









# Eastern Cyclo-Cross Association

## Rider Survey - February 2022




### League Events

| 1. Looking back at the 2021/22 League, please rank your top three events |              |               |              |                |
|--|--------------|---------------|--------------|----------------|
| Answer Choices   | First Choice | Second Choice | Third Choice | Response Total |
| Springfield Cross  | 16.67%<br>1  | 33.33%<br>2   | 50.00%<br>3  | 6              |
| CC Ashwell Cross (Milton)  | 44.44%<br>4  | 22.22%<br>2   | 33.33%<br>3  | 9              |
| VC Revolution Cross  | 0.00%<br>0   | 20.00%<br>1   | 80.00%<br>4  | 5              |
| Welwyn Cross   | 16.67%<br>1  | 16.67%<br>1   | 66.67%<br>4  | 6              |
| West Suffolk Cross   | 23.08%<br>3  | 15.38%<br>2   | 61.54%<br>8  | 13             |
| Neil Pears Memorial Cross (Colchester)                                   | 25.00%<br>2  | 37.50%<br>3   | 37.50%<br>3  | 8              |
| Diss CC Cross  | 25.00%<br>1  | 50.00%<br>2   | 25.00%<br>1  | 4              |
| Regional Championships   | 68.75%<br>11 | 12.50%<br>2   | 18.75%<br>3  | 16             |
| CC Ashwell (Southill Park)   | 50.00%<br>6  | 33.33%<br>4   | 16.67%<br>2  | 12             |
| Iceni Cross  | 15.38%<br>2  | 76.92%<br>10  | 7.69%<br>1   | 13             |
| Stowmarket Cross   | 23.08%<br>3  | 38.46%<br>5   | 38.46%<br>5  | 13             |
|  |              |               | answered     | 34             |
|  |              |               | skipped      | 0              |

## 2. If you raced in 2021/22, which category did you compete in?

| Answer Choices |                      |   | Response Percent | Response Total |
|----------------|----------------------|---|------------------|----------------|
| 1              | Senior Male          |    | 5.88%            | 2              |
| 2              | Junior Male          |   | 0.00%            | 0              |
| 3              | Veteran Male 40-49   |    | 29.41%           | 10             |
| 4              | Veteran Male 50-59   |    | 35.29%           | 12             |
| 5              | Veteran Male 60+     |    | 5.88%            | 2              |
| 6              | Youth Boy Under 16   |   | 0.00%            | 0              |
| 7              | Youth Boy Under 14   |   | 0.00%            | 0              |
| 8              | Under 12 Boy         |    | 5.88%            | 2              |
| 9              | Senior Female        |   | 0.00%            | 0              |
| 10             | Junior Female        |   | 0.00%            | 0              |
| 11             | Veteran Female 40-49 |    | 8.82%            | 3              |
| 12             | Veteran Female 50-59 |   | 5.88%            | 2              |
| 13             | Veteran Female 60+   |   | 0.00%            | 0              |
| 14             | Youth Girl Under 16  |   | 0.00%            | 0              |
| 15             | Youth Girl Under 14  |   | 0.00%            | 0              |
| 16             | Under 12 Girl        |  | 2.94%            | 1              |
|                |                      |   | answered         | 34             |
|                |                      |   | skipped          | 0              |

## 3. Do you think the number of League events are:

| Answer Choices |             |   | Response Percent | Response Total |
|----------------|-------------|---|------------------|----------------|
| 1              | About right |  | 61.76%           | 21             |
| 2              | Too many    |  | 2.94%            | 1              |
| 3              | Not enough  |  | 35.29%           | 12             |
|                |             |   | answered         | 34             |
|                |             |   | skipped          | 0              |




#### 4. Would you support League events being held on both days of a weekend?

| Answer Choices |     | Response Percent | Response Total |
|----------------|-----|------------------|----------------|
| 1              | Yes | 55.88%           | 19             |
| 2              | No  | 44.12%           | 15             |
|                |     | answered         | 34             |
|                |     | skipped          | 0              |





