



Lee Valley VeloPark Winter Circuit Series
2018-2019

Introduction

Full Gas Cycling returns to the Road Circuit at Lee Valley VeloPark for another Winter Series for 2018-2019, starting on Saturday September 29th and taking place weekly through to Saturday March 30th.

We are running this series in parallel with our Winter Series at Hillingdon again and have a programme which alternates fortnightly to accommodate 2nd/3rd/4th Category Men and E1234 Women.

There will be two races each week, starting at 1pm and 2pm, and lasting for approximately 50 minutes each (depending on weather conditions).

Our fortnightly programme is as follows:-

- Week 1: E1234 Women & 3rd/4th Cat Men (20 laps/50 mins)
- Week 2: 2nd/3rd Cat Men (24 laps/50 mins) & 4th Cat Men (20 laps/50 mins)

A full programme is available on the next page.

Timings/distances are **APPROXIMATE** and may change at short notice.

Where 2 or more categories are grouped together it will be treated as ONE RACE. Points will not be split by category. We operate a handicap system for our Women Only races which gives slower category riders a head-start of approximately 30 seconds, depending on the overall size of the field.

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

Lee Valley VeloPark, Abercrombie Road, Queen Elizabeth Olympic Park, London, E20 3AB.
Tel: 0845 677 0600

Schedule

DATE		1.00pm	2.00pm
Sep	29	2nd/3rd	4th
Oct	6	Women	3rd/4th
Oct	13	2nd/3rd	4th
Oct	20	Women	3rd/4th
Oct	27	NO EVENT	
Nov	3	NO EVENT	
Nov	10	2nd/3rd	4th
Nov	17	Women	3rd/4th
Nov	24	2nd/3rd	4th
Dec	1	Women	3rd/4th
Dec	8	NO EVENT	
Dec	15	NO EVENT	
Dec	22	2nd/3rd	4th
Dec	29	Women	3rd/4th
Jan	5	2nd/3rd	4th
Jan	12	Women	3rd/4th
Jan	19	2nd/3rd	4th
Jan	26	Women	3rd/4th
Feb	2	2nd/3rd	4th
Feb	9	Women	3rd/4th
Feb	16	2nd/3rd	4th
Feb	23	Women	3rd/4th
Mar	2	2nd/3rd	4th
Mar	9	Women	3rd/4th
Mar	16	MARCH HARE	
Mar	23	2nd/3rd	4th
Mar	30	Women	3rd/4th

Event Categorisation

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 working hours after the final results have been 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.

Event Details

Structure & Timings

Sign-on will be open from 12.00pm and will **CLOSE 20 minutes before your race start time**. Late sign-on will not be available. Please plan your journeys accordingly. **If you arrive too late to sign-on for your race you will not be able to claim a refund.**

Race 1 – approx. start time 1.00pm

Race 2 – approx. start time 2.00pm

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

There is NO warm-up time available on the circuit. Please bring rollers with you (or hire them from the venue).

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.

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.

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.

Dogs are not allowed.

Aggressive, abusive or obstructive behaviour on any level will not be tolerated and may result in disciplinary action against the rider or riders involved. Certain areas of the competitive arena may ONLY be accessed by authorised officials. **SPECTATORS MUST NOT CROSS THE CIRCUIT DURING A RACE, FOR ANY REASON.**

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

Rider Information

Race Entries & Payments

Entries open approximately one month before each event and will **close two days ahead**. Entries can't be transferred or refunded after the closing date. If for any reason your payment CANNOT be collected on-line, your entry will be rejected and you will be asked to resubmit. Entries are accepted on a first come, first served basis so please ensure that you have sufficient funds in your account when you submit your entry.

Entry on the day will only be accepted if there are spaces available. Full Gas Cycling cannot respond to individual enquiries regarding availability of spaces. If you're unsure whether you have entered please check your dashboard on the BC website to avoid duplication – it is *your* responsibility to manage your racing calendar. A list of competitors can also be viewed via the BC website until entries close.

