



BIGFOOT YOUTH CC

CIRCUIT RACING GUIDE 2019



We encourage all our members to have a go at local racing events throughout the spring and summer on traffic free road circuits.

Most youth racing events are 'pay on the day' and usually only cost a few pounds. Please remember you will need your entry fee in cash plus a signed race licence.

Race licences are free for all British Cycling members under 16. Please renew your membership annually to ensure you have an up to date licence.

Aim to arrive at a race venues with plenty of time to warm up before your race starts. This can be done using an unused section of the circuit, rollers or a turbo trainer.

If getting to races is a problem, why not share lifts with other parents? Adam may also be able to help get youths to races, contact adam@bigfootcc.co.uk for details.

AGE CATEGORY

To ensure riders enter the correct race you will need to know your age category, this is defined by birth year:

Youth A (U16): born in 2003 or 2004

Youth B (U14): born in 2005 or 2006

Youth C (U12): born in 2007 or 2008

Youth D (U10): born in 2009 or 2010

Youth E (U8): born 2011 onwards

GEAR RESTRICTION

To take part in regional racing events your bike will need to comply with youth gear restrictions. These help riders compete on equal footing and reduce the risk of injury. Road racing restrictions are as follows:

Youth A: 6.93m **Youth B:** 6.45m **Youth C:** 6.05m

Youth D: 5.40m **Youth E:** 5.10m

These distances are measured using a roll out of the bike in its highest gear. For details of how to do this and adjust gears see <http://tinyurl.com/j39vtnr> for a handy guide. It may sound complicated but don't let gear restrictions put you off. If the guide doesn't make sense, please ask one of the club's coaches for help.

CRYSTAL PALACE CRITS

Tuesdays from 7th May – 20th August 2019

Youth CDE race starts at 6.30 pm

Youth AB race starts at 6.45 pm

Crystal Palace Park: Annerley Hill, London, SE20 8DT

Tuesday evenings throughout the spring and summer in Crystal Palace Park. Use the Annerley Hill entrance, pay on the day and keep an eye on the weather because races will be cancelled if it rains.

More details: Follow @cpcrits on twitter or visit www.dulwichparagon.com/index.php/cpcrits/

SPRING IN THE PARK

Fridays from 26th April – 28th June 2019

Youth E race starts at 6.30 pm

Youth D race starts at 6.45 pm

Youth C race starts at 7.10 pm

Youth B race starts at 7.40 pm

Youth A race starts at 8.15 pm

Cyclopark: Wrotham Road, Gravesend DA11 7NP

Popular race series on Friday evenings at Cyclopark. Separate races and start times for all age categories. Register and pay on the day. Allow time to navigate the M25 traffic. No racing on 31st May (half term).

More details: Search for 'Spring in the Park at Cyclopark' on Facebook.

FURTHER AFIELD

There are also youth circuit races at Lee Valley Velopark, Redbridge Cycle Centre, Hillingdon Cycle Circuit and Preston Park Cycle Track. For further information about these events and more see the British Cycling calendar at www.britishcycling.org.uk/events/home

MORE INFORMATION

For more information about racing in the south east visit www.bc-regions.co.uk/southeast and look under the regional racing guide tab.