



**Challenge Tires London & South-East Cyclo-Cross League Round #7**  
**Sunday 22<sup>nd</sup> October 2023**

- British Cycling Category B event
- Date: Sunday 22<sup>nd</sup> October 2023
- Location: Somerhill School, entrance B2017/ Tudeley Road, Tonbridge, Kent, TN11 0NJ.
- To be held under the technical regulations of British Cycling
- Prepared by: Bruce Sandell.;
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**NOTE:** We will be asking for a cash or card minimum donation of £1 to support TBUG/ TWBUG – who will help direct you to park safely - they campaign for safer cycling infrastructure in and around Tonbridge and Tunbridge Wells. Thanks for your support of this great cause, that we hope one day, will give SDW Youth members the chance to cycle safely to school.

**Many Thanks to:**

- All the BRILLIANT Southborough & District Wheelers who volunteer, plus our friends from 4TPlus/ Club Cyclopark who support our event.
- [Somerville School](#) for the ongoing support of our race (see page 8)
- [Challenge](#), supporters of the London Cyclo-cross League
- [Wahoo Fitness](#) and [Hunt Wheels](#) for all the great prizes
- [AEIGHTBIKECO](#) for course design, the boards and support
- [Tonbridge and Tunbridge Wells Bicycle Users Group](#) (TWBUG) who have volunteered to manage the car park

Supported by Somerhill School, Challenge, Wahoo Fitness, Hunt Wheels, TBUB and TWBUG



TONBRIDGE AND TUNBRIDGE WELLS  
**TBUG**  **TWBUG**  
**BICYCLE USERS GROUP**

Join our campaign for  
safe cycle infrastructure  
in and around  
Tonbridge & Tunbridge Wells  
including the  
#A26 Cycleway



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

**1. Introduction:** Southborough & District Wheelers (SDW) welcomes you to the Round #6 of the Challenge Tires London & South-East Cyclocross League, at [The Schools at Somerhill](#), an Independent School for girls and boys aged 2 to 13, with over 150 acres of amazing parkland in Tonbridge, Kent. This is the fourth time SDW has host a Cyclo-cross race at the venue – the course is known for its signature climb named after local riders Dan and Ben Tulett called 'Tulett's Turret'. Please respect the grounds and do not enter the private areas of the school grounds. Supported by [Wahoo Fitness](#), [Hunt Wheels & AEIGHTBIKECO](#).

**Safeguarding against Covid19:** 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:** The course is a variation on the last three races at The Schools at Somerhill

- Access to the course is via the tarmac road – please DO NOT use ANY of the areas in front of the school or the public footpath, as marked clearly on the map
- The start/finish area and pits all can be accessed via the tarmac road
- The course features all the popular features from previous years, 'Tulett's Turret', 'The Drop Off of Doom', TRON, 'Roller-coaster' and the 'Off Camber Switchbacks' through the woods. We have added a new 'mini-TRON' and 15cm boards (for all races, with a cut through for U10s) that run around sign on
- The start area is on the tarmac road and the course heads up a long drag uphill, this hill is crested and then there is a sharp right turn into a new area for the race, known by SDW riders as 'Acorns' – with lots of switchbacks under the tree canopy
- Riders will then head downhill to the popular 'Drop Off of Doom' - a short drop-off/ steep long decent which leads into the signature part of the course a very steep climb named 'Tulett's Turret'. This heads into a downhill off camber section through the woods
- The Under 10/12 course will be on a shorter section of the main course.
- A course map is included (This may change slightly on the day)
- Riders and spectators are asked to please keep off the public footpath and ALL areas in front of the school.

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

**By Road (from the A21):**

- M25 to Sevenoaks Bypass/A21
- Continue on A21
- Exit A21 at second turning for Tonbridge
- Follow B2017/ Tudeley Road
- School entrance is on the right (please use this for the exit also)

**By Rail:**

- The nearest rail station is [Tonbridge](#), located in Town Centre around 20 minutes' walk or 5/10 minutes ride from The Schools at Somerhill
- Please refer to National Rail enquiries for train times.
- Please check for any scheduled engineering works that may affect your journey at weekends.

**Accommodation:**

There is a Premier Inn, close the race venue – see this [link](#)

- Address: Pembury Road, Tonbridge, Kent, TN11 0NA
- Telephone: 0871 527 9096

Accessibility: There are designated disabled parking spaces and a disabled toilet on request at The Schools at Somerhill. The area around this is mainly flat tarmac and suitable for wheelchair access directly to the start/finish area of the course.

