



Challenge Tires London & South East Cyclo-Cross League Round 4 and the aeightbikeeco Sussex League Round 3

Sunday 1st October 2023

Pippingford Park Manor,
Nutley,
Uckfield,
[TN22 3HW](https://www.what3words.com/uk/3942-9242-9842)

[What3words](https://www.what3words.com/uk/3942-9242-9842)

1. Introduction

The LCCA All stars team welcomes you to Round 4 of the Challenge Tires London & South-East Cyclocross League and also Round 3 of the aeigtbikeco Sussex League

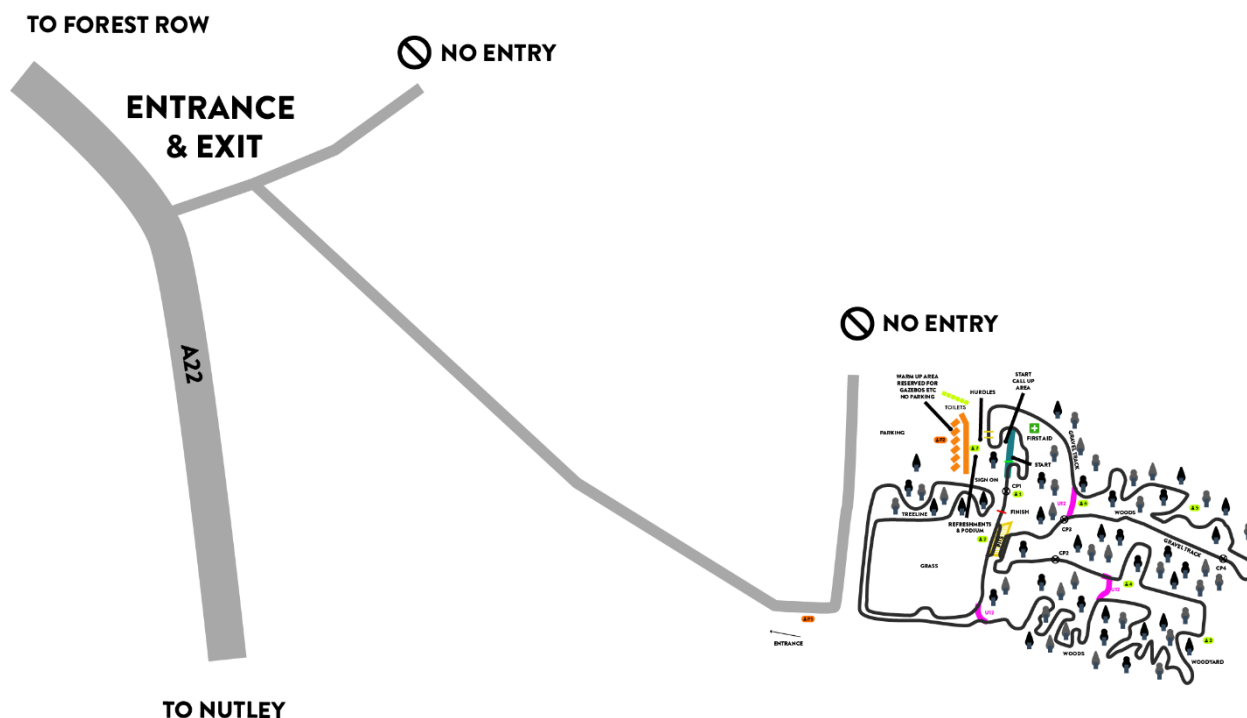
2. About the course

A mixture of grass, woodland tracks, gravel and elevation we have a great scope at Pippingford. Starting on the grass the start funnel joins the circuit proper after about 100 metres, goes past the pits and then a wide right turn on the grass for about 150 metres with a full 180 degree turn to come back towards the woods. Here we access the snaking climbs up through the trees to the top fields where by we have a short kicker onto a gravel path and a final push up to the top fields. Here we have some corners on grass and on the main gravel path and then follow the tree line up the hill on grass, we turn after 100 metres and descend with flowing turns back down the gravel path. Here we do a loop in the grass to then join the grassy descent that leads on to the gravel descent back to the lower field. Here we turn you right on the grass, back through the double pits on to the main central hard packed road up to the finish. After the finish we detour into the grass before making our way back to the hardcore path. Here we are back at the top fields with some corners and a loopback on grass to then access the woodland's twisty back and forth paths. These are a mixture of ups and downs and makes its way all the way down to the lower field where we join a gravel road that leads on to the grass and continues through the pits. The under 8/10/12 course uses the woodland twisty section with cut throughs to reduce the climbing.

3. Travelling to the event

Pippingford Park is just off the A22 between Wych Cross and Nutley. The entrance is by a parking layby and will be signposted with London and South East League flags.

The nearest railway station is East Grinstead which is about 8 miles away.



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.

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.

