



**CYCLO-CROSS TECHNICAL GUIDE  
BRITISH CYCLING NATIONAL TROPHY SERIES ROUND 5**

**17-18 December 2022  
ROLLS ROYCE LEISURE, BARNOLDSWICK**

**Date:** 17-18 December 2022

**Series Co-ordination:** British Cycling, National Cycling Centre, Stuart Street, Manchester, M11 4DQ

**Event Location:** Rolls Royce Leisure Centre, Barnoldswick, Lancashire, BB18 6HU

**Organisation:** Ian Spencer Shibden Cycling Club  
Email: [ian@iagdevelopments.co.uk](mailto:ian@iagdevelopments.co.uk)

**Class of Event:** Elite Men, Elite Women, Junior Men & Junior Women UCI Class 2; to be run under UCI Regulations. The UCI scale of penalties shall apply.  
Supporting events: U14/U16/Veteran Men & Women to be run under BC Regulations.

**Prize List:** Minimum prize values in the Elite Men, Elite Women, Junior Men & Junior Women races are determined by the UCI financial obligations and based upon a Euro exchange rate established by the UCI at the beginning of the year. Prize values for supporting events in accordance with BC recommendations. Prize money paid by BACS after the event.

*UCI prize list:*

	Elite	Junior			Elite	Junior
Place	€	€		Place	€	€
1	350	150		11	55	30
2	180	100		12	50	30
3	120	70		13	45	30
4	90	60		14	40	30
5	85	50		15	35	30
6	80	50		16	25	
7	75	50		17	25	
8	70	40		18	25	
9	65	40		19	25	
10	60	40		20	25	

**UCI Points Scale:** In accordance with the applicable UCI points scale for class 2 events.

Elite Men/Women: 1<sup>st</sup> 40, 2<sup>nd</sup> 30, 3<sup>rd</sup> 20, 4<sup>th</sup> 15, 5<sup>th</sup> 10, 6<sup>th</sup> 8, 7<sup>th</sup> 6, 8<sup>th</sup> 4, 9<sup>th</sup> 2, 10<sup>th</sup> 1.  
Junior Men/Women: 1<sup>st</sup> 15, 2<sup>nd</sup> 12, 3<sup>rd</sup> 10, 4<sup>th</sup> 8, 5<sup>th</sup> 6, 6<sup>th</sup> 5, 7<sup>th</sup> 4, 8<sup>th</sup> 3, 9<sup>th</sup> 2, 10<sup>th</sup> 1.

**Race HQ:** Rolls Royce Leisure, Barnoldswick BB18 6HU

**Changing Rooms:** Rolls Royce Leisure, Barnoldswick BB18 6HU

**Catering:** On site will be Podium Catering, Pallomina Pizzas, Love Brownies, Coffee Van Bar4U

**Registration:** Advance entry on-line via [www.britishcycling.org.uk](http://www.britishcycling.org.uk) closes midnight Tuesday 11 days pre event. Sign-On, distribution of numbers, transponders and equipment pit passes at Race HQ.  
Opening times: Saturday 07:30 – 12:15; Sunday 08:00 – 13:00  
For sign-on closing times see below.  
All riders must sign on before entering the course for any session, or risk DQ.  
Please bring current racing licence when collecting race packs.

**PCP:** Lee Shunburne (UCI – Great Britain)

**Commissaire Panel:** Kelvin Hoy (BC Chief Comm – SAT), Ray Blackwell, Richard Fenn, David Garrett, Len Woffindin

## Race Timetable:

Saturday 17<sup>th</sup> December 2022

	<i>Official Practice (races 1-4)</i>	<i>08:15 – 09:45</i>
	<i>*08:15-08:45 <u>VET MEN ONLY</u></i>	
	<i>*08:45-09:15 <u>VET MEN &amp; VET WOMEN</u></i>	
	<i>*09:15-09:45 <u>VET WOMEN &amp; YOUTH GIRLS ONLY</u></i>	
Race 1:	Veteran Men 50-59	09:45
	Veteran Men 60+	09:47
	<i>Official Practice (for VET WOMEN &amp; YOUTH GIRLS)</i>	<i>10:45 – 11:00</i>
	<i>*No access to the course after <u>10:50</u></i>	
Race 2:	Veteran Men 40-49	11:00
Race 3:	Veteran Women 40-49	12:00
	Veteran Women 50-59	12:02
	Veteran Women 60+	12:02
	<i>Official Practice (races 4-6)</i>	<i>12:45 – 13:45</i>
	<i>*First 15mins for <u>YOUTH GIRLS ONLY</u></i>	
Race 4:	Youth Girls U16	13:45
	Youth Girls U14	13:47
Race 5:	Youth Boys U14	14:30
Race 6:	Youth Boys U16	15:15

Sunday 18<sup>th</sup> December 2022

	<i>Official Practice (races 7-10)</i>	<i>08:30 – 09:55</i>
Race 7:	Junior Men	10:00
Race 8:	Junior Women	11:15
	<i>Official Practice (races 9-10)</i>	<i>12:15 – 12:55</i>
Race 9:	<b>Elite &amp; U23 Women</b>	<b>13:00</b>
	<i>Official Practice (race 10)</i>	<i>14:05 – 14:35</i>
Race 10:	<b>Elite &amp; U23 Men</b>	<b>14:45</b>

The course is open for practice during the times listed above. Please adhere to these times and note the riders who are authorised take part in each session. Riders seen practicing on the course outside of the times risk disqualification.

