



r5

SWCX
SOUTH WEST CYCLO-CROSS

05.11.2023

torbay velopark

Penwill Way, Paignton, TQ4 5JR



| u8 | u10/12 | u14/16 | w/j/v50/v60 | s/v40 |
|----|--------|--------|-------------|-------|
| 10 | 10.30 | 11.15 | 12.45 | 13.45 |



swcx.org

EVENT INFORMATION

SWCX Round 5 - Torbay Velopark

Date: 5th November 2023

Series Co-ordination: SWCX

Event Location: Torbay Velopark, Paignton, Devon, TQ4 5JR

Organisation: Mid Devon CC

Race HQ: Torbay /Velopark

Changing Rooms: Torbay leisure Centre

Registration: www.britishcycling.org.uk and On the day with Cash

Numbers on the Left arm please

Race Results: Will be on the SWCX FB page

Course/Location: Torbay Velopark, Penwill Way, Paignton TQ4 5JR

Torbay Velopark SWCX 2023/4

event info

presented by

MDCC
MID DEVON CC

Full Course: Approx 2.5km

SWCX
SOUTH WEST CYCLE CROSS

BRITISH CYCLING
SOUTH WEST

Course Key:
U8 (Blue dashed line)
U10-12 (Yellow dashed line)
U14-16 (Red dashed line)
Full Course (Red solid line)

Facilities: Pits, Steps, Hurdles, Steep Bank, J/S/Vet Loop, Gridding area, Warm up, START GRID, COURSE ENTRY, FINISH, Spectator Zone, Pump Track, Pay & Display, LEISURE CENTRE, EVENT VILLAGE & REGISTRATION, Race HQ, MDCC, THE COFFEE SHOP

Other labels: U10/12, U8, U10-U12, U14-U16, Steep Bank, Hurdles, J/S/Vet Loop, Gridding area, Warm up, START GRID, COURSE ENTRY, FINISH, Spectator Zone, Pump Track, Pay & Display, LEISURE CENTRE, EVENT VILLAGE & REGISTRATION, Race HQ, MDCC, THE COFFEE SHOP

Directions to Torbay Velo Park:

Sat Nav Torbay Velopark, Penwill Way, Paignton TQ4 5JR

What 3 Words [///soccer.gave.awards](http://soccer.gave.awards)

Parking: [///soccer.gave.awards](http://soccer.gave.awards)

Essential Race Information**Entry Fees**

On the day entry fees are as follows. Please remember to check for race licenses/provisional race licences for those entering races 4 & 5.

Under 8 - £7.00

Under 10 - £7.00

Under 12 - £7.00

Under 14 - £15.00

Under 16 - £15.00

Junior/Senior/Vet/Novice (all) - £24.00

Race Timings

Sign on to close 20 minutes before each race and sign on sheets taken to timing.

Practice 9am-9.45 Races 1,2 & 3 only - ensure you're signed on and have timing chip on left ankle

Race 1: 10:00 – Under 8s (15 minutes)

Race 2: 10:30 – Under 10s and Under 12s (20 minutes)

Race 3: 11:15 – Under 14s, Under 16s (30 minutes)

Practice 12.00-12.30 Races 4 & 5 only - ensure you're signed on and have timing chip on left ankle

Race 4: 12:45 – MV50, MV60, Women (Junior, Seniors, Vets), Junior Men, Novice (40 minutes)

Race 5: 13:45 – Senior Men & MV40 (1 hour)

Marshals

Marshals are equipped with red and yellow flags. Should a Marshal be waving a yellow flag, there is an incident ahead and all competitors must slow down and approach with caution. If a red flag is being waived, all competitors must stop and wait for instructions. Failing to adhere to either of these regulations may result in a competitor being DQ'd.

Timing Chips

Please wear your timing chip around your ankle; not your wrist or bars, for all practise sessions and the race (basically whenever you are on the course!). After racing, chips should be removed and placed in the bucket at the finish line.

Practice

All Competitors must enter the course at the Course Entry point. This is so Commissaires can coordinate practice correctly and advise competitors of any last-minute changes or information they may require.

As noted above, you must wear your timing chip whenever you are on the course, including practise. No stopping on course and do not leave or rejoin the course to practice specific sections. You must not attempt to access the course at any other time and if marshals or commissaries observe any deviation from these instructions, you risk disqualification.

Please note that training times and access to the course will be decreased if races over-run.

Please allow sufficient time to complete a training lap, especially in the shorter training windows. Training on course whilst a race is in progress is an absolute no and could lead to a DQ.

Gridding

See SWXC website

Race Start

All competitors are reminded that they should be in the call up area 15 mins prior to the start of their race.

There will be an area where competitors can continue to ride until the signal that call up is about to commence is given. Competitors must then arrange themselves along each side of the area, back wheel against the tape or barrier. If Competitors are late, the commissaire will not make any allowance and they may start at the back of the race field.

Pit Zone

All riders and pit crew must use the designated lane only to the pits for transferring bikes and equipment. Taking short cuts or cutting across the course to access the pits is strictly forbidden.

Please treat this area as you would in all other aspects of life and respect that other people may still wish to keep distance. If working in close proximity to others, please consider wearing a face covering.

Water will be not available for all competitors: **You will need to bring your Own**

When washing a bike, please try to ensure, as much as is possible, that any overspray does not cover the course.

Onboard Cameras

For any races run under British Cycling regulations, prior permission must be granted for the use of cameras within races. Please email compliance@britishcycling.org.uk and await a written response. This letter must be available for inspection by the commissaire team on the day of the event.

For any races run under UCI regulations you do not need to obtain prior permission from British Cycling. UCI regulation 1.3.006 covers their use, documenting that cameras must only be fitted to the bicycle unless prior authorisation is granted from the UCI.

Spectator Information

Spectator safety is of paramount importance at the National Cyclo-cross series, and as much as we strive to keep all spectators safe from harm, please remember that all spectators are responsible for their own personal safety. Here are some pointers to help spectators stay safe while watching a live event:

- Be responsible and keep your own safety in mind
- Always follow and obey marshal's instructions; they are there to keep you safe
- Observe and follow all event signs, do not cross or enter taped areas and stay within any designated spectator areas
- Do not enter any restricted areas and keep off the track, if unsure ask a marshal
- Keep dogs on a lead at all times
- Do not alter, move or disturb any part of the course
- Children to be accompanied at all times
- Never stand on the outside of a corner-
- Stand above the track, rather than below

Remember:

- Riders may run wide on corners, take lines close to the tape, overshoot features or leave the course with mechanicals

Cyclo-Cross Age Categories 2023/24 Season

The following age categories are in effect from 1st September 2023.

| | |
|-------------|-----------------------|
| U8 | born in 2016 or later |
| U10 | born in 2014 or 2015 |
| U12 | born in 2012 or 2013 |
| Youth U14 | born in 2010 or 2011 |
| Youth U16 | born in 2008 or 2009 |
| Junior | born in 2006 or 2007 |
| Senior | born 1984 to 2005 |
| Vet 40 – 49 | born 1974 to 1983 |
| Vet 50 – 59 | born 1964 to 1973 |
| Vet 60 – 69 | born 1963 or earlier |