#### 5. Are there any aspects of events that you would like to see improved?






| Answer Choices |   | Response Percent | Response Total |
|----------------|---|------------------|----------------|
| 1              | Open-Ended Question   | 100.00%          | 14             |
| 1              | None  |                  |                |
| 2              | More coaching opportunities for under 8s under 10s and under 12s.   |                  |                |
| 3              | Investment in timing chips would make a big difference.<br>Quicker starts as kids standing on start line to long getting cold.<br>Publication of the events calendar earlier in the year (if possible)<br>I would support the league introducing 1 x 2day event into the league but no more due to homework commitments.  |                  |                |
| 4              | We need a couple of earlier events to get national points before the first Nat trophy as this affects giddings.   |                  |                |
| 5              | more events in north Norfolk  |                  |                |
| 6              | As an Organiser, it would be good to have access to some flags and banners, such as 'course open' 'course closed' 'pits' 'start' etc. These are difficult to justify for a single event organiser but could be bought by the league and taken to each round.  |                  |                |
| 7              | Would be great to spread events out a little more, avoiding 3-4 races on back to back weekends (though appreciate this might not be possible)   |                  |                |
| 8              | Hanging rails in pits the same as all the other leagues. Podiums at every race  |                  |                |
| 9              | Where possible, more places in V50 races.   |                  |                |
| 10             | The over 50's male race gets full very quickly when it did I raced in the senior male race which was good fun. I would think the 50+ category is only going to get more popular as less athletes drop out of the sport. Is there a solution to incorporate a bigger field or by splitting the age groups ?  |                  |                |
| 11             | Additional or longer sighting lap opportunities   |                  |                |
| 12             | MTBs not scoring points, but being allowed to race.<br>A Singlespeed category.<br>More time for practise  |                  |                |
| 13             | We'd all like a bit more of a pre ride, I would think. I know though the schedule is very tight. Is it a possibility to have the women racing with the senior/juniors. The times of the first woman & the first male are not that far off. The last woman & last male times are virtually identical. Both these categories do not have full line up, so if you merged them you'd get an average of 75 riders. Just a thought to give more time between races. |                  |                |
| 14             | I feedback any improvements event by event if necessary. On the whole, the events are all great!!   |                  |                |
|                |   | answered         | 14             |
|                |   | skipped          | 20             |

## 6. Would you be prepared to assist with organising an event?




| Answer Choices |       |   | Response Percent | Response Total |
|----------------|-------|---|------------------|----------------|
| 1              | Yes   |  | 52.94%           | 18             |
| 2              | No    |  | 11.76%           | 4              |
| 3              | Maybe |  | 35.29%           | 12             |
|                |       |   | answered         | 34             |
|                |       |   | skipped          | 0              |

## Rider Development



| 7. Do you currently have access to a cyclo-cross coach? |  |   |                  |                |
|---|--|---|------------------|----------------|
| Answer Choices  |  |   | Response Percent | Response Total |
| 1   | Yes, Club/Team Coach                       |  | 27.27%           | 9              |
| 2   | Yes, Individual Coach                      |  | 12.12%           | 4              |
| 3   | No   |  | 57.58%           | 19             |
| 4   | Other (please specify):                    |  | 3.03%            | 1              |
|   |  |   | answered         | 33             |
|   |  |   | skipped          | 1              |
| Other (please specify): (1)                             |  |   |                  |                |
| 1   | I have a cycling coach its not CX specific |   |                  |                |

| 8. If coaching sessions were available, what type would you attend? |  |   |                  |                |
|---|--|---|------------------|----------------|
| Answer Choices  |  |   | Response Percent | Response Total |
| 1   | General skills for all ages  |  | 72.73%           | 24             |
| 2   | Skills coaching for your specific category   |  | 51.52%           | 17             |
| 3   | Male or Female only coaching   |  | 18.18%           | 6              |
| 4   | Online seminars  |  | 18.18%           | 6              |
| 5   | Other (please specify):  |  | 3.03%            | 1              |
|   |  |   | answered         | 33             |
|   |  |   | skipped          | 1              |
| Other (please specify): (1)   |  |   |                  |                |
| 1   | I am not interested  |   |                  |                |
| Comments: (3)   |  |   |                  |                |
| 1   | More girls only training events please to develop skills and confidence  |   |                  |                |
| 2   | I would only attend sessions that were in my local area though, say a 30mile drive away. Otherwise this would become a too expensive & time consuming experience for myself. |   |                  |                |
| 3   | Womens only sessions would be good for newcomers but once immersed in the lovely CX family, most women seem happy to train with men and can learn from them.                 |   |                  |                |



### 9. How far would you travel to attend a coaching session? Tick one box only

| Answer Choices |               |   | Response Percent | Response Total |
|----------------|---------------|---|------------------|----------------|
| 1              | Upto 20 miles |  | 50.00%           | 16             |
| 2              | Upto 50 miles |  | 40.63%           | 13             |
| 3              | Over 50 miles |  | 9.38%            | 3              |
|                |               |   | answered         | 32             |
|                |               |   | skipped          | 2              |

### 10. Do you know how to find and contact British Cycling Cyclo-Cross Coaches?

| Answer Choices |     |   | Response Percent | Response Total |
|----------------|-----|---|------------------|----------------|
| 1              | Yes |  | 44.12%           | 15             |
| 2              | No  |  | 55.88%           | 19             |
|                |     |   | answered         | 34             |
|                |     |   | skipped          | 0              |