**4. Sign on** If this event is the first time you have raced in the London & Southeast League this season, please collect your race numbers from the race HQ (see map) in the SDW branded Gazebo. You will need to keep these and bring them every time you race in this year's league.

We suggest you allocate at least 10 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.

**Important note:**

- All riders must have their race numbers attached to their bike for the practice sessions.
- If you have entered Rounds 1, 2,3, 4, 5 or 6 and have your back number and tailfin number, you will not have to visit sign on for this race.
- If you have forgotten your numbers, you will need to visit the timing tent and collect a 'Bib of Shame' which you must return after your race. This will be your race number for the day only.

**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. THANKS

**5. Toilets:** Toilets are in the sign-on area

**6. Course map:** The following points are covered in the maps above.

- First Aid
- CP – Course crossing points
- Start
- Finish
- Gridding

**Features**

1. Transfer from tarmac surface to gravel
2. Gravel surface down wooden ramp to smooth curb onto tarmac
3. Steep off camber drop-off
4. Steep and muddy climb, likely to be slippery
5. Off camber turns through woods
6. Short drop off
7. Narrow Bridge, funnelled with barriers and then wooden posts with netting
8. Flat field with lots of corners

**NOTE: This course may be subject to change on race day.**



**7. Catering:** Food and drink will be supplied by Real Belgian Fries – which be located on the sign on area (see map). Tea, Coffee, cold drinks, Belgian Fries with authentic Belgian sauces and waffles will all be available on the day. Real Belgian Fries (Michael Kennedy/ 07796 368141/realbelgianfries@gmail.com)

**8. Parking:** Adjacent to Somerhill School is parking for 300 vehicles. Additional spaces are available if necessary. Please avoid parking on any grassy sections within the site. We will be asking for a cash or card minimum donation of £1 to support [TBUG/ TWBUG](#) – who will help direct you to park safely - they campaign for safer cycling infrastructure in and around Tonbridge and Tunbridge Wells. Thanks for your support of this great cause, that we hope one day, will give SDW Youth members the chance to cycle safely to school.

### 9. Event Officials

- Event Organiser:** Bruce Sandell/ [bruce@into-tomorrow.com](mailto:bruce@into-tomorrow.com)/ M: +44 776 457 658
- Chief Marshal** – Scott Purchas/ [scott@purchas.net](mailto:scott@purchas.net) / M: 07900 914010
- Timekeeping** – LCCA Timing Team
- Venue:** Simon Steward
- British Cycling Chief Commissaire** – Chris Clague
- British Cycling Commissaire 2** – Sarah Cook
- British Cycling Commissaire 3** – Peter Lloyd
- Course Design** – Ed Fraser and Glen Whittington
- First Aid Provider** – Collingwood Medical Services
- Governing Body** – British Cycling

### 10. Race 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. **You must have your bike number fitted to your bike for the practice sessions.**

Race	Sign on Open	Gridding	Race Start	Duration
<b>Practice 1</b>	<b>9.00 to 9.25</b>			
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
<b>Practice 2</b>	<b>11.00 to 11.25</b>			
Vet 40 and Junior Open	10.00	11.25	11.30	40 mins
Female (All Cats)	10.00	12.25	12.30	40 mins
<b>Practice 3</b>	<b>13.20 to 13.45</b>			
Vet 50/60+ Open	11.00	13.40	13.50	40 mins
Senior and U23 Open	11.00	14.45	14.50	60 mins

<b>Podium Presentation</b>	
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

**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. Please visit the London & South-East Cyclo-Cross League website [rules section](#) for a full explanation on how the gridding has been created. If you believe that you should be brought forward, then you must talk to the commissaires BEFORE they start gridding riders. This is at least 15 minutes before race time. Please note that the commissaire's decision is final.

**Pits:**

- We will have a double pit on the course defined by yellow flags, this will be located close to the Start/Finish area. 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. We would really appreciate it if all competitors and supporters show greater 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.
- Please note that for all under 10 and under 12 riders there is no option of a pit. These races are 1 bike only.
- If you are planning to have a spare bike please ensure you request a spare bike number, via you British Cycling entry - as this has the timing chip in it. If you use a bike without one then

you go invisible to the timing system and it relies on manual scoring and a clever process in the timing software that predicts your position in the race, however this has to be manually verified and slows down confirming a result for the prize presentation.

- We also 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.

#### Bike Wash Area:

- There is a dedicated and identified bike wash area close by the pits. Water taps are located near to the car park.
- Please **do not clean bikes in any of the car parks.** ONLY in the designated area.

### **11. Prize List, presentation times and results: We will have podium announcements for the top 3 in each category, at the following times**

Many thanks to our friends at [Wahoo Fitness](#) and [Hunt Wheels](#) for the incredible prize list!

