bikes, shoes or clothing in the change rooms is **STRICTLY PROHIBITED**

## **Food and Beverage**

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The **Real Belgian Fries** and The **Brooklyn Deli** will be located within the event village to supply feed and beverage throughout the event.

**Park Eat**, in the main building, be serving a selection of hot beverages including **barista coffees** and **speciality teas**, as well as a selection of **pasties and sandwiches**.

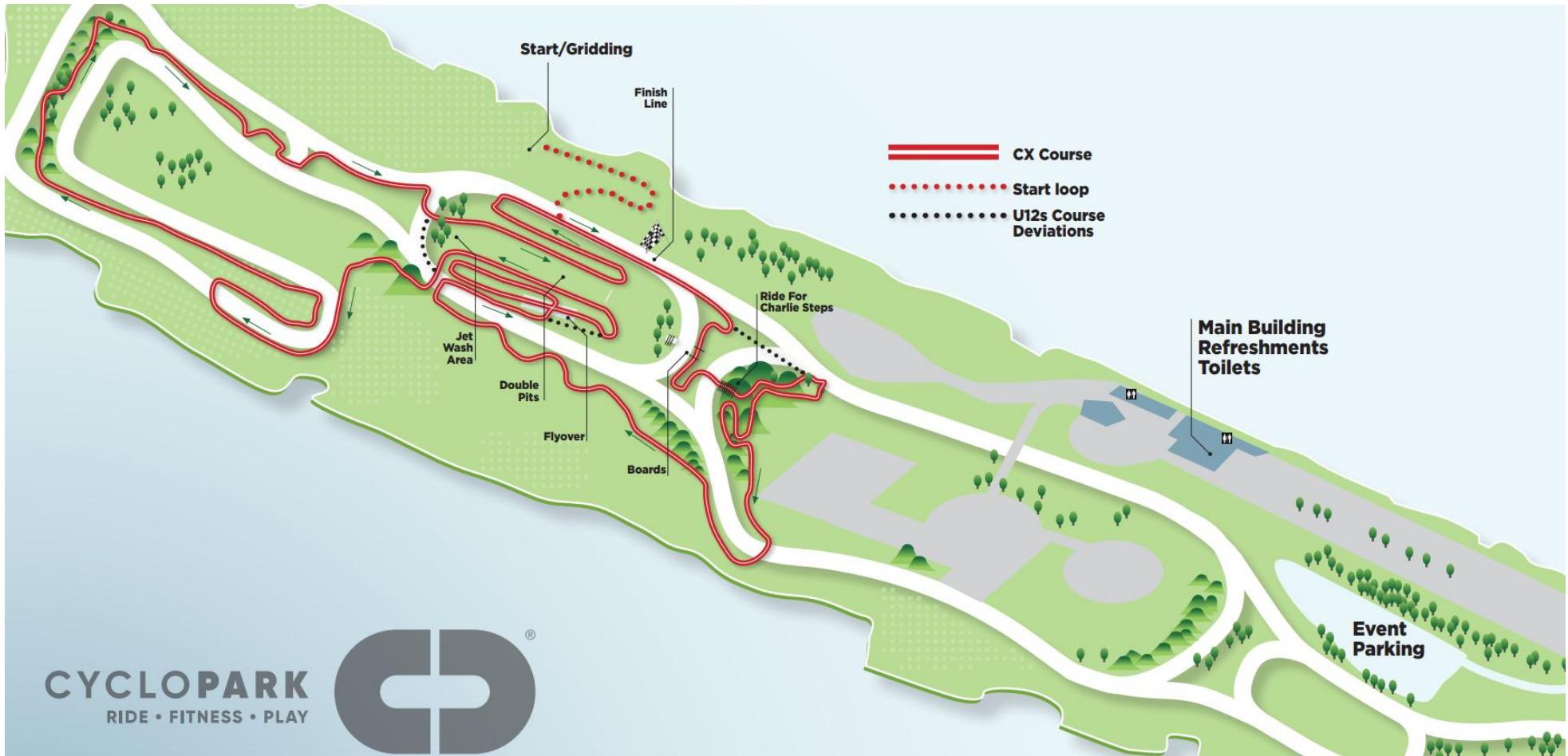
## Course Map Full & Crossing Points

Please note the pits are only shown for reference, they are not open during the U8/10/12 races.



