



CRAWLEY
WHEELERS



LCCA Team Champs and Prize Presentations

Sunday 9th February 2025

**Ardingly,
South of England Showground,
Selsfield Rd,
Haywards Heath,
RH17 6TL.**

www.seas.org.uk

Entrance via the South Gate

What3words location!!

[expectant.happy.rockets](https://www.what3words.com/expectant.happy.rockets)

Technical Manual. Class – British Cycling Category B

1. Introduction

The traditional end to the Cyclo Cross Season in the South East, the LCCA and the Crawley Wheelers once again host the popular LCCA Team Champs at the South of England Showground at Ardingly in Sussex. The fantastic course will be similar to the League race hosted in September, expect a very spectator friendly course with shortish laps!

We will also be presenting the overall Challenge London and South East Cyclo Cross league champions and the www.aeightbikeco.com Sussex League Overall Champions. We will be hosting them in a Marquee and split the presentations in two with 1) Youth U14,U16 and Under 12/10/8 at 11.45 and 2) Junior, Senior and Vet 40/50/60+ at 15.45. These will be combined with the on the day Team champs presentations too.

2. About the course

- The course we are using is based on the Crawley Wheelers practice course at the south entrance to the show ground, it will be a compacted course with many easy access spectating points.
- After a short tarmac start straight the course joins the grassy area with some gravel paths, we will also make use of two raised banks to provide short but manageable challenges to all riders.
- There will be small climbs, flat sections, off camber descents and a section for some hurdles.
- The race will start and finish on a short tarmac section and will wind through several turns before the start of the ups and downs on and off the banked areas.
- The course will be mainly 3m wide with plenty of wide over taking sections through the course.

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 bicycles will only be allowed in these pits. A rider may only take the pit lane with the intention of changing a bicycle, 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.

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

The South of England ShowGround is well sign posted around the area with good access to the South Gate entrance, there will be a "Crawley Wheelers" feather flag at the south gate entrance.

By Train, the nearest train station is Haywards Heath which is about a 5 mile bike ride.

4. Sign on

Sign on will be located between the car park area and the course around the Crawley Wheelers gazebo close by the start area and will be easily identified with the sign on flag.

Sign on will be open from 9.15am

If you arrive and there needs to be changes to your team please go to Sign on well in advance of the race start and we should be able to sort that out.

Also if you have entered and not in a team please make yourself known at Sign on and we shall endeavour to make a team up

We are using the race numbers you have used all season for the London and South East League races. You only need to collect your number pack from sign on if you're a brand new rider this season.

However each team captain must collect the helmet stickers for your team. These are numbered 1 to 4.

We suggest you allocate 5 minutes to set up the number pack and timing chip. Riders are not required to sign anything.

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 'temporary set' which you must return after your race. This will be your race number for the day only.

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 and this race. There will be a marked crate at Sign on and by the finish line for you to do this.