For the 2022/3 season, all riders must be identifiable when on the course. This includes all practice sessions as well as the race itself, so please get into the habit of wearing your timing chip whenever you enter the course.

Note: This timetable reflects an experiment to help the youth girls overcome a unique problem whereby their practice finishes directly before their race. The additional practice slot is designed to allow the youth girls the opportunity to practice early and warm up safely.

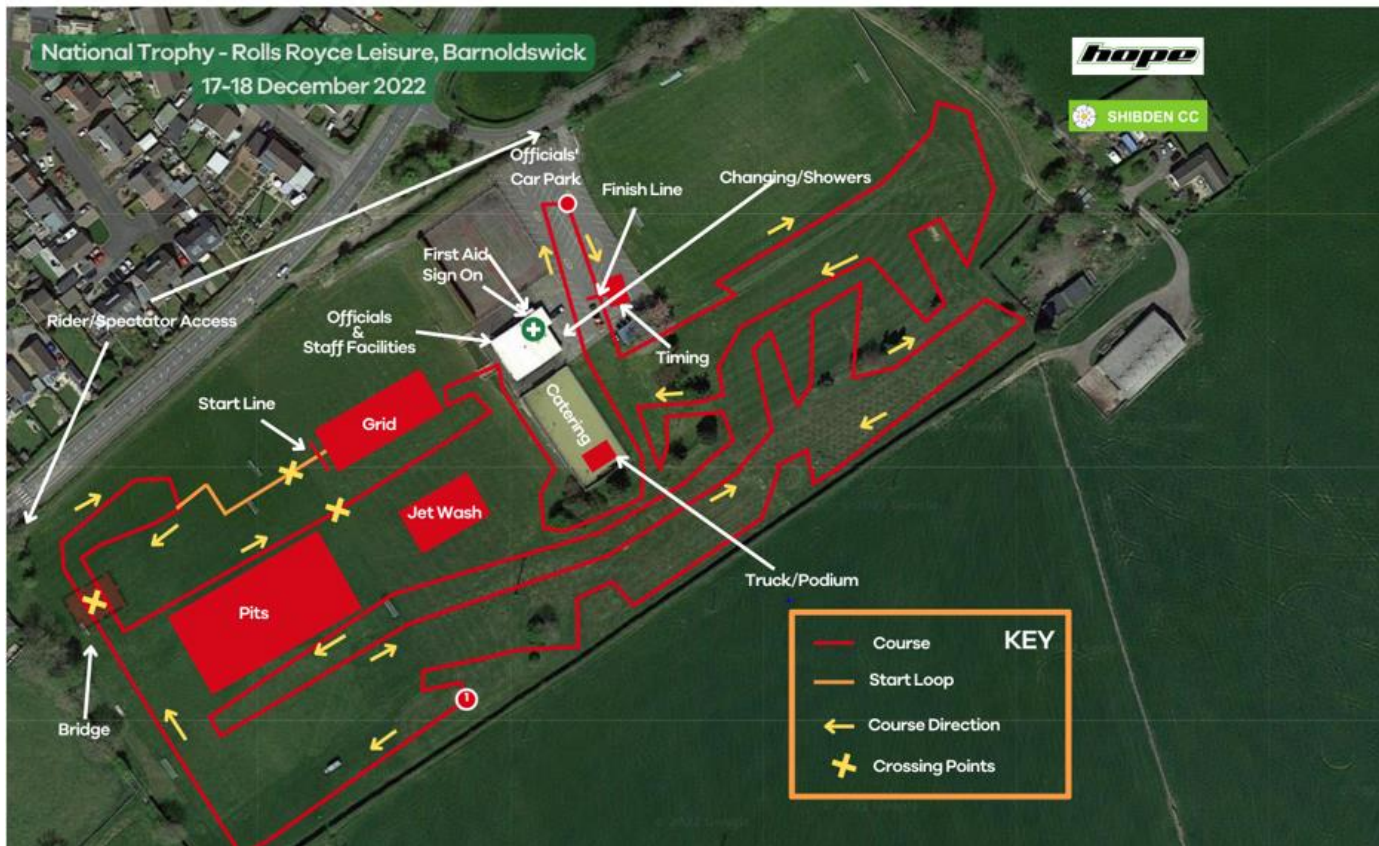
**Sign-On and Transponder Distribution Timetable:**

Race 1	Sat 07:30 – 08:45
Race 2	Sat 07:30 – 09:00
Race 3	Sat 08:00 – 09:00
Race 4	Sat 08:00 – 12:00
Race 5	Sat 10:30 – 12:15
Race 6	Sat 11:00 – 12:15
Race 7	Sun 08:00 – 09:00
Race 8	Sun 08:00 – 09:00
Race 9	Sun 08:00 – 12:00
Race 10	Sun 08:00 – 13:00

**Race Results:** Results will be published on the British Cycling website after the event and will also be displayed with lap times on [www.smartiming.co.uk](http://www.smartiming.co.uk) after each race.