### 11. Would you find it useful to have coaching and skills information on the Eastern Cross League website?

| Answer Choices |     |  | Response Percent | Response Total |
|----------------|-----|--|------------------|----------------|
| 1              | Yes |  | 82.35%           | 28             |
| 2              | No  |   | 17.65%           | 6              |
|                |     |  | answered         | 34             |
|                |     |  | skipped          | 0              |

Comments: (2)

|   |  |
|---|--|
| 1 | We stumbled across a coaching session by accident. |
| 2 | Its not a priority for me                          |

## Volunteers and Officials

| 12. Would you be interested in doing any of the following? |  |              |                         |                |
|--|--|--------------|-------------------------|----------------|
| Answer Choices   | Yes  | No           | Not sure what's involed | Response Total |
| Lap scoring  | 75.86%<br>22   | 17.24%<br>5  | 6.90%<br>2              | 29             |
| Commissaire  | 19.23%<br>5  | 73.08%<br>19 | 7.69%<br>2              | 26             |
| Marshal  | 78.57%<br>22   | 17.86%<br>5  | 3.57%<br>1              | 28             |
|  |  |              | answered                | 32             |
|  |  |              | skipped                 | 2              |
| Comments: (4)  |  |              |                         |                |
| 1  | Happy to help as planning to attend this year's events for U14 girls and mens V40 with my family. Would need to leave after V40 race and would ideally like to watch U14 girls.  |              |                         |                |
| 2  | Im very grateful for all of the help the volunteers give. Due to family commitment's volunteering its not a viable option for me at the moment. I have marshalled at hadleigh mtb events previously and really enjoyed it. |              |                         |                |
| 3  | I did this at our clubs home meeting, but I would not want to do it elsewhere  |              |                         |                |
| 4  | I already assist in lap scoring.   |              |                         |                |

## Other Comments

| 13. Please tell us |   |                  |                |
|--------------------|---|------------------|----------------|
| Answer Choices     |   | Response Percent | Response Total |
| 1                  | Open-Ended Question   | 100.00%          | 13             |
| 1                  | Having come into the 'cross scene in my late 50's (having watched it on Grandstand as a young lad and promising to participate in it myself one day) and seen its popularity especially in this age group. I'd like to see how we can help each other develop our abilities in this aspect of cycle sport I'm not sure how this would work in practice but I would be more than happy to work with others in exchanging ideas with the experienced and not so experienced to make this great sport more accessible to all comers. |                  |                |
| 2                  | More help to encourage cycling clubs to host cx league races. I.e Bc to contact all eastern bc clubs and give the help and guidance on hosting races. More coaching for youth categories and help with assisting parents on how to get the kids ready to race/enjoy them selves without any pressure on winning   |                  |                |
| 3                  | Nothing other than what has already been stated in the form   |                  |                |
| 4                  | Need more space in the vet 50 category allowing people to be sure they have a race in advance of turning up on the day  |                  |                |
| 5                  | Spread the word with schools in the region about cyclocross as in my experience not many people have heard of it  |                  |                |

### 13. Please tell us

|    |  |
|----|--|
| 6  | <p>Is there an opportunity to use the previous days of the events to do some training for novice riders/youth riders?</p> <p>Maybe put some links to local clubs for novices/youth riders, to join or parents to get info on.</p>  |
| 7  | <p>More new courses<br/>           Bigger capacity when parking allows<br/>           Senior race to start no later than 2.30pm<br/>           Juniors in other leagues don't take seniors British cycling points making it harder for Eastern region seniors to feature high in national rankings</p> |
| 8  | <p>I am a grand vet and enjoy the start times as they are. I can still enjoy the afternoon at home. If more events are held , maybe one could be taken away for each rider to help on a event.</p>   |
| 9  | <p>Try and keep it going please. Its a great sport, one I got into late and one that I hope I can keep doing for as long as possible.</p>  |
| 10 | <p>I wonder if courses and resources could be shared with mtb events like they were a few years ago with MSG</p>   |
| 11 | <p>A summer league or more summer events would be the great to keep the interest and skills levels up. Creating some alternative CX event, shorter races smaller fields, multiple races in a day, beer primes and tequila short cuts.</p>  |
| 12 | <p>I do not know how much assistance is received from BC to find venues or put on races, but I feel they should become more involved. May be BC could put their hand in their pockets &amp; buy areas they could developed into multi use events in each County!!</p>                                  |
| 13 | <p>I'd like to see an early season, non-competitive event to encourage new riders to get into racing. Like a 'Go Race' event. Once newbies have tried and experienced a 'no pressure' event, they are more inclined to participate.</p>  |

|          |    |
|----------|----|
| answered | 13 |
| skipped  | 21 |