



Hillingdon Winter Series
2018-2019

Introduction

Full Gas Cycling is proud to promote the Hillingdon Winter series for the 2018/19 winter season, starting on Saturday November 3rd and continuing through to Saturday 23rd February (excluding 29th December).

The Winter Series will run in partnership with Lee Valley VeloPark and racing will take place weekly (depending on circuit availability) at both venues, but the categories will alternate each week between the two. Races will last for approximately 50 minutes but distances may change at short notice.

- Week 1 = 2nd/3rd Cat Men & 4th Cat Men
- Week 2 = E1234 Women & 3rd/4th Cat Men

Mixed category events are treated as ONE race and individual points will be given to the Top Ten overall in each group, and NOT split by category.

Winter Series races are categorised as Regional C+ and Women Only.

The Team

Full Gas Cycling founder **Tony Gibb** has extensive experience of Elite and Professional race wins to his credit, including;

- 2002 Commonwealth Games bronze medal winner
- 2002 World Championship silver medal winner
- 2007 No 1 ranked UK rider
- 9 times World Cup medallist
- 19 times British National Champion

Tony is still racing domestically alongside his work with Full Gas Cycling and Eurosport.

Event & Logistics Director **Pippa Leith** manages Full Gas Cycling's operations on a day-to-day basis. She also assists with a number of high profile events throughout the year, including; the Tour of Britain, the Womens' Tour, UCI World Masters Track Championships, 6 Day London and Track World Championships.

Event Details

Venue

Hillingdon Cycle Circuit, Springfield Road, Hayes, Middlesex, UB4 0LP

Dates

(draft schedule subject to final confirmation)

Nov	3	2nd/3rd	4th
Nov	10	Women	3rd/4th
Nov	17	2nd/3rd	4th
Nov	24	Women	3rd/4th
Dec	1	2nd/3rd	4th
Dec	8	Women	3rd/4th
Dec	15	2nd/3rd	2nd/3rd
Dec	22	Women	3rd/4th
Dec	29	NO EVENT	
Jan	5	Women	3rd/4th
Jan	12	2nd/3rd	4th
Jan	19	Women	3rd/4th
Jan	26	2nd/3rd	4th
Feb	2	Women	3rd/4th
Feb	9	2nd/3rd	4th
Feb	16	Women	3rd/4th
Feb	23	2nd/3rd	4th

Racing will take place on Saturday afternoons, starting at 1.15pm.

Points

These races are categorised as Regional C+ and Women Only . Provisional results will be published within 24 hours of the race finishing. Please allow a MINIMUM of 48 hours after final results are published for British Cycling to allocate your points. Any queries regarding points allocation should be directed to British Cycling and not to Full Gas Cycling Ltd.

Timings

	Sign On Opens	Sign On Closes	Location	Race Begins
Race 1	12.15pm	12.55pm	The Classroom (accessed via the rear of the building)	1.15pm
Race 2	1.15pm	2.10pm	Main Club House	2.30pm

Sign-on will CLOSE 20 minutes before your race start time. Late sign-on will not be available. Please plan your journeys accordingly.

Rider briefings will be given on the start line just before your race begins. Attendance is compulsory.

There will be limited warm-up time available on the circuit. Please bring rollers with you

Key Venue Information

While we are on-site the Hillingdon Cycle Circuit is part of a public park and therefore open to the public.

Hillingdon Cycle Circuit and Full Gas Cycling are not responsible for any damage to, or loss of, personal belongings. Free lockers are available for your use.

There is a strict no smoking policy in the club house.

Strictly **no changing to take place in the sign on area**. Riders must use the changing rooms.

Rider toilets are located in the club house and showers can be accessed via the goals football centre.

Catering

The café will be serving a selection of hot and cold drinks and snacks.

Race Entry & Participation Terms & Conditions

Before entering any races please ensure that you have read and understood ALL of the event information.

