Challenge Tires London & South East Cyclo-Cross League – Round 8

Sunday 8th November 2026

Hosted by Lee Valley Youth Cycling Club

Redbridge Cycling Centre
Forest Road, Ilford, IG6 3HP

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Technical Manual — British Cycling Category B

1. Introduction

Lee Valley Youth Cycling Club welcomes you to Round 8 of the Challenge Tires London & South East Cyclo-Cross League at Redbridge Cycling Centre.

We hope you have a fantastic day of racing.

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2. Travelling to the event

Driving

Redbridge Cycling Centre is located on Forest Road, Ilford (IG6 3HP).

On entering the venue from the main road:

- Turn **right** into the main car park.
- Please park **closely and considerately**, as spaces are limited.
- **Do not block the access road** to the cycle centre as it could delay emergency vehicles reaching competitors in need of medical assistance.
- Overflow parking is available at **Hainault Country Park** (paid), a short walk or ride away.

Public transport

The nearest stations are Newbury Park (Central Line) and Hainault.

3. About the course

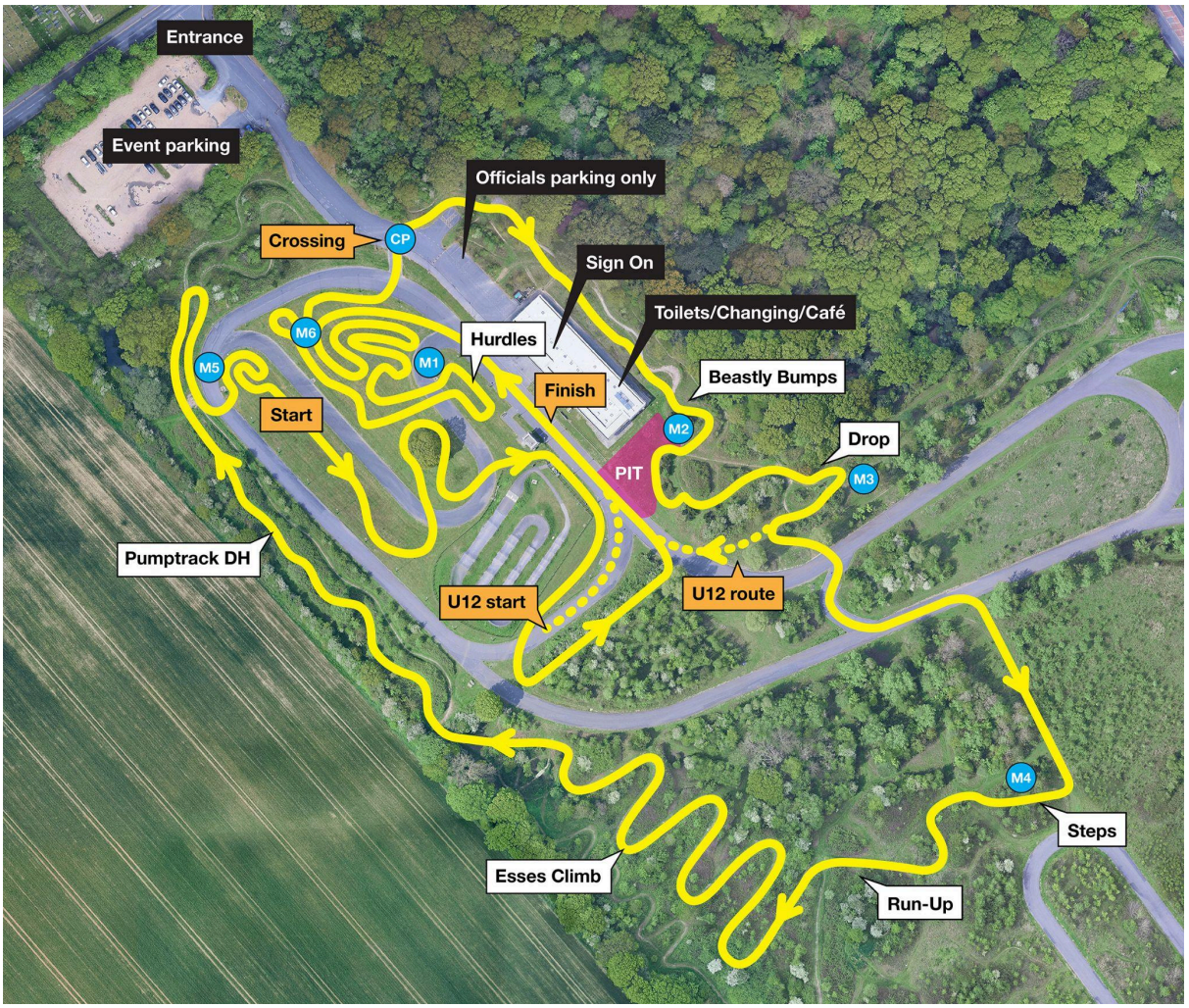
A new(ish) course for 2026 with steps, cambers, steep drops and rises, hurdles, grassy cambers, singletrack, gravel, tarmac, the tough Esses climb, a pump-track downhill… everything but a tequila shortcut, maybe next year?