Sign-on Requirements

Riders must sign-on **every week**. A valid membership card or racing licence needs to be presented at sign-on. These should be signed, include emergency contact details and a photograph which bears a reasonable likeness to the card holder. If any of these requirements are NOT met the licence is considered to be INVALID and entry may be refused without refund.

Race Numbers & Transponders

At sign-on all riders will be issued with race numbers and a transponder 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!** Zip ties, cutters and instructions for transponder placement are available at sign-on. Transponders are registered to Full Gas Cycling Ltd and cannot be used outside of our events. A fee of £25 will be charged for any which aren't returned.

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).

We have a LIMITED supply of safety pins which you can purchase from us by making a donation to **LONDON'S AIR AMBULANCE**. A collection box is available at sign-on for this. Pins will not be given out unless a donation is made.

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

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 a minimum of TWO skills training sessions which have been specifically developed by Lee Valley VeloPark to assist in your race preparation. They are designed to improve your racing confidence and to familiarise you with the skills required to participate safely. There are also Pay & Ride sessions available for people who want to practice on the circuit. Details are available from the venue website or via a link on the Full Gas website.

Prohibited Areas – Road Circuit

Only **authorised** officials and photographers are allowed in the restricted area by the start/finish line or timing cabin.

In the event of an incident 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.

Race Rules and Safety Notes

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 after crossing the finish line. **Removal of both hands from the bars as you cross the line will result in disqualification or relegation.**
- 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 or abusive conduct please report it to the Commissaire team as soon as possible

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. 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>

Key Venue Information

While we are on-site, Lee Valley VeloPark and Velodrome is open to the public. Please respect the venue staff and other users at all times, accessing only those areas which you are supposed to be in.

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

No dogs are allowed at Lee Valley VeloPark. This includes the Road Circuit Plaza area!

There is a strict **no smoking** policy at Lee Valley VeloPark.

Strictly **no changing to take place in the sign on area**. Riders must use the changing rooms. Rider toilets and showers can be accessed via the tunnel between the main entrance and the Road Circuit Plaza.

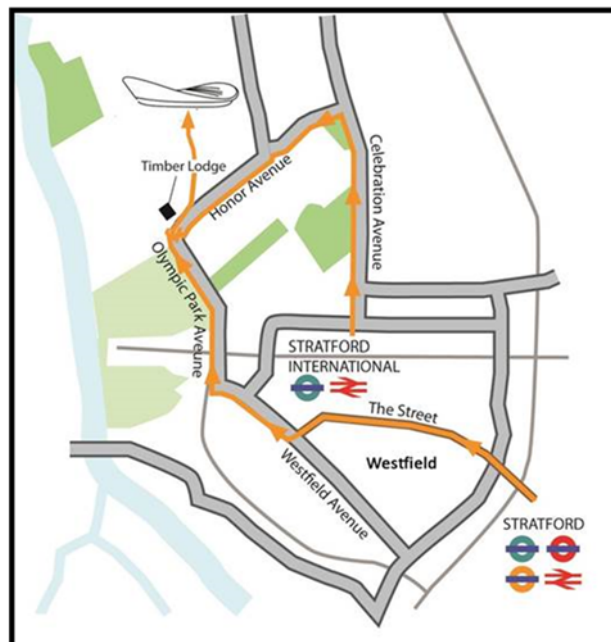
Bike Storage and Roller Hire

Lee Valley VeloPark has roller sets available to hire. This price is per person and sets are booked on an individual basis, no multi-rider hire is allowed.

Bike storage is available at the VeloPark on an annual basis. For further information on Bike Storage or Roller Hire, or to make a booking, please call 0845 677 0600.

Directions

Lee Valley VeloPark is situated in Abercrombie Road, Queen Elizabeth Olympic Park, London, E20 3AB.