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

Portaloos are situated in the car park as detailed on map below. There are no showers on site

6. Course map Full



7. Catering

The real Belgian Fries van will be on site to provide that cross staple of Frites and Bradsworst with all the usual sauces (Hannibal sauce my firm favourite!) washed down with tea or coffee.

8. Parking

Parking will be in the lower fields for this race and will be signposted. Its a gravel path all the way and can you please keep the speed low especially as you enter the car park and event arena are

Its a grass car park and **It's on a slight slope so please park across the slope - not facing up or down hill** - and with consideration for other people. There will be some car park attendants for the main arrival to start set up the car park. Once that is in place it is pretty clear how to park, the field is massive!

9. Event Officials

Event Organiser – Stuart McGhee

Email: stuart.mcghee@gmail.com

Chief Marshal – Jayne McGhee

Chief Judge – LCCA Timing Team

Timekeeping – LCCA Timing Team

British Cycling Chief Commissaire – Jon Goodge

British Cycling Commissaire 2 – Peter Lloyd

British Cycling Commissaire Trainee – Paul de Garis

Course Design – Stuart Nisbett/Doug Fox/Stuart McGhee

First Aid Provider – Collingwood Medical Services

Governing Body – British Cycling

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

Prize presentations for Under 8/10/12 races

This will be for the Top 3 in each category however there will be chocolate finishing medals for all riders! Don't miss out.

Prize presentations for U14/16 race

This will be for the Top 5 in each category however there will be chocolate finishing medals for all riders.

Prize Presentation for Jun, U23, Sen, V40, V50 AND V60+ races

This will be for the Top 5 in each category (There will be no chocolate finishing medals as all the under 8/10/12 and youth riders will have eaten them by now!)

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. 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@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

Local Hospitals:

Princes Royal A&E, (5.5 miles)
Lewes Road,
Haywards Heath,
West Sussex, RH16 4EX

01444 441881

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

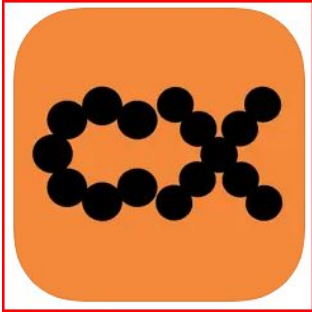
To use the app download here (it's free):

