Challenge Tires London & South East Cyclo-Cross League, Round 7, hosted by Addiscombe Cycling Club

Sunday 1st November 2026

East Bysshe Cross Country Course and Showground
Eastbourne Road
Newchapel
Lingfield
RH7 6LF

What3words location!!
Ballots.jolly.defeat

Technical Manual. Class – British Cycling Category B

1. Introduction

After a gap of several years prior to the pandemic, we are pleased to return to East Bysshe Equestrian centre for the 4th time.

We've had a dry summer but the recent rain means that we expect riders to experience near perfect conditions.

2. About the course

The course circuit is measured at approximately 2.3km. A shortened course for the under 12's measures approximately 800m.

The main course contains a mixture of grass land, gravel and woodland paths. It is generally flat.

Two horse jump mounds are used. One is a straight up and down. The second uses the side to create an off camber challenge.

We have introduced a new feature, entering and leaving the pond area before heading into woodland path.

There is a 400m stretch of woodland path passing close to a neighbouring steam. It is mainly single track but passing places are incorporated.

Towards the rear of the course we have integrated a fixed cross country jump of 3 steps.

Within the grassy area a 'horse' shape has been created as a 'nod' to the equestrian centre in which the course sits.

Equipment Pits

Please only access the Equipment pits if you are supporting a rider.

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 bikes will only be allowed in these pits. A rider may only take the pit lane with the intention of changing a bike, wheel or receiving mechanical assistance.

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.

If you are planning to have a spare bike then we advise you purchase a spare bike number 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 you 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.

3. Travelling to the event

If travelling by train, Lingfield is the nearest station at 3.2 miles. Alternatively Horley which is on the line between London and Brighton is a 7 mile cycle via Smallfield.

By Car, the venue is located on the A22

Travelling from the north it is approximately 1.5 miles south of Blindley Heath. Travelling from the south it is 4.5 north of East Grinstead

If approaching from the M23, exit at junction 10 signposted to East Grinstead A264

If driving to the venue we would request that wherever possible, you consider car sharing in order to help us reduce pressure on the car park capacity.

4. Sign on

When entering the site you will be directed right to one of two car parks. Sign on is located to the right of the entrance to the main car park in the sand school.

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

Please collect your race number pack from Sign on. 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 and the Regional Championships. 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.

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.

5. Toilets

There will be 6 Portaloo’s on site.

6. Course map Full



Under 8/10/12 Course

The course is shown in red on the above map.

The shortened course will make use of the pit area to link to the back end of the course as indicated. **However, please note, the pits are only shown for reference, they are not open during the U8/10/12 races.**

7. Catering

A catering van will be on site offering hot food, tea and coffee.

8. Parking

There will be two car parks on site – The main car park is to the left after entering the site. There is also hard standing car park immediately as you enter the site. This is reserved for oversized vehicles

Marshalls will direct you to the appropriate car park based on vehicle size as soon as you enter.

9. Event Officials

Event Organiser – Ian Wilkinson

Chief Marshal – Ian Wilkinson

Chief Judge – LCCA Timing Team

Timekeeping – LCCA Timing Team

British Cycling Chief Commissaire – Dave Khan

British Cycling Commissaire 2 – Chris Clague

Trainee – Adrian Riddle

Trainee – Matt Benfield

Course Design – Ian Wilkinson

First Aid Provider – EMATS, Garland House, Desborough Avenue, High Wycombe, Bucks, HP11 2RN, 0330 175 9971, www.emats.co.uk

Governing Body – British Cycling

10. Race Programme and timetable

Race	Gridding	Start time	Duration
Practice 1 - U8/U10/U12	**9am to 9.15am**		
Under 8	9.15	9.20	10 mins
Under 10	9.15	9.20	10 mins
Under 12	9.35	9.40	15 mins
Practice 2	**10am to 10.35am**		
Under 14/16	10.35	10.40	30 mins
Junior / Masters 40 Open	11.20	11.30	40 mins
Female (All categories)	12.20	12.30	40 mins
Practice 3	**13.20pm to 13.45pm**		
Masters 50/60/70+ Open	13.45	13.50	40 mins
Senior/U23 Open	14.40	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 Cyclo Cross League Website rules section for a full explanation of how the gridding has been created.

11. Podium Presentation times and results

Podium Presentation	
U8/U10/12 (18)	10.15
Youth (12)	11.45
Masters 40/Junior Open and all female categories (24)	13.30
Masters 50/60/70+ Open (9)	15.00
Senior/U23 Open (6)	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@londonxleagueresults.co.uk. Once

finalised, the results will be sent to BC to 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/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.

13. First Aid and local hospitals

First Aid is provided by:

EMATS,
Garland House, Desborough Avenue, High Wycombe,Bucks, HP11 2RN,

0330 175 9971,
www.emats.co.uk

Local Hospital

The nearest A&E is at East Surrey Hospital, Canada Ave, Redhill RH1 5RH