



Technical manual

**Sunday 30th October 2022**

**Gatwick Aviation Museum, RH6 0BT.**

**ROUND 7 OF THE CHALLENGE TIRES**

**X LONDON & SOUTH EAST  
CYCLO CROSS  
LEAGUE**



**GATWICK AVIATION MUSEUM, RH6 0BT**

**ENTRY CLOSES 11PM THURSDAY 27TH OCTOBER  
NO ENTRY ON THE DAY.**

Enter here - [tinyurl.com/3c86swzn](https://tinyurl.com/3c86swzn)

**RACE SCHEDULE**

U8/U10 – 9:30am	Vet 50 Men – 11:30am
U12 – 9:50am	Women (all categories) – 12:30pm
Youth – 10:20am	Vet 40 & Junior Men – 1:50pm
	Senior Men – 2:50pm

**AWESOME PRIZE LIST!!!!!!  
FOOD AND COFFEE AVAILABLE**

     

## Table of Contents

<b><i>Technical Manual. Class – British Cycling Category B</i></b>	<b>3</b>
<b>Introduction</b>	<b>3</b>
<b>About the course</b>	<b>3</b>
<b>Travelling to the event</b>	<b>4</b>
<b>Sign on</b>	<b>4</b>
<b>Toilets</b>	<b>4</b>
<b>Course map full</b>	<b>5</b>
<b>Course map U8/10/12</b>	<b>6</b>
<b>Catering</b>	<b>7</b>
<b>Parking</b>	<b>7</b>
<b>Event Officials</b>	<b>7</b>
<b>Race Programme and timetable</b>	<b>8</b>
<b>Podium presentation times and results</b>	<b>8</b>
<b>Technical Regulations</b>	<b>9</b>
<b>First Aid and local hospitals</b>	<b>9</b>

# Technical Manual. Class – British Cycling Category B

## 1. Introduction

### **Remember that Clocks go back 2am Sunday 30th October**

Welcome to Round 7 of the Challenge Tires London and South East Cyclo Cross League. This year we are at a brand new Venue at Gatwick Aviation museum.

As an added bonus anyone attending the event will get some preferential pricing to enter the Museum.....

- Adults £7.00 (ages 13 and over)
- Child £2.50 (ages 6-12)
- Family £17.00 ((based on 2 adults and 2 children)
- Under 5 Free

When you access the Museum reception please quote the code GAM100.

Please note, only access the Museum buildings or outside area grounds if you have made payment and take a spare pair of shoes to avoid muddy footprints please.

## 2. About the course

We have a 1.5 mile course, all on flat grass and max elevation per lap will be 70cm and that is only if you put your bike down in between the double hurdles. Most of the grass is quite smooth but expect some bumpy areas to keep you on your toes.

We start you down the “Lightning straight” and into a wide 180 degree turn to start the swooping corners to come through the finish line. We then take you through some wiggly sections of the course and then through the pits for the first time. Out of the pits we work you to the far left of the venue to access “The Runway”. This is a long 300 meter straight for all you powerhouses to light those afterburners to reach max speed. This section is the smoothest and firmest underfoot section of the course. Once at the end of the runway we take you into the technical section called “Shackleton”.

Now the keen eyed amongst you here may spot we may have an aeroplane theme going on here! And you are right, this is a scaled up version of the Shackleton you can see behind the podium. So we exit, follow the course round to a second visit to the pits and then work the course to loop round a tree with a very shallow ditch,

through some switchbacks, over the double set of 35cm hurdles, back through the hedge gap, some gentle switchback to the start area whereby a full 180 degree turn takes you back out to start another lap! My main focus was to create a course that could create some fast bunch racing, so over to you racers....

**Please note that bike cleaning if required it to be completed only in the bike wash area and nowhere else on the venue, there is no water on site for you to use**

### 3. Travelling to the event

This Venue is right next to Gatwick Airport and very easy to access from the M23 and A23 from the North and South.

### 4. Sign on

Please collect your race number pack from the Sign on 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

Portaloos are situated close to the first aid area as detailed on the map below.

## 6. Course map Full



## 7. Catering

We saw them at Canada heights for round 4 and from what I heard we all want a bit more of that taste of Sweden!

The Frites with Truffle mayo are to die for!

[www.scandilicious.co.uk](http://www.scandilicious.co.uk)



## 8. Parking

Large grass car parks right next to the course. There will be a central road that we wish to keep clear.

## 9. Event Officials

**Event Organiser** – Stuart McGhee

Email: [stuart.mcghee96@gmail.com](mailto:stuart.mcghee96@gmail.com)

**Chief Marshal** – Stuart McGhee and Jayne McGhee

**Chief Judge** – LCCA Timing Team

**Timekeeping** – LCCA Timing Team

**British Cycling Chief Commissaire** – Phil Jemmison

**British Cycling Commissaire 2** – Jon Goodge

**British Cycling Commissaire 3** – John Beggs

**Trainee Commisaire** - Adrian Riddle

**Course Design** – Stuart McGhee

**First Aid Provider** – Cross Country Medical

**Governing Body** – British Cycling

## 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.

## 10. Podium Presentation times and results

We have some great prizes and a lot of fun planned for these presentations, the podium is marked on the map and is quite visible and we will announce them on the League Megaphone.

Podium Presentation	
U8/10/12/14/16	11.00
Vet 50 plus Men and All Women Categories	13.30
Junior and Vet 40 Men	15.00
Senior Men and under 23 men	16.00

## 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.

## 11. 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_-_Cyclo-Cross_Regulations_-_BC_2022_HANDBOOK-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).

## 12. First Aid and local hospitals

### **First Aid is provided by:**

Cross Country Medical  
CCM House  
Selsfield Road  
Ardingly  
West Sussex  
RH17 6TL  
t: 0844 357 5717  
[info@crosscountrymedical.org](mailto:info@crosscountrymedical.org)

### **Local Hospitals:**

East Surrey Hospital,  
Canada Avenue,  
Redhill,  
RH1 5RH