

Challenge Tires

**London & South East Cyclo-Cross League
Round 3**

Sunday 22nd September 2024

Herne Hill Velodrome, Burbage Road, Herne Hill
London [SE24 9HE](#)

What3words [///forget.precautions.basic](https://www.what3words.com/forget.precautions.basic)



Technical Manual. Class – British Cycling Category B

1. Introduction

Herne Hill Youth CC welcomes you to the Round 3 of the Challenge Tires London & South-East Cyclo-cross League, at Herne Hill Velodrome in South London. While it is best known as a regional venue for track cycling, its tight and twisty off-road trails make it a very popular cyclo-cross venue.

2. About the course

- We're going the 'other way' compared to previous editions of this race. Riders start in the centre of the Velodrome and then head north past the finish line to exit the track just afterwards.
- Rather than go down 'Big Bob' we use the 'Little Bob' descent instead, through trees and into a short switchback section.
- The circuit goes round the berm and table top, to PIT 2 adjacent to the track.
- Two large loops bring riders firstly up the steps, and then to a new and fairly narrow steep climb.
- Before tackling the Camel Humps, there is another steep power climb with a B-line just in case.
- Back into the velodrome and a flat but twisty circuit over hurdles, a pair of rollers and then through PIT 1 to finish.
- The U8/10/12 circuit has a few cutoffs to remove slower grassy sections and a few of the technical features. Even so, make sure you check out other technical features on the sighting lap.

3. Equipment Pits

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

There are two pits, defined by yellow flags. PIT 1 is just before the finish and has the most space for equipment. PIT 2 is accessible to pit crew via a gate by the 200m line.

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 areas.

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 your 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.

4. Travelling to the event

Herne Hill Velodrome can be found at 104 Burbage Road [SE24 9HE](#). It is close to the South Circular Road A205 in Dulwich.

There is very limited parking onsite, so if you can, please try to arrive by bike, or by public transport. Nearby rail stations include Herne Hill, North Dulwich, Tulse Hill, and West Dulwich.

PLEASE NOTE: The velodrome has an arrangement with its neighbours not to open before 8.30am on Sundays. Please aim to arrive at or after 8.30am so as not to clog up the street before the gate opens!

The onsite parking is expected to fill up early on, after which time it will be necessary to find local on-street parking. Do please be considerate to our neighbours and be careful not to block driveways. There are changing facilities, toilets and space to put rollers within the velodrome - please use these and don't change or warm up in the streets.

While the Velodrome is outside the congestion charge zone, it is [WITHIN the ULEZ zone](#), which is in operation 24/7. There is a £12.50 daily charge for older vehicles (NB make sure you only pay via official TfL websites, as there are some fraudulent ones out there!)

5. Sign on

If you have entered Rounds 1 or 2 and already have your back number and tailfin number, you need to bring these. If you already have your numbers you will not need to visit sign on for this race.

If this event is the first time you have raced in the London & South East League this season, please collect your race numbers from next to the catering tent in the track centre. **You will need to keep these and bring them every time you race in this year's league.**

We suggest you allocate 5-10 minutes to set up the number pack and timing chip. Riders are not required to sign anything, and are to use these race numbers 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.**

If you have ordered a 2nd bike number for a spare bike, 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, please dig out and 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.

6. Warming up

All riders must have their race numbers attached to their bike for the practice sessions. You may only practice on the course when the green 'Course Open' flag is displayed.

Please DO NOT ride on the velodrome or on the inner track while warming up - we have to clean all the crossing points at the end of the day to prevent punctures for other venue users.

There is a bike wash just outside the container area (see map), you are welcome to use this for free (so long as the water butt lasts).

7. Toilets

Toilets, changing rooms and showers are on the ground floor of the pavilion.

If it's wet, please take muddy shoes off before entering the pavilion.

If you absolutely positively have to go when you're in the middle of the velodrome, there's an emergency one next to the hurdles.

