

British Cycling National Youth Circuit Series

Hillingdon

Saturday 1st June 2019



Programme

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



Introduction

Welcome to the Hillingdon round of the 2019 National Youth Circuit Series races!

The event is organised by Hillingdon Slipstreamers and is being held at the Hillingdon Cycle Circuit, situated in Minet Country Park in Hayes, Middlesex.

The course is a purpose built road cycling circuit, 0.93 miles long with a great clubhouse and facilities and has a year round cycling and racing programme for all levels of cyclists.

We hope you have a great day and are looking forward to some exciting racing.

Race Event Organiser

David George

Email: racesec@slipstreamers.co.uk

Chief Commissaire

Bob Ruszdowski

Assistant Commissaires

Patrick Kavanaugh

Colin Docker

Visit Us Online For All the Latest News

Website: www.slipstreamers.co.uk/news

Twitter: twitter.com/hslipstreamers - Use #HSS2019National

Flickr: www.flickr.com/photos/hslipstreamers/albums



Hillingdon Slipstreamers Circuit Races will be run under the Technical Regulations of British Cycling.

The relevant regulations are available on the British Cycling website, as updated for 2