We've shortened the course significantly from last year's beast (2.6km is now 2.3km) and kept the majority of the technical challenges near the cycling centre so expect fast and furious lapping and plenty of action for spectators.

Keep an eye on the weather - if it's wet leading up to the race there will be mud, but we're avoiding the bog at the bottom of the hill so nothing too cloggy.

Youth course (U8/U10/U12)

A shortened **900m loop** using the top of the full circuit, incorporating some fun technical elements of the full course while avoiding the long singletrack, the lower road circuit, and the main climb. All very spectator friendly, so no excuses for not giving them your full support!



4. Equipment pits

The pits can be accessed twice per lap:

- where the course turns left to join the start straight
- immediately after the off-camber section behind the cycle centre

Jet washing is permitted, but please be considerate — avoid spraying other bikes, people, or spectators.

Servicing and bike changes are only allowed inside the designated pits. Riders may only enter the pit lane with the intention of changing a bike, wheel, or receiving mechanical assistance.

Please place equipment carefully to allow free movement, and avoid impeding other mechanics, helpers or riders. We rely on riders and helpers to self-police the pit area to reduce the burden on commissaires. Commissaires may attend to provide guidance.

The pits are **closed for U8/U10/U12 races**.

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5. Sign On

All riders must have their race numbers attached to their bikes for practice sessions.

Sign on will be open from 8.30am.

If this is your first London League race of the season, please collect your race-number pack from Sign On inside the Cycling Centre building. Keep your numbers and bring them to every league event. Allow at least 5 minutes to fit your number pack and attach your timing chip.

Riders do not need to sign anything at sign-on. Race confirmation is via the timing chip as riders pass the start.

If you ordered a second bike number, collect it using the same process.

If you have forgotten your numbers, visit the timing hut to collect a *temporary set*. This is valid only for the day and must be returned after your race.

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6. Facilities

Inside, the venue provides:

- Toilets
- Changing rooms
- Warm showers

Do not bring mud inside. Please treat the building with respect - muddy kit damages furniture and flooring. Blocked showers flood the changing rooms, which causes closure for all riders.

Before entering the cycle centre building:

- **remove muddy outer layers** and place them in a bag
- **leave muddy shoes outside** in the covered areas

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7. Catering

The café will be open, warm, and serving:

- hot and cold drinks
- cakes and snacks
- sandwiches
- pizzas

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8. Event officials

- **Organiser:** Bob Griffiths — robertgriffiths42@btinternet.com
- **Chief Marshal & Course Designer:** Andy Watson-Smith
- **Timekeeping:** LCCA Timing Team
- **Chief Commissaire:** Phillip Jemmison
- **Commissaire 2:** Jon Goodge
- **Commissaire 3:** Massimo Conforti
- **Trainee:** Adrian Riddle
- **First Aid Provider:** EMATS
- **Governing Body:** British Cycling