	Female			Male		
	1st	2nd	3rd	1st	2nd	3rd
<b>Under 8</b>	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle
<b>Under 10</b>	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle
<b>Under 12</b>	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle
<b>Under 14</b>	Wahoo SPEEDPLAY COMP Pedals	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle	Wahoo SPEEDPLAY COMP Pedals	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle
<b>Under 16</b>	Wahoo SPEEDPLAY COMP Pedals	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle	Wahoo SPEEDPLAY COMP Pedals	Wahoo & Hunt Wheels Bundle	Wahoo & Hunt Wheels Bundle
<b>Junior</b>	Wahoo SPEEDPLAY COMP Pedals	Wahoo TICKR X HRM	Wahoo Speed & Cadence Sensor	Wahoo SPEEDPLAY COMP Pedals	Wahoo TICKR X HRM	Wahoo Speed & Cadence Sensor
<b>U23</b>	Wahoo SPEEDPLAY COMP Pedals	Wahoo TICKR X HRM	Wahoo Speed & Cadence Sensor	Wahoo SPEEDPLAY COMP Pedals	Wahoo TICKR X HRM	Wahoo Speed & Cadence Sensor
<b>Senior</b>	Wahoo SPEEDPLAY COMP Pedals	Wahoo TICKR X HRM	Wahoo Speed & Cadence Sensor	Wahoo SPEEDPLAY COMP Pedals	Wahoo TICKR X HRM	Wahoo Speed & Cadence Sensor
<b>Vet 40*</b>	Wahoo SPEEDPLAY COMP Pedals	Wahoo TICKR X HRM	Wahoo Speed & Cadence Sensor	Wahoo SPEEDPLAY COMP Pedals	Wahoo TICKR X HRM	Wahoo Speed & Cadence Sensor
<b>Vet 50*</b>	Wahoo SPEEDPLAY COMP Pedals	Wahoo TICKR X HRM	Wahoo Speed & Cadence Sensor	Wahoo SPEEDPLAY COMP Pedals	Wahoo TICKR X HRM	Wahoo Speed & Cadence Sensor
<b>Vet 60 plus*</b>	Wahoo SPEEDPLAY COMP Pedals	Wahoo TICKR X HRM	Wahoo Speed & Cadence Sensor	Wahoo SPEEDPLAY COMP Pedals	Wahoo TICKR X HRM	Wahoo Speed & Cadence Sensor

**NOTE: please 'do the right thing' if you won one of these items at Crystal Palace, and swap with someone else on the podium, thanks!**

#### Cash prizes:

	Female			Male			
	1st	2nd	3rd	1st	2nd	3rd	Total
<b>Under 14</b>	£15.00	£10.00	£5.00	£15.00	£10.00	£5.00	£60.00
<b>Under 16</b>	£20.00	£15.00	£10.00	£20.00	£15.00	£10.00	£90.00
<b>Junior</b>	£20.00	£15.00	£10.00	£20.00	£15.00	£10.00	£90.00
<b>U23</b>	£20.00	£15.00	£10.00	£20.00	£15.00	£10.00	£90.00
<b>Senior</b>	£20.00	£15.00	£10.00	£20.00	£15.00	£10.00	£90.00
<b>Vet 40</b>	£20.00	£15.00	£10.00	£20.00	£15.00	£10.00	£90.00
<b>Vet 50</b>	£20.00	£15.00	£10.00	£20.00	£15.00	£10.00	£90.00
<b>Vet 60 plus</b>	£20.00	£15.00	£10.00	£20.00	£15.00	£10.00	£90.00

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

**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, available [here](#)
- London and Southeast Cyclo Cross rules and info on league available [here](#)
- Results will be published on the London and Southeast 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
- T: 01980 623 820
- E: [admin@collingwoodservices.co.uk](mailto:admin@collingwoodservices.co.uk)
- First aid on the day will be Lee and Karen. Mobile 07775 511623.
- Support - if required from Alan Oakley (Southborough Wheelers), with car

### Local Hospital:

Tunbridge Wells Hospital, Tonbridge Rd, Pembury, Tunbridge Wells, Kent TN2 4Q

**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>

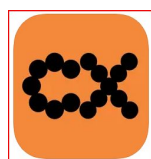
<https://play.google.com/store/apps/details...>

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

**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.**

Events will take you to the London and Southeast 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.



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**Somerhill.org**  
**01732 375 951**  
**@SomerhillKent**  
**admissions@somershill.org**  
**girls and boys aged 2-13**



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