



## Essex Roads Cycling Club Cyclo-Cross Racing

Saturday 11<sup>th</sup> September 2010.

Mayflower High School, Stock Road, Billericay, CM12 0UQ

Signing on from 9.10 am to 9.30 am

First race 9.50 am

Go-Ride racing provides entry level competition for young people new or relatively new to the sport, enabling novice riders to compete against others of the same age and ability.

See <http://new.britishcycling.org.uk/gorideracing/article/gorideracing-An-Introduction-to-Cyclo-Cross-0> for further information.

### Cyclo-cross skills race

Starting at 9.50am (all ages U16\*). An individual race that will test your bike handling skills and agility over a short timed course. This will include braking, dismounting, mounting, slalom and limbo! Results based on overall time taken to complete the course but you may be penalised for any mistakes!

### Cyclo-cross race

You will race head-to-head against other riders in your age group over a small grass circuit.

Age groups\*/distances and start times as follows;

U8/1.5km/10.40 am

U10/2.4km/10.40 am

U12/3km/10.40 am

U14/4km/11.20 am

U16/6km/11.20 am

Prizes and medals will be awarded for winners in each age category (age groups may be combined if there are limited numbers) and a memento will be given to all taking part.

You will need a bike and an approved cycling helmet. Although you can use any bike, for safety reasons we cannot permit the use of stabilisers or stunt pegs.

Enter by filling in the GoRide Racing Entry Form;

[http://new.britishcycling.org.uk/zuvvi/media/Go-Ride\\_Racing\\_Entry\\_Form.pdf](http://new.britishcycling.org.uk/zuvvi/media/Go-Ride_Racing_Entry_Form.pdf)

and returning same with payment of £2 (cheques payable to Essex Roads Cycling Club) to the following address;

**ERCC GoRide cyclo-cross event, 42 Porchester Road, Billericay, CM12 0UQ**

We will allow entries on the day but cannot guarantee places.

#### \* Cyclo-Cross age groups:

- **U16:** Age 15 or younger on September 1st in the year of the race
- **U14:** Age 13 or younger on September 1st in the year of the race
- **U12:** Age 11 or younger on September 1st in the year of the race
- **U10:** Age 9 or younger on September 1st in the year of the race
- **U8:** Age 7 or younger on September 1st in the year of the race