



# Sunday 19<sup>th</sup> November 2023

## West Midlands Cyclo-Cross League Round 10



**SHIMANO**

**LAZER**

## Competitor Guidance

We are indebted to the University of Worcester and staff at Lakeside Campus for allowing us to use its land. Please respect the venue staff and its other customers.

## Key Points

- **NO DOGS (other than assistance dogs) are permitted on campus due to the environmentally sensitive nature of the open water sources.**

## Race Officials

Commissaires – Eric Hanna (Chief Comm), Andy Humberston, Gordon Siers

Organiser – Mark Leyland, Pulse Events

e:[mark@pulse-events.co.uk](mailto:mark@pulse-events.co.uk) t:07931 110298

First Aid – RAMS

Commentator – Graeme Sinclair

Results Service – D3 Racetec

## Race Day

### Travel

The event is 15 minutes from the center of Worcester, and 20 minutes from M5 junction 6 at Droitwich. For satnav, use the postcode: WR6 6NH. The full address is:

University of Worcester Lakeside Campus  
Worcester Road  
Holt Heath  
Worcester. WR6 6NH

### Arrival

**Car Parking Fee - £5.00 per vehicle– THIS MUST BE BOOKED IN ADVANCE BY FOLLOWING THE LINK BELOW . PLEASE PRINT OFF CONFIRMATION OF PAYMENT (EMAIL) OR SHOW ON DEVICE ON REQUEST.**

<https://webengine-01.worc.ac.uk/lakeside/PrivateProduct/g4rgymkf>

Those arriving by motor vehicle will be directed to park in the designated areas with at least one meter spacing between vehicles. Please keep any static trainers or work stands at least one meter away from anyone else's vehicle or equipment. Larger vehicles will be on hard-standing ground, others on level grass.

Rider registration is in the large white marquee.

Results will be available on [D3Racetec](#) . Designated times have been set aside for each category of rider to carry out course practice. The course must not be ridden at any time other than during this period or during your race.

## Competitors Sign On

First time rider and Non-League Number and Timing Transponder Collection Is located in the large white marquee next to the finish area. Season long numbers and timing transponders will be allocated to riders if it's your first event or you are a non-league rider. Please ensure your allocated timing transponder is the same number as your race number and if you are a non-league rider please return both after your race.

**IMPORTANT : IF YOU HAVE A LEAGUE RACE NUMBER AND TRANSPONDER ALREADY AND HAVE PRE-ENTERED, PLEASE GO TO SIGN ON TO STATE YOU ARE TAKING PART – AS PER ALL PREVIOUS WMCCL ROUNDS**

## Facilities

Toilets and showers are available to the rear of the main building, and the café will be open for hot and cold food and drinks. Additional portaloo toilets are available also.

**PLEASE NOTE - CAFÉ IS CARD ONLY PAYMENT**

## Pit Area

Double Pits are located at the bottom of the bankings next to the football and rugby pitches. Bike stands will be provided for unassisted riders, please use these. Only rider helpers allowed in the pits, please only leave unattended bikes in the pits for the minimum amount of time. **Your bike is your responsibility.**

**BIKE WASHING MUST ONLY BE DONE IN THE DESIGNATED BIKE WASH AREA – NOT IN THE PITS.**

**PLEASE BRING YOUR OWN WATER, AS THE VENUE IS NOT ON THE MAINS SUPPLY, SO FILLING CONTAINERS CAUSES HUGE ISSUES WITH THE TOILETS !!!! There is a tap at the bottom of the bankings, close to the pits which you may use as this is on the mains water supply. PLEASE TAKE CARE CROSSING THE COURSE TO USE THE TAP !**

## Prize Money

There is no on the day prize fund, but an amount will be paid to the West Midlands Cyclo Cross League towards an overall season fund. Details on the WMCCL website.

## Course Inspection and Warm-Up

You must only ride the course during the designated periods set out in the Event Timetable. The sections of the course not used by Under 8/10/12 can be accessed by Youth riders upward, even whilst the shorter courses are in use. Please obey any volunteer marshals instructions.

Updated 13/11/2023

## Event Timetable

Start Time	Category	Duration
09:00	Registration Opens	
09:15-09:50	Course Practice for all categories	
10:00	Under 6 & Under 8	10 minutes
10:20	Under 10	10 minutes
10:45	Under 12	15 minutes
11:10 – 11:30 (or as soon as practicable after Under 12s race)	Course Practice for all categories Youth and above	
11:30	Youth u14 & u16	30 minutes
12:15	Vet 50+ Men	40 minutes
13:05 – 13:35	Course Practice for Women, Senior Men and V40+ Men	
13:35	Junior Women	40 minutes
13:35	Women	40 minutes
14:30	Junior Men	50 minutes
14:30	Senior Men	50 minutes
14:30	Vet 40+ Men	50 minutes
15:25	Course clearance starts	

## Gridding

You should be in the vicinity of the start area between 15 and 10 minutes to go before your race..

Please note that you will have time to remove outer clothing or take drinks once you enter the Starting Grid.



