Eastern Region Cyclo-Cross

A few notes of guidance for how parts of the cyclo-cross course should be set out.

• Organisers should aim to establish a minimum course width of 3 metres for Premier, category A and category B events, or 2 metres for category C. In all cases the racing line should be sufficiently broad to allow safe overtaking.
• Try and make use of a double pit area instead of two single pits, if two single pits are only possible, make sure helpers can get between them without crossing the course;
• Only one helper per rider in the pits; Remember there are up to 60 riders per event
• Provide an 'unattended' area in the pits for riders without helpers to leave spare kit. Initial suggestions are to make this a minimum of 5m long.
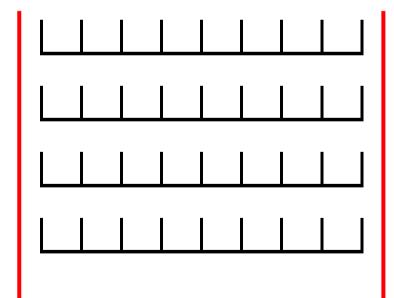
The other detail attached is to help make the event run as efficiently as possible and also to maintain consistency for what riders expect at Eastern League events.

Start Grid for Eastern Region Cyclo-cross League Events

Using line marking paint to draw a grid - 8 riders (75cm/rider minimum) wide and at least 4 rows deep.

Ensure the sides of the start grid are taped off to avoid riders pushing through or jump starting.

From the start line, ensure that there is a reasonable distance before encountering any bottleneck in the course, such that riders have a chance to naturally spread out. This avoids heavy braking and makes for a safer course.
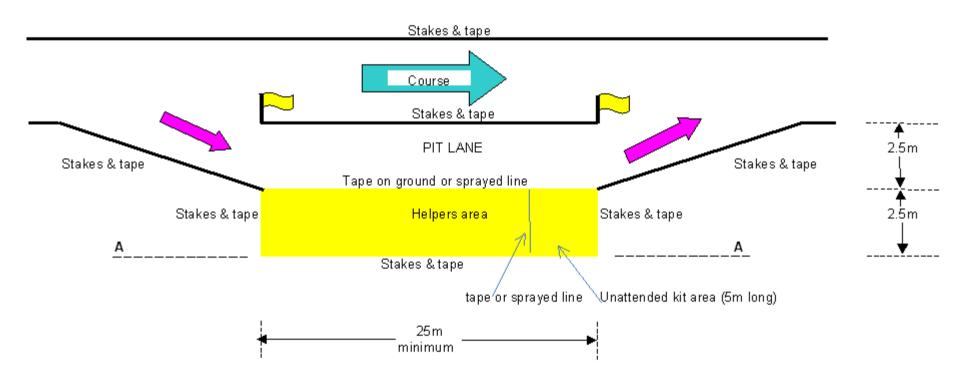
tape

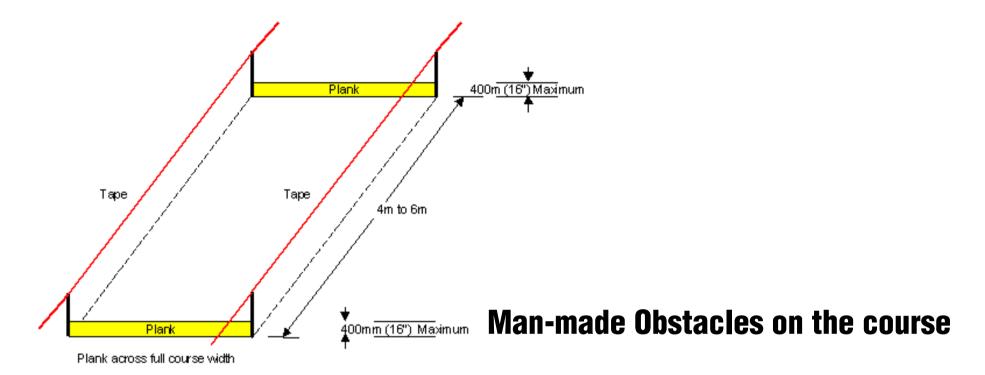# SINGLE PIT DESIGN FOR EASTERN CYCLO-CROSS LOCAL EVENTS

SINGLE PIT DESIGN FOR EASTERN CYCLO-CROSS LOCAL EVENTS

PITS ARE DESIGNED SO THAT THE RIDER DISMOUNTS LEFT

Stakes & tape

Course

Stakes & tape

PIT LANE

Stakes & tape

Tape on ground or sprayed line

Helpers area

Stakes & tape

Stakes & tape

2.5m

2.5m

Stakes & tape

A

A

tape or sprayed line   Unattended kit area (5m long)

25m
minimum

A DOUBLE PIT HAS A MIRROR IMAGE JOINED ON LINE A ------A

Separate the unattended pit area from the area with helpers - use a few stakes and tape and or a spray line to segregate it

Plank

400m (16") Maximum

Tape

Tape

4m to 6m

Plank

400mm (16") Maximum

Man-made Obstacles on the course

Plank across full course width

Plank should preferably be 75mm (3 inch) wide, I.e. wide enough not to easily break

Preferably course edge tape to be inside posts to protect riders from hitting the posts

Another method of construction can be eight scaffold boards and four posts screwed together
See Below