9. Race programme

Practice 1 – U8/10/12 short course only – 09:00–09:15

Category	Gridding	Start	Duration
Under 10	9:15	9:20	10 mins
Under 8 (behind U10)	9:15	9:20	10 mins
Under 12	9:35	9:40	15 mins

Practice 2 – Full Course – 10:00–10:35

Category	Gridding	Start	Duration
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 – Full course – 13:20–13:45

Category	Gridding	Start	Duration
Masters 50 / 60 / 70+ Open	13:45	13:50	40 mins
U23 / Senior Open	14:40	14:50	60 mins

Practice

Please note that course open times are provisional as they are 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 for each category will be published on the league results website and by email before the event.
https://www.londonxleagueresults.co.uk/

Queries should be raised on **Friday** before race day.

All decisions rest with the **Chief Commissaire**.

10. Podium presentation and results

Podiums will take place beside the cycle centre near the finish line and PA system.
We aim to present awards immediately after each category finishes.
Riders must be present – **awards cannot be claimed later** and will return to the promoting club.

Podium Schedule

- **U8 / U10 / U12**: 10:15
- **Youth (U14/16)**: 11:45
- **Masters 40 / Junior Open / All Female Categories**: 13:30
- **Masters 50 / 60 / 70+ Open**: 15:00
- **Senior / U23 Open**: 16:00

Results

Race results and league tables will be published online as soon as possible.
Results queries must be submitted by **6pm on the Tuesday** after the race:
admin@londonxleagueresults.co.uk

Results are typically published on the league website on the day of racing.
www.londonxleagueresults.co.uk/

Once confirmed, results are sent to British Cycling for national ranking points.

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12. Technical Regulations

This event is run under the rules of the British Cycling Federation:
www.britishcycling.org.uk/cyclocross/article/bcst_rulebook_and_constitution?c=EN

London & South East Cyclo-Cross League rules:
www.londonxleague.co.uk/rules/

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13. Challenge Rider of the Day Award

Once again this season Challenge Tires is proud to support the "Challenge Rider of the day" award. This special prize is given at every round to the rider who displays true grit and determination, someone who performs a notable act of sportsmanship or a good deed during the event. The Prize is a rather nice pair of Challenge tubeless cross tires worth over £120 RRP.

Anyone can nominate a deserving rider on race day by sending a message from the contact page on the LCCA website by 10pm the Wednesday after the race. (Use the contact form, not the email address to query Results).

We shall also have a notice board with a QR code at each race to remind you to nominate your rider.

Our aim will be to present the award to the rider at the next round as the start of their race.

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14. First aid & local hospitals

Medical services are provided by:

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

0330 175 9971
www.emats.co.uk

Nearest A&E Hospitals

- **King George Hospital A&E** (8–10 mins)
  Barley Lane, Goodmayes, Ilford IG3 8YB

- **Queen's Hospital Romford A&E** (15–20 mins)
  Rom Valley Way, Romford RM7 0AG

- **Whipps Cross University Hospital A&E** (15–20 mins)
  Whipps Cross Road, Leytonstone E11 1NR

Minor Injuries units

- **Harold Wood Walk-In Clinic** (8am–8pm)
  The Drive, Gubbins Lane, RM3 0AR

- **Cheshunt Minor Injuries Centre**
  King Arthur Court, EN8 8XN

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16. Data protection

By entering this event via the British Cycling entry system, you consent to your details being shared with the event organisers for the purposes of event administration, insurance, licensing, and results publication.

Your data (name, club, category, finishing time/position) may appear in:

- online results
- league standings
- event reports
- organiser social media or website posts

This data will only be used in relation to your participation in this event.

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16. Photography

British Cycling and accredited media may take photographs or videos during the event. By entering, you consent to images of yourself (or minors you have registered) being used for event-related publicity. If you have concerns, speak to the event organiser.