- All venue Terms & Conditions (including car parking) must be adhered to at all times.
- Our events are run under British Cycling Technical Regulations and overseen by a team of British Cycling commissaires.
- Riders participate at their own risk. These are competitive events ridden at high speed and are not suitable for beginners. We expect our riders to have some previous experience in the relevant discipline prior to entering – either from other races or through race-specific skills training sessions.
- All equipment – including clothing – must be fully compliant and riders are solely responsible for the condition and set-up of their bikes and all associated items.
- Use of on-board video or photographic recording equipment of any kind is prohibited during competitive events. There are no exceptions to this.

Membership and Licencing

Silver or Gold British Cycling Membership is required and riders must have a FULL RACING LICENCE, valid for the current year. We do not accept Provisional or Day Licences.

Racing licences need to include your signature and emergency contact details on the back. If your photograph isn't printed on the licence you must bring alternative photo ID with you. Failure to do this may result in entry withdrawal. In the event that you misplace your licence, a print-out of your membership and licence details (from your BC Dashboard) can be used.

Racing licences expire on 31st December. Please ensure that you renew yours on time. 2018 licences will not be accepted after 1st January 2019.

Supporters and helpers

We encourage friends and family to come to our events to support and spectate, but all visitors and helpers are expected to act in a responsible and appropriate manner. Aggressive, abusive or obstructive behaviour on any level will not be tolerated and may result in disciplinary action against the rider(s) involved. Certain areas of the competitive arena may ONLY be accessed by authorised officials.

Race Entry & Participation Terms & Conditions

Disciplinary Procedures

We operate a ZERO TOLERANCE policy when it comes to dangerous riding and disciplinary procedures will be taken if necessary including; relegation, disqualification and/or financial penalties. These are amateur events and for most riders this is a hobby. Participants are fully responsible for their own actions and are expected to show consideration for the safety of everyone taking part. Please do not attempt moves you neither have the skills or experience to execute correctly.

Please ensure that you have read the Code of Conduct. It is available on the Full Gas Cycling website; www.fullgascycling.co.uk

Rider and Guest Information

Race Entries

Entries open approximately one month ahead each event and will close two days before. Entries cannot be refunded or transferred after the closing date.

If there are still spaces available, entries will remain open until the WEDNESDAY NIGHT before the race. Entries on the day will be accepted if there are spaces available.

The organisers reserve the right to refuse entry at any time.

Sign-on

Riders must sign-on **every week** that they compete. A valid membership card or racing license must be presented at sign-on. These should be signed, include emergency contact details and have an acceptable photograph which bears a reasonable likeness to the card holder. If any of these requirements are NOT met the license is considered to be INVALID and entry may be refused or a Day License fee charged.

Race Numbers

At sign-on all riders will be issued with race numbers for use in THAT RACE ONLY. These items are the property of Full Gas Cycling Ltd and must be returned at the end of the race ***in the same condition they were at the beginning!***

Please do not fold, cut, perforate or tape your numbers.



Number Placement

FULL GAS CYCLING LTD DO NOT PROVIDE SAFETY PINS Please ensure that you have enough to fix your numbers safely (minimum of 8).

Race Rules and Safety Notes

Circuit Racing – Getting Started

Our circuit races are **competitive events** and are not suitable for beginners. All participants are required to have a FULL racing licence, Gold or Silver British Cycling Membership and fully compliant equipment (including clothing).

Race-Ready Skills Sessions

Novice 4th Category licence holders are strongly advised to attend at least one organised race ready coaching session prior to racing. These are held regularly at CycloPark and Lee Valley VeloPark – please contact the venues direct for information. If you are unsure about your readiness for racing we would encourage you to come and watch an event and speak to the officials and/or other riders if you have questions. There are also videos available on the British Cycling website (see details on the next page).

Prohibited Areas – Road Circuit

Only **authorised** officials and photographers are allowed in the restricted area by the start/finish line or timing cabin. **Prize money will be distributed from the Club House.**

In the event of an accident only authorised officials and designated First Aid staff are allowed onto the circuit. Procedures are in place for dealing with accidents and it is important that these are adhered to.

