

LONDON & SOUTH EAST CYCLOCROSS LEAGUE

We're looking forward to welcoming you to Round 6 at Canada Heights

RIDER INFORMATION

Please read these instructions carefully.



About the Course

The venue is truly exceptional, and this year's challenge has been more about deciding what to leave out than what to include.

We've shaken things up a bit—it's still full of tough elements, but we've added some extra tricky sections to go with those wicked climbs, smooth off-cambers, and plenty of flowing trails.

Don't miss the exhilarating hill, and for the hardcore riders, there's a leg-burning climb to push you to your limits. To top it all off, we've invited the Bloco Fogo Samba drummers to inspire you to reach new heights!

There's something for everyone, and we know you're going to love it

On the day

Timing Tags

If this is your first race in the series, you'll need to collect your race tag from the Van in the Race Hq and follow the instructions to secure this to your bike.

This will be your tag/number for the series, please keep it carefully and bring it to every race in series. You don't have to 'sign on' for the rest of the series, just turn up with the tag fitted to your bike and you're ready to go.

If you have raced in the series before, just fit you tag you have from your last race to your bike and you're ready to go, there is no need for you to go to sign on.

If you have forgotten/dog has eaten/has been stolen or for any reason you don't have your number from a previous race, make your way to the timing tent on the finish to get a bib of shame.

Course preview

Check the schedule for course opening times.

Race Schedule

Race	Gridding	Race Start	Duration
Practice 1 U8/10/12 (Short Course Only)	<u>9am to 9.15am</u>		
Under 10	9.15	9.20	10 mins
Under 8 (Line up behind the U10)	9.15	9.20	10 mins
Under 12	9.35	9.40	15 mins
Practice 2 (Full Course)	<u>10am to 10.35am</u>		
Under 14/16	10.35	10.40	30 mins
Junior + V40 Open	11.20	11.30	40 mins
Female (All Cats)	12.20	12.30	40 mins
Practice 3	<u>13.20 to 13.45</u>		
Vet 50/60+ Open	13.45	13.50	40 mins
Senior Open	14.40	14.50	60 mins

Podiums

Podium Presentation	
U8/10/12 (18)	10.15
Youth (12)	11.45
Vet 40/Jun Open and All Female Categories (24)	13.30
Vet 50/60+ Open (6)	15.00
Senior/U23 Open (6)	16.00

Facilities

Refreshments:

Reggies diner are on site with collection of home cooked burgers, sandwiches, tea, coffee and drinks.

Band:

Blogo Fogo Samba Band are going to be very very turnfully noisy and colourful all afternoon...

Toilets, Race Tag collection and First Aid are at the Race Hq

Pit Note:

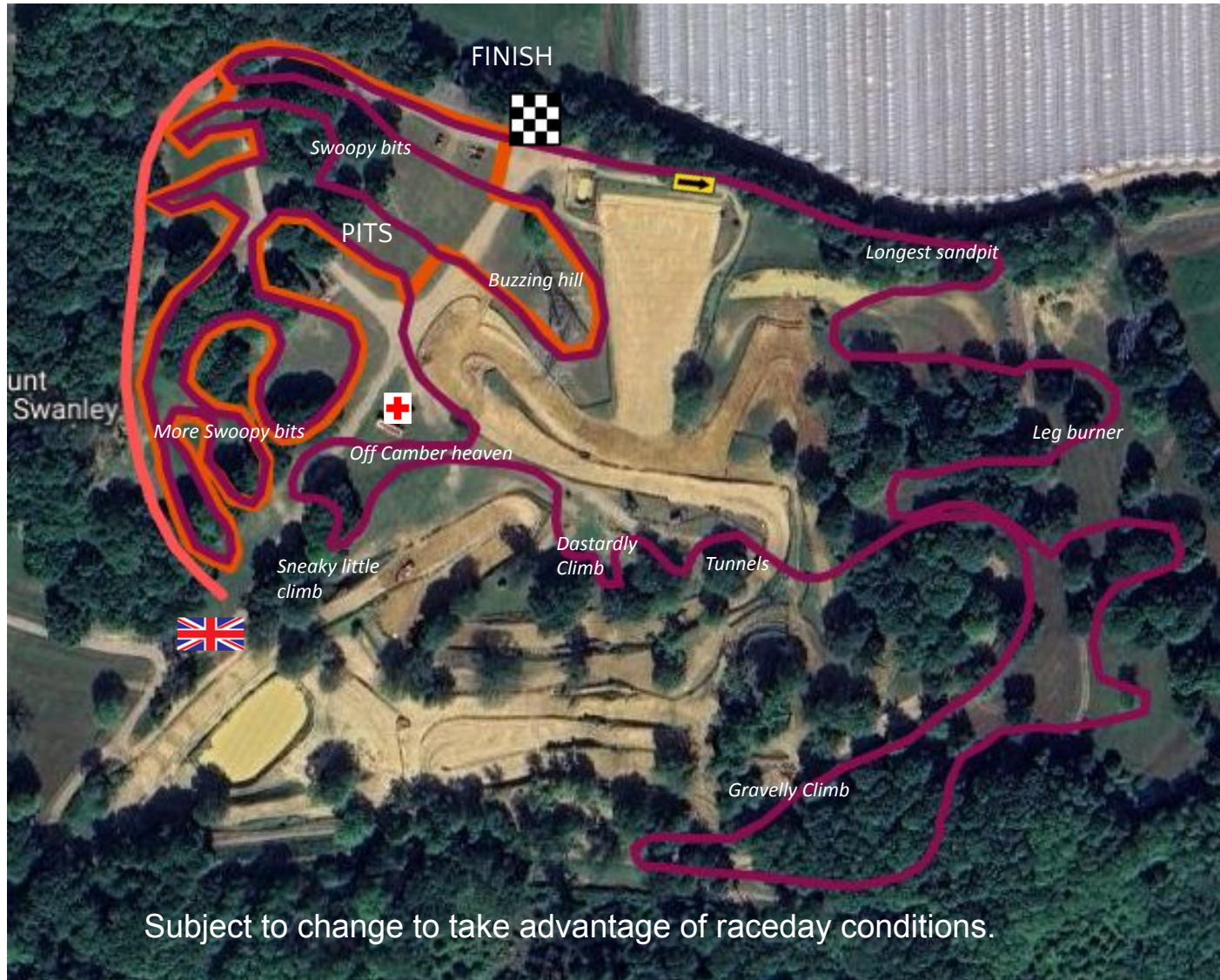
If you are bringing a full pit crew, there is **no water or electricity** available on site.

Finally, **thieves are known to target events at Canada Heights – look after your bike and possessions at all times** and please challenge people who look out of place or are acting suspiciously

Venue Map



Course Map



Getting to Canada Heights

Address:

Canada Heights, Sutton at Hone, Swanley BR8 8DX

Car

A few minutes off the M20/M25 junction there's plenty of parking on site.

Train

The nearest stations is Swanley with over 4 trains an hour from all parts of London.