5. Toilets

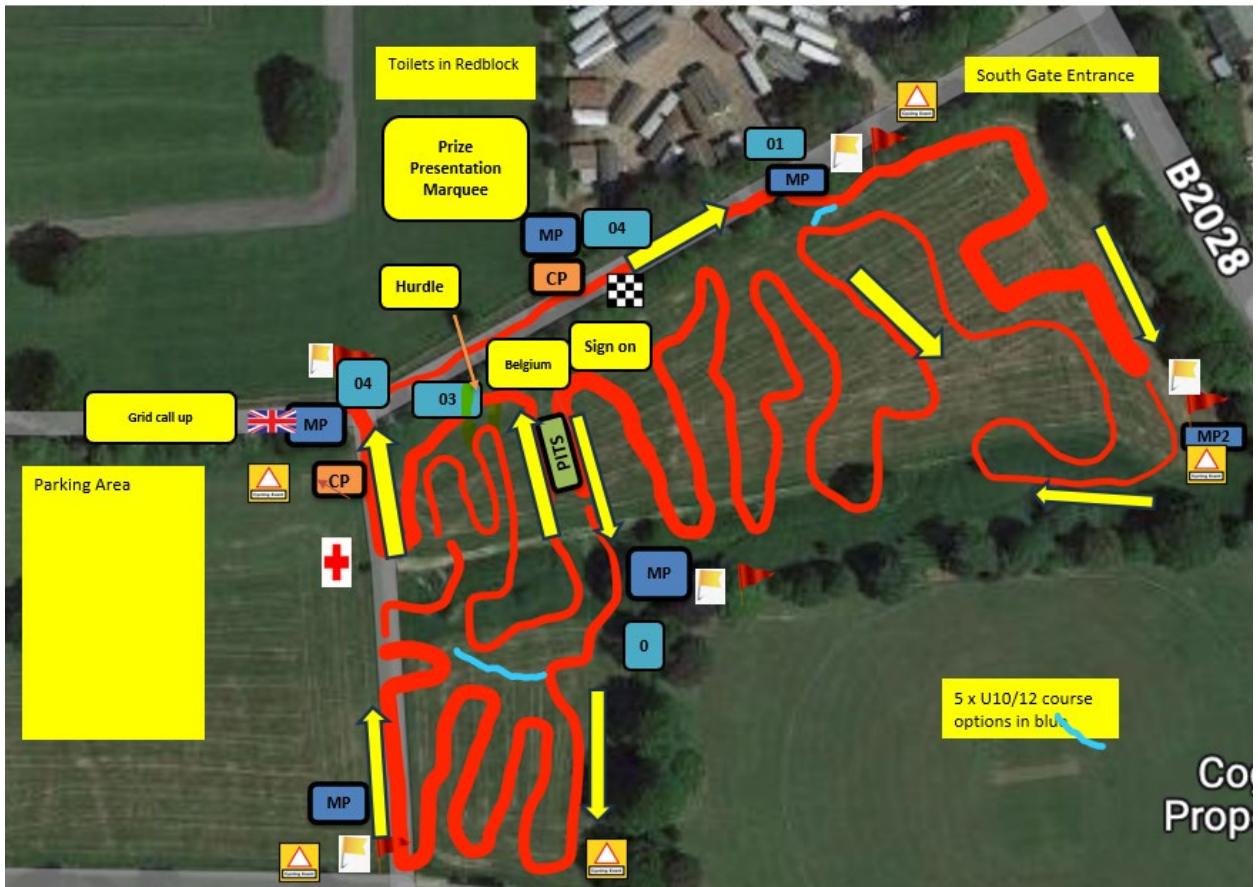
The Toilet block is marked on the map and will be signposted on the day.

Important notice:

The area is open to the public and popular with dog walkers so be aware of their presence when parking, racing and finishing. Please be courteous to any members of the public you encounter as keeping good relationships with the venue is critical to our continued use of the venue.

Other events may be taking place within the grounds of the venue, please do not venture anywhere beyond the obvious CX course boundary.

6. Course map Full



Under 8/10/12 Course has cut though marked with Blue lines

7. Catering

Real Belgian Fries van.

8. Parking

If you're arriving by car there will be grass parking available on site. Enter the showground from the South Gate and drive straight forward with caution past the course on the left, the parking area is on the grass past the course on the left. We will have marshals at the entrance of the venue and signs to direct you to the parking area.

Exit is via the North Gate.

Do not park at the entrance to the south gate as this restricts visibility on to the main road.

Please park on the grassy area on the left past the course.

9. Event Officials

Event Organiser – Stuart McGhee

Chief Marshal – Dougie Fox

Chief Judge – LCCA Timing Team

Timekeeping – LCCA Timing Team

British Cycling Chief Commissaire – Jon Goodge

British Cycling Commissaire 2 – Peter Lloyd

British Cycling Commissaire 3 – Julian Campbell

Course Design – Dougie Fox

First Aid Provider – Collingwood Medical Services

Governing Body – British Cycling

10. Race Programme and timetable

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 – There will be no gridding at this race. Each team member will be numbered 1 to 4 and will line up in the corresponding start bays once gridding is called. The Commissaires will check that the right number

So important to collect those helmet stickers from sign on!

Race	Gridding	Race Start	Duration
Practice 1 (Under 12 and Youth)	9.30 to 10.00		
Under 8/10/12	9.50	10.00	15mins
Practice 2 (All)	10.20 to 10.35		
Under 14/16	10.35	10.45	30 mins
Practice 3 (All)	11.30 to 12.30		
Support Team Champs	12.35	12.45	50 Mins
Practice 4 (All)	13.40 to 14.05		
Open Team Champs	14.05	14.15	50 Mins

Start time for each team rider

Race	Start	Length of race	Start time of rider....			
			1	2	3	4
Under 12	10am	15 mins	0	30 secs	1 minute	1.5 mins
Youth	10.45am	30 mins	0	1 Min	1.5 Mins	2 Mins
Support Team Champs	12.45am	50 mins	0	1 Min	2 Mins	3 Mins
Open Team champs	14.15pm	50 mins	0	1 Min	2 Mins	3 Mins

11. Podium Presentation times and results

Podium Presentation	
U8/10/12 (18) and Youth	11.45 to 12.15
Youth (12)	15.45 to 16.30

Results

Race Results 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 to update the 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_constituton?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@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 Hospital:

A & E Department.
Princess Royal Hospital
Lewes Rd,
Haywards Heath,
RH16 4EX.

