Challenge Tires London & South East Cyclo-Cross League Round 3

Sunday 24th September 2023

Crystal Palace Park,
Anerley Hill,
Sydenham,
London,
SE19 2BA

(owls.bolt.blaze)

Technical Manual. Class – British Cycling Category B

1. Introduction

Brixton Cycles Club welcomes you to Crystal Palace for round 3 of the London and South East Cyclo Cross League. An iconic Cyclo Cross venue that once hosted the World Cyclo Cross Champs in 1973.

2. About the course

Starting on a flat grass section by Dolphin Terrace in full view of the iconic Crystal Palace Mast and straight up onto the tarmac towards the bowl and the crit course finishing straight. The course then goes right onto the grass, running between trees, and crossing the first pit entrance. Continuing towards the stage, there are a couple of sharp turns to reduce the speed in front of the maze entrance before riding in front of birch trees and the hurdles. A tricky off camber section follows a tarmac transition, which can be loose and dusty if it stays warm and dry. Before the first technical section with steep descents into hairpins and climbs back up the banking. A swooping corner takes the course out of the trees and onto the rolling off camber to the rear of the skate park. Riding across the grass with the skate park to your left, the course transitions onto a short section of tarmac to help build speed to a short climb, followed by technical turns on the slope taking the course into the trees near to the Memorial Bell. After right hander the course stays on a gravel track offering views of the National Sports Centre before a chance to jump down the slope towards the skate park. The area around the skate park can be difficult after heavy rain so you have been warned. After the descent back to grass the course starts the long climb entering a wooded single track section taking you back towards the second pit entrance. After a final short climb, the course follows a sweeping 180 degree corner and right hander heading back towards the starting grass section. A drop descent entering a sequence of tight corners in the shape of a star (Starro the Conqueror) awaits riders. A left hander at the end of the star, then a right back onto the starting area brings rights back onto a long straight, almost 200m to the line - the perfect opportunity to gain (or lose) a place.

3. Travelling to the event

There are a multitude of train stations nearby to Crystal Palace Park (Penge West, Penge East, Gipsy Hill, Sydenham, Sydenham Hill, etc.). Crystal Palace station is in the park itself and just a 5 mins walk to the course.

If driving, enter the park from Anerley Hill, and follow the parking instructions below.

4. Sign on

Please collect your race number pack from the Sign on in the Brixton Cycles 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.
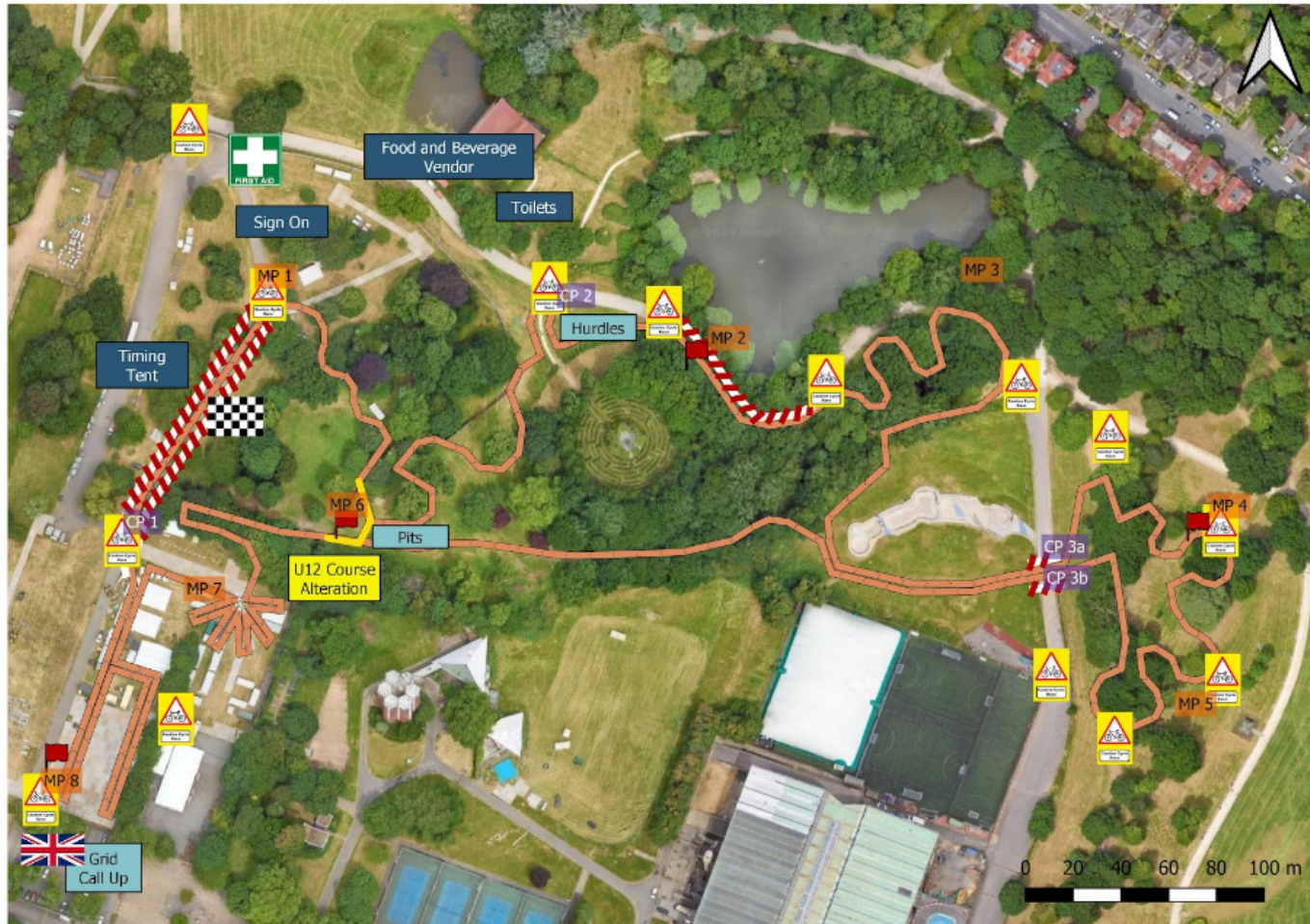
Return of last year's number pack

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

Toilets are situated as detailed on map below.

6. Course map Full

7. Catering

The Concert Cafe located near to the landmark Crystal Palace Bowl and toilets will be open to provide food and coffees.

8. Parking

Enter Crystal Palace Park from Anerley Hill, and follow the road straight down, through the yellow barriers (one has a height restriction - avoid it if you exceed the limit!). Park in the car park on the right at the bottom of the road - please don't park on the side of the road. Postcode for sat nav is SE19 2GA.

9. Event Officials

Event Organiser – Rory Kemper on behalf of BCC

Chief Marshal – Emily Robinson

Chief Judge – LCCA Timing Team

Timekeeping – LCCA Timing Team

British Cycling Chief Commissaire – Jon Goodge

British Cycling Commissaire 2 – Chris Clague

British Cycling Commissaire 3 – Stuart McGhee

Course Design – Mon Zamojska

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.

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.

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

Podium prizes provided by WAHOO, Volcano Coffee and Gipsy Hill Brewery.

All riders are welcome to join the post race celebrations at Unit 6, Gipsy Hill Brewery from 16:00 before taking public transport home.

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@londonxleagueresults.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 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@londonxleagueresults.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:

St George's A&E, (6.5 miles)
St George's Hospital,London,
SW17 0QZ

020 8672 1255

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.