## Venue Map

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## Event Officials

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We would like to thank the event officials for their time and dedication:

<b>Organiser</b>	Luke Anderson
<b>Chief Marshal</b>	Steve Gibson
<b>Chief Judge</b>	LCCA Timing Team
<b>Timekeeping</b>	LCCA Timing Team
<b>British Cycling Chief Commissaire</b>	Neil Simpson
<b>British Cycling Commissaire 2</b>	Peter Lloyd
<b>British Cycling Commissaire 3</b>	Adrian Riddle
<b>Course Design &amp; Build</b>	Luke Anderson & Huw Williams
<b>First Aid Provider</b>	Emats Limited
<b>Governing Body</b>	British Cycling

## Race

Race	Gridding	Race Start	Duration
<b>Practice 1 U8/10/12 Only (Short Course)</b>	<b>9am to 9.15am</b>		
Under 10	9.15	9.20	10 mins
Under 8 (Line up behind Under 10's)	9.15	9.20	10 mins
Under 12	9.35	9.40	15 mins
<b>Practice 2 (Full Course)</b>	<b>10am to 10.35am</b>		
Under 16 Open	10.30	10.40	30 Mins
Under 14 Open		10.40.30	
Under 16 Female		10.41	
Under 14 Female		10.41	
Junior Open	11.20	11.30	
Masters 40 Open	11.20	11.31	40 mins
Female (All Cats)	12.20	12.30	40 mins
<b>Practice 3 (Full Course)</b>	<b>13.20 to 13.45</b>		
Masters 50 Open	13.45	13.50	40 mins
Masters 60/70+ Open	13.45	13.51	40 Mins
Senior and Under 23 Open	14.40	14.50	60 mins

## Programme and timetable

**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 and based first on National Rankings and then regional league ranking and advertised on the league results website and by email to you before the event, any queries in gridding may be raised on Friday via email [here](#).

All decisions on gridding rest with the chief commissaire whose decision is final.

## Podium Presentation times and results

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Podium Presentation	
U8/10/12 (18)	10.15
Youth (12)	11.45
Masters 40/Jun Open and All Female Categories ( 24)	13.30
Masters 50/60/70+ Open (6)	15.00
Senior/U23 Open (6)	16.00

## Prizes

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Race	1 <sup>st</sup> Place	2 <sup>nd</sup> Place	3 <sup>rd</sup> Place
U8's Female			
U8's Open	Custom Medal Pump Mini Tool Sponsored product	Custom Medal Pump Sponsored product	Custom Medal Pump Sponsored product
U10's Female			
U10's Open			
U12's Female			
U12's Open			
Under 16 Open			
Under 14 Open	British Cycling Medal Chocolates by Myatts Park Eat Voucher Cow Bell Ass Magic Creme	British Cycling Medal Sweets by Myatts Park Eat Voucher Cow Bell Ass Magic Creme	British Cycling Medal Sweets by Myatts Park Eat Voucher Cow Bell Ass Magic Creme
Under 16 Female			
Under 14 Female			
Junior Open			
Women Juniors			

Women U23			
Women Seniors			
Women M40			
Women M50			
Women M60			
Masters 40 Open	British Cycling Medal Bottle of Myatts Fizz Park Eat Voucher Cow Bell Ass Magic Crème	British Cycling Medal Park Eat Voucher Cow Bell Ass Magic Crème Sponsored Product	British Cycling Medal Park Eat Voucher Cow Bell Ass Magic Crème Sponsored Product
Masters 50 Open			
Masters 60			
Masters 70+ Open			
Senior Open			
U23 Open			

## Results

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Race Results will be published online as soon as feasible [here](#). Race queries can be made up to 6pm on the Tuesday after each race by emailing [admin@londonxleagueresults.co.uk](mailto:admin@londonxleagueresults.co.uk). Once finalised, the results will be sent to BC to update events page and allocate national rankings points.

## Technical Regulations

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The event is run under the rules of the British Cycling Federation

[https://www.britishcycling.org.uk/cyclocross/article/bcst\\_rulebook\\_and\\_constitution?c=EN](https://www.britishcycling.org.uk/cyclocross/article/bcst_rulebook_and_constitution?c=EN)

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

## First Aid and local hospitals

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EMATS Limited  
Garland House,  
Desborough Avenue,  
High Wycombe,  
Bucks, HP11 2RN  
0330 175 9971  
[www.emats.co.uk](http://www.emats.co.uk)

## **Local Hospitals**

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### **Darenth Valley Hospital (Accident and Emergency)**

Darenth Wood Road

Dartford

Kent

DA2 8DA

01322 428100

5.5 Miles

10 minute drive

### **Gravesend Community Hospital (Minor Injuries)**

Bath Street

Gravesend

DA11 0DG

01474 360500

2.1 miles

7 minute drive