**Course/Location:**

**Circuit length:** 2.8km (2.6km Grassland, 0.2km Tarmac)



**Directions to Rolls Royce Leisure:**

Rolls Royce Leisure is located just outside Barnoldswick on the B6252. Approaching from the East, via Skipton, take the A59 and then the A56 to Thornton-in-Craven, before turning right onto the B6252. Approaching from the North, West and South, from the M6 take the M65 to Colne, then follow the signs for Keighley A6068 and then for Skipton A56. From the A56 follow signs for Barnoldswick B6383. Follow signs for Barnoldswick Town Centre and then turn right at the mini-roundabout following signs for Thornton and Skipton (also brown tourist sign for Greenberfield Locks and Victory Park). The event HQ is half a mile on the right, with the main event car park, quarter of a mile on the left.

**Parking:** The main event car park is at the Rolls Royce Car Park, Bankfield, postcode BB18 5RS (£2 per vehicle, please bring correct change). This is 600m from the event HQ. A 5-minute walk, or a short cycle ride along the road. There will also be a mini-bus shuttle service (pedestrians only) to the event HQ from this car park, running throughout the event.

For those wishing to drop off kit at the event HQ, there is a drive-through drop off point at the Rolls Royce Leisure Centre, Skipton Road, Barnoldswick BB18 6HJ, which is directly opposite the main event field.

**Camping:** Email [ian@iagdevelopments.co.uk](mailto:ian@iagdevelopments.co.uk) for booking and location details

**Nearest Airport:** Leeds Bradford 43km, Manchester 82km, Liverpool 106km

**Nearest Railway Station:** Colne 9km, Gargrave 9km, Skipton 14km

**Nearest Hospital:**

Airedale General Hospital, Skipton Road, Keighley, BD20 6TD	01535 652511	23km
Royal Blackburn Hospital, Haslingden Road, Blackburn, BB2 3HH	01254 263555	35km
Bradford Royal Infirmary, Duckworth Lane, Bradford, BD9 6RJ	01274 542200	40km

**Accommodation:**

High Adventure Outdoor	Keighley Road, Cowling. BD22 0AA	01535 630044
Travelodge Skipton	A65 / A59 Roundabout, Gargrave Road, Skipton, BD23 1UD	08719 846177
Travelodge Burnley	A671/A679, Cavalry Barracks, Barracks Road, BB11 4SB	08719 846125
Travelodge Keighley	Bradford Road, Keighley, BD21 4BB	08715 591824
Premier Inn Burnley	Queen Victoria Road, Burnley, Lancashire, BB10 3EF	0333 777 3968
Premier Inn Skipton North	Hellifield Road, Gargrave, Skipton, BD23 3NB	0333 321 8798
Holiday Inn Express Burnley	M65 JCT.10, 55 Pendle Way, Burnley, BB12 0TJ	01282 855 955

## Essential Race Information

### 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 within the shorter training windows. To aid this, there is no access to the course for new riders later than 10 minutes prior to the end of the practice session. Training on course whilst a race is in progress is an absolute no and could lead to a DQ.

### Gridding

For domestic categories, this will be in accordance with the latest Series Standings, followed by the latest National Rankings then at random. For UCI Elite, U23 & Junior categories, UCI rankings take precedence, followed by latest Series Standings then the latest National Rankings then at random. For more information see <https://www.britishcycling.org.uk/nationaltrophy/article/ntcx20140711-National-Trophy-Cyclo-Cross---Regulations-0?c=EN>

### 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, with low race numbers towards the front and high numbers towards the rear. If Competitors are late, the commissaire will not make any allowance and they may start at the back of the race field.

**Pit Zone**

Any helpers wishing to access the pit zone will need to wear one of the two coloured wrist bands which are provided in your race pack. No wrist band, no access.

All riders and pit crew must use the designated access 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.

No animals are allowed in the pit / wash area.

Helpers are reminded that they must use the same numbered pit box on either side of the course. Failure to do so could result in the helpers being removed from the Pits area.

There should be no cleaning of bikes with buckets of water and sponges within the pits, cleaning of this type must take place outside the pits in a designated area.

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.

**Jet Washing**

No private jet washers will be allowed on site. Hope are providing full jet wash facilities for all competitors, located adjacent to the pit area. The only cleaning equipment you may bring onto the site are buckets, sponges and brushes. Water will be available for all competitors and located at the Event HQ. Bike washing only allowed in the main event field. Bike washing in the car park is strictly prohibited.

**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](mailto: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.