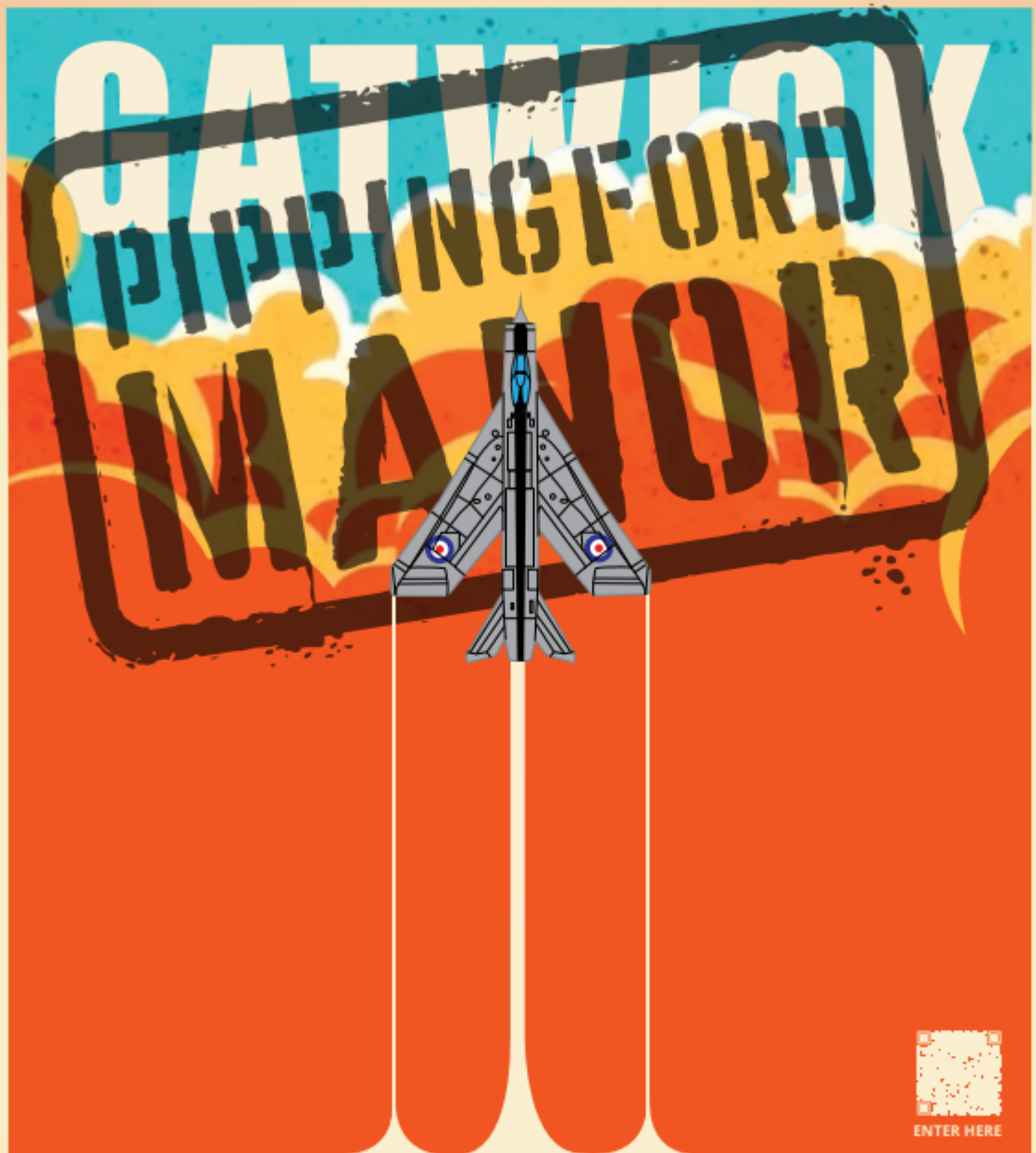
<https://apps.apple.com/dk/app/cx-hubz/id1612649015>
<https://play.google.com/store/apps/details...>

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.





Rd.4 CHALLENGE TYRES LONDON & SOUTH EAST CYCLOCROSS LEAGUE

+ R3 of The Sussex League

SUNDAY 1ST OCTOBER 2023. PIPPINGFORD MANOR, E.SUSSEX, TN22 3HW.

ENTRY CLOSES 23.00HRS THURSDAY 28TH SEPTEMBER NO ENTRY ON THE DAY.

UB/U10 – 9.30, U12 – 9.50, Youth – 10.20, Vet 40 & Junior Open – 11.30, Women (all categories) – 12.30, Vet 50/60+ Open – 13.50, Senior Open – 14.50

COFFEE AND BELGIAN FRIES!

