The Shimano Lazer West Midlands Cyclo Cross League. Round 3
Sunday 6<sup>th</sup> October 2019.

At Johnsons Coach and Bus Travel Premises, Liveridge Hill, Henley-in-Arden, B95 5QS Promoted by Stratford-on-Avon CC.

# Car parking £2

All car parking is in our hard surface main vehicle park. Parking will be tight. There should be enough space BUT please only take up one place – you'll be directed by our club marshals. Turbo's can only be set up on the grass edges please. Please note that I will need to charge £2 per vehicle again this year, which will contribute towards the increasing cost of laying on the event, cutting the grass, moving vehicles etc! Please ensure you take any litter home with you.

Our yard and premises is split into two. The larger vehicle park near the field will be wholly given over to the Cyclo-Cross. Please note that the first car park you come to through from the main road will be operational for our buses and coaches all day; so please do not park in there or venture in there – and certainly please do not allow children to play in there!

Additional parking will be provided in Adams yard, the entrance to which is 100 metres further north on the A3400. For all car parking please follow our marshals' instructions.

#### Headquarters

The HQ, Cafe and Signing On will be in our workshop building as in previous years. Please note that this building is 200 metres from the start/finish area.

## Refreshments

Hot drinks, cake and rolls will be served from our Stratford CC café in the workshop, we'd be grateful for your support. Stratford CC members have been busy baking some delicious cakes. This year you can purchase burgers and hot dogs – (and posh coffee!) from our burger van outside caterer. This will be located adjacent to the HQ and Signing on building.

#### **Toilet Facilities**

There are 5 portaloo toilets, two for ladies, three for men, in the HQ workshop, but no shower facilities are available.

## Course

The course will be similar to previous year's event and course maps will be available at Signing On. The Under 6's, 8's and 10's will have a shortened course, in just the lower field. The U12's will go into the upper field but their course will be shorter than the adult/junior etc course. These 'short cuts' will be signed posted and marshalled. Parents of U6's and U8's – their course is not technical and has no hills, but if you need to help your rider at all, please make sure you do not get in the way of other riders. Remember it is forbidden to push your child past another rider! Please be fair to all.

#### **Bike Change Pits**

The position for the pits and jet wash will be along right hand side of the start straight as last year. There is no water point so please bring your own. The triathlon type racks will be available to hang spare bikes for riders without a helper so please don't just leave your bike on the ground. Only one helper per rider in the pits area please. PLEASE CLEAN ANY MUD OFF BIKES AND SHOES ON THE FIELD, NOT IN THE VEHICLE PARK! — THANK YOU.

## U12's, U10's U8's and U6's

There will be a small gift for each rider when they return their timing chip – kindly donated by Stratford CC. The league provide medals for the first three boys and girls in each race. Please see the Race times sheets for the times of the presentations.

## **Presentations and our Commentator**

Please see the race times details below for the winners presentations, which will be on the podium, by the commentator's position in the lower field. The commentator will call up the first 3 in each race to make your way to the commentary position, to receive your medals and perhaps have a few words with the Commentator for the day.

# Gazebos / Flags / Tents

Cycling Club Gazebos / Flags / Tents are very welcome in the start/finish area in the first field. But please note that much of the area near the start will be taken up by the gridding area. Please ensure you take any litter home with you or use the bins provided.

#### **Race Practice Times.**

Please note that once again there are two official practice times during the day; 11.10 to 11.30am and 13.05 to 13.35. Practice is also allowed from 09.00 to 10.00am.

### **Spectators**

There is good visibility for much of the whole track, because the course is fairly 'condensed' in just two large fields. Crossing points are provided and these are controlled by marshals.

Hope you all have a great day and the weather is kind. I can be contacted at John.johnson@johnsonscoaches.co.uk or on 07979 245055

John Johnson CX Race Organiser – Stratford CC.

**RACE TIMES FOR WMCCL EVENTS FOR 2019/20.** (All awards presentation will take place adjacent to the race commentator in the lower field – or in the workshop under cover if wet).

U6's and 8's 10.00am 10 minute race. Awards Presentation 11.10am.

U10's 10.20am 12 to 15 minute race. Awards Presentation 11.15am

U12's 10.45am 15 to 20 minute race. Awards Presentation 11.20am.

### Official Course Practice For Youth, V50 and Women - 11.10am to 11.30am.

Youth 11.30am 30 minute race Awards Presentation 13.05pm.

Vets 50+ 12.15am 40 minute race Awards Presentation 13.10pm.

# Official Course Practice Women, Juniors, Seniors and V40-13.05pm to 13.35pm.

Women 13.35pm 40 minute race Awards Presentation 14.25pm.

Junior Men/Seniors/Vet 40+ 14.30pm 50 minute race Awards Presentation 15.30pm.