Circuit Racing Safety Notes

- Be alert to the riders around you – **you are responsible for your own actions**
- As well as your own safety think about the rider on your shoulder
- Race on the left
- Think twice before you dive for a gap. Dive-bombing and barging will not be tolerated.
- When sprinting for the finish line, HOLD YOUR LINE and avoid deviating left or right
- Keep your hands on the bars (brake hoods or drops) AT ALL TIMES during a race and when crossing the finish line
- Riding with forearms or wrists resting on the bars is not permitted.
- Avoid taking unnecessary risks and attempting to perform moves you don't have the experience or ability to execute safely
- Never deliberately obstruct, impede or block another rider
- If you witness dangerous riding please report it to the Commissaire team as soon as possible

Hillingdon cycle circuit has invested in two cut-through roads. These are going to be used for the winter series races to facilitate us running two races at the same time SAFELY. It is ESSENTIAL that you are present and LISTEN CAREFULLY to the instructions prior to the race EVERY WEEK as the process for using the cut-through routes may change.

Race Rules and Safety Notes

RaceSmart

British Cycling's RACESMART campaign has been designed to promote responsible racing on Britain's roads and many of its principles also apply to closed circuit races and we have included these below. We also recommend that you watch the videos, even if you're not a beginner!

The campaign uses digital resources to provide advice about racing etiquette, techniques, riding skills as well as highlighting the role riders can play in protecting the future of the sport.

Who is Racesmart for?

The Racesmart campaign promotes the good habits and positive behaviours of road racing directly to riders in a way that highlights the need to race responsibly.

What will Racesmart achieve?

Racesmart aims to:

- Emphasise the role that riders can play in protecting the future of road racing
- Build a culture of collective responsibility where riders respect each other and the racing environment
- Educate the less experienced riders by promoting good etiquette, techniques and skills and by highlighting the need to Racesmart

How can you Racesmart?

- Be alert to the riders around you – you are responsible for your own actions
- As well as your own safety think about the rider on your shoulder
- Race on the left
- Think twice before you dive for a gap
- When sprinting for the finish line, HOLD YOUR LINE and avoid deviating left or right
- Keep your hands on the bars (brake hoods or drops) AT ALL TIMES during a race and after crossing the finish line
- Avoid taking unnecessary risks
- Never deliberately obstruct, impede or block another rider
- Pass on knowledge to new and less experienced riders, constructively

For further details on Racesmart, and to watch the videos please go to <https://www.britishcycling.org.uk/racesmart>

Directions

Hillingdon Cycle Circuit is in Minet Park in Hayes in West London.

The circuit is located on the east side of the A312 Hayes Bypass at the A4020 Uxbridge Road roundabout about one and a half miles north of M4 junction 3. The entrance is in Springfield Road off the A4020 Uxbridge Road.

For sat navigators the post code is **UB4 0LP**.

Parking

Parking is free of charge, it is recommended that you park in the Goals main car park for security purposes.

Directions by Road

Directions for driving to the venue can be found on the Hillingdon Cycle Circuit web site.

<http://hillingdoncyclecircuit.org.uk>

Directions by Public Transport

Nearest station/tube: Southall main line station is a 20 minute walk, there are no tube stations close to the venue.

Three bus routes stop at the far end of the circuit and there is a pedestrian access gate 100m to the north of the stop. These bus routes are 427, 207 and N207. Visit www.tfl.gov.uk for more information.

Directions By Bike

The main roads approaching the circuit are busy, however most of these do have cycle paths, some of which are segregated.

Media & Photography

We welcome members of the press (both professional and amateur) to these events but politely request that you notify us in advance if you wish to attend. Full Gas Cycling Ltd reserve the right to include your reports and/or photographs in their own event publicity and social media content.

Anyone taking photographs for commercial purposes is required to bring and wear a high-visibility jacket and should have valid Public Liability Insurance. Please bring a copy of your Insurance Certificate.

Any enquiries should be sent to; pippa@fullgascycling.co.uk