01444 441881

Rules

Under 12

- 4 Riders per team
- All team members to be First claim members of that team/club
- Composite teams can be created but will not count towards the Team Champs but there is a set of medals for the 1st composite team.
- Teams can be made up of any category (U8, U10/12 Boys or Girls)
- Places allocated on first come first served limited to 40 teams - 160 riders
- 15-minute race
- Start line set up - Each team to number team riders 1 to 4 and to line up in corresponding start line gridding bay numbered 1 to 4. You will be given helmet stickers at sign on to make this easy to remember.
- Rider 1 to 4 start times as indicated on table above.
- First place 160 points down to 1 point for 160th place.
- Best 3 riders to count, team with highest score wins.
- In the event of a tie on points the highest position of 3rd placed rider to decide winner
- Everyone will get a ride if they cannot make up a team.

Prizes

- Set of 4 medals for 1st, 2nd and 3rd teams
- Set of 4 medals for 1st composite team.

Youth

- 4 Riders per team
- All team members to be First claim members of that team/club
- Composite teams can be created but will not count towards the Team Champs but there is a set of medals for the 1st composite team.
- Teams can be made up of any category (U14/16 Boy or Girl)
- Places allocated on first come first served and field size will be limited to 40 teams - 160 riders
- 30-minute race
- Start line set up - Each team to number team riders 1 to 4 and to line up in corresponding start line gridding bay numbered 1 to 4. You will be given helmet stickers at sign on to make this easy to remember.
- Rider 1 to 4 start times as indicated on table above.
- First place 160 points down to 1 point for 160th place.
- Best 3 riders to count, team with highest score wins
- In the event of a tie on points the highest position of 3rd placed rider to decide winner

- Everyone will get a ride if they cannot make up a team.

Prizes

- Set of 4 medals for 1st, 2nd and 3rd teams
- Set of 4 medals for 1st composite team.

Support Team Champs

For riders that cannot make up a full team from first claim members, creating composite teams. Interesting team names are encouraged!

- 4 Riders per team
- Team can be made of any category from any club (Men/Women/Jun/Sen/Vet 40/50/60+)
- Places first come first served and field size will be limited to 160 riders.
- 50-minute race
- Start line set up - Each team to number team riders 1 to 4 and to line up in corresponding start line gridding bay numbered 1 to 4. You will be given helmet stickers at sign on to make this easy to remember.
- Rider 1 to 4 start times as indicated on table above.
- First place 160 points down to 1 point for 160th place.
- Best 3 riders to count, team with highest score wins
- In the event of a tie on points the highest position of 3rd placed rider to decide winner
- Everyone will get a ride if they cannot make up a team

Prizes

- Prizes for first 3 teams

Open Team Champs

- 4 Riders per team
- All team members to be First claim members of that team/club
- Team can be made up of any category (Men/Women/Jun/Sen/Vet 40/50/60+)
- Places allocated on first come first served and will be limited to 160 riders
- 50-minute race

- Start line set up - Each team to number team riders 1 to 4 and to line up in corresponding start line gridding bay numbered 1 to 4. You will be given helmet stickers at sign on to make this easy to remember.
- Rider 1 to 4 start times as indicated on table above.
- First place 160 points down to 1 point for 160th place.
- Best 3 riders to count, team with highest score wins
- In the event of a tie on points the highest position of 3rd placed rider to decide winner
- Teams can enter as 3
- No individual entries, entry only accepted if in a team of 3 or 4 first claim club members.

Prizes

- Set of 4 medals for 1st, 2nd and 3rd teams
- Set 4 medals for 1st Veterans team (All riders to be veterans man or woman)
- Set of 4 medals 1st Women Teams (All riders to be Women of any Category)
- Any team can win the Open Title, Example, a Veteran Team can win the Open Title and the Veterans Team Title.