Pedestrian Access Routes

Directions (Cont'd)

Parking

Parking for competitors, officials and spectators is located next to the Velodrome. Tariffs apply. Details are attached. There is disabled parking available for blue badge holders. This is limited so is on a first come, first served basis.

Directions by Road

Directions for driving to the venue can be found on the velopark page of the Lee Valley website (<http://www.visitleevalley.org.uk/velo-park>). Scroll to the bottom of the page where you'll find a useful googlemaps app to help you plan your route.

Directions by Public Transport

Nearest station/tube: Stratford / Stratford International and Lee Valley VeloPark is a 20 minute walk from both stations.

Several bus routes connect to Stratford and Queen Elizabeth Olympic Park with the key routes being: 388, 308, 339, 97 and N205 which all stop near Lee Valley VeloPark. Stratford bus station and Stratford City bus station are both close by. Visit www.tfl.gov.uk for more information.

By Bike

There are cycle routes connecting Lee Valley VeloPark to local residential areas as well as the cycle routes through Queen Elizabeth Olympic Park. The venue is close to Sustrans National Cycle Network Route 1 and Barclays Cycle Superhighway CS2.

Bike racks are available at the venue.

On Foot

There are good pedestrian links to Lee Valley VeloPark from Westfield Stratford City, Hackney and Leyton.

Coaches & Minibuses

Coaches are drop off only. For schools, clubs and groups coaches should drop off their group using the three allocated coach bays, leave and return at the required pick-up time. There is no coach parking available for coaches to wait.

Car Parking

Parking Tariffs

Car parking tariffs have been introduced at Lee Valley VeloPark to ensure the main users of the car park are actual cycling customers to the venue opposed to those who may be visiting Queen Elizabeth Olympic Park for other purposes (including football matches).

Four hours free of charge (Terms & Conditions apply)

Lee Valley VeloPark cycling customers are entitled to up to **four hours free car parking** (beginning when you enter the car park). Other venues on Queen Elizabeth Olympic Park only provide one hour free parking for their customers.

Season Tickets

Regular venue users who are participating in multiple sessions each week (e.g., Track League) also have an opportunity to purchase a 6-month or 12-month Season Ticket which will entitle them to unlimited parking during venue opening hours. Purchasing a season ticket does not guarantee you a parking space. Access to the car park is first come, first served.

FAQs

How do I claim my four hours free parking?

It is **your responsibility** to enter your full vehicle registration details into the terminal correctly and note when your four hours free parking period expires.

The current locations of these terminals are:

- Track centre counter
- BMX/mountain bike tunnel area by external lockers
- External tunnel exiting onto the road circuit plaza

Your four hours begins when you enter the car park (which has automatic number plate recognition in operation). You can input your details at any point during your visit (i.e. entering the venue, during a session or when leaving the venue). Please also ensure you follow the terms and conditions displayed within the car park. If you wish to stay past four hours and up to six hours, you will need to pay the car parking tariffs for the additional two hours on expiry of the four hours .

How do I appeal if I have received a Penalty Charge Notice?

Please be aware that **neither the venue staff or Full Gas Cycling staff** are involved in the issuing of or the appeals process for any Penalty Charge Notice given.

The car park is run by ParkingEye and in the event of a customer appealing their parking charge all appeals are dealt with directly by them. You would need to contact ParkingEye as per the details on their charge letter, which is via one of the following methods: in writing to ParkingEye, PO Box 575, Chorley, PR6 6HT or via the online appeals form at parkingeye.co.uk/Appeal.

Please note that neither Lee Valley or Full Gas Cycling profit in any way from the issuing of Penalty Charge Notices and we will support an appeal if the customer has abided by and followed the car parking terms and conditions fully.

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. Lee Valley VeloPark and Full Gas Cycling Ltd reserve the right to include your reports and/or photographs in their own event publicity and social media content.

We often get requests from riders for access to photographs and are happy to put links to your images on our website if you send us the relevant information.

Anyone taking photographs around the Road Circuit course does so at their own risk. Please ensure that you are clearly visible.

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