8. Catering

Food and drink are provided at two outlets:

Herne Hill Youth CC Catering tent

- Barbeque (including veggie options)
- tea/coffee/squash
- amazing cakes and biscuits

Jan's Cafe (upstairs in the pavilion)

- Chips
- toasties
- tea/coffee/beer



9. Course map



10. Race Programme and timetable

Important! The race schedule has changed from last year.

Race	Gridding	Race Start	Duration
Practice 1 U8/10/12 (Short Course Only)	9am to 9.15am		
Under 10	9.15	9.20	10 mins
Under 8 (Line up behind the U10s)	9.15	9.20	10 mins
Under 12	9.35	9.40	15 mins
Practice 2 (Full Course)	10am to 10.35am		
Under 14/16	10.35	10.40	30 mins
Junior + V40 Open	11.20	11.30	40 mins
Female (All Categories 16+)	12.20	12.30	40 mins
Practice 3	13.20 to 13.45		
Vet 50/60+ 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 the 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

Results

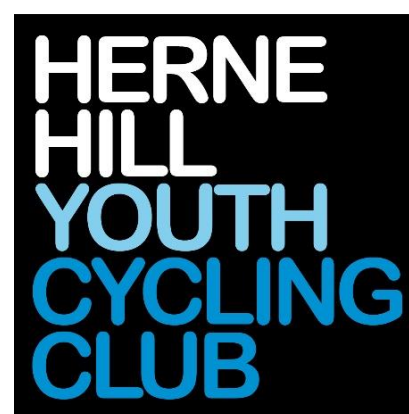
Race Results and overall league tables will be published online as soon as feasible after each race. Race queries can be made up to 6pm on the Tuesday after each race by emailing admin@londonxleaguereults.co.uk. Once finalised, the results will be sent to BC to update events page and allocate national rankings points.

Podium Presentations				
U8 Boys	1 st 2 nd 3 rd	U8 Girls	1 st 2 nd 3 rd	10.15
U10 Boys	1 st 2 nd 3 rd	U10 Girls	1 st 2 nd 3 rd	
U12 Boys	1 st 2 nd 3 rd	U12 Girls	1 st 2 nd 3 rd	
U14 Boys	1 st 2 nd 3 rd	U14 Girls	1 st 2 nd 3 rd	11.45
U16 Boys	1 st 2 nd 3 rd	U16 Girls	1 st 2 nd 3 rd	
Junior Open	1 st 2 nd 3 rd			13.30
Vet40 Open	1 st 2 nd 3 rd 4 th 5 th			
Jun Women	1 st 2 nd 3 rd			
Senior Women	1 st 2 nd 3 rd 4 th 5 th			
U23 Women	1 st 2 nd 3 rd			
Vet40 Women	1 st 2 nd 3 rd 4 th 5 th			
Vet50 Women	1 st 2 nd 3 rd 4 th 5 th			
Vet60+ Women	1 st 2 nd 3 rd			
Vet 50 Open	1 st 2 nd 3 rd 4 th 5 th			15.00
Ve 60+ Open	1 st 2 nd 3 rd			
U23 Open	1 st 2 nd 3 rd			16.00
Senior Open	1 st 2 nd 3 rd 4 th 5 th			

Prizes generously donated by:

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12. Event Officials

Event Organiser – Bill Wright – email wxwright@msn.com

British Cycling Chief Commissaire – Stuart McGhee

British Cycling Commissaire 2 – Peter Lloyd

British Cycling Commissaire 3 – Sarah Cook

Chief Marshal – Pavol Šurda

Chief Judge – Richard Hayes

Timekeeping – LCCA Timing Team

Course Design – Bill Wright

Landscaping – Capability Charlie Codrington

First Aid Provider – Collingwood Medical Services

Governing Body – British Cycling

Cakes and biscuits – members of HHYCC

13. 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

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@londonxleaguereults.co.uk.

14. 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:

Kings College Hospital (2 miles)

Denmark Hill

London SE5 9RS

020 3299 9000

St George's Hospital (4 miles)

Blackshaw Road

London SW17 0QT

020 8672 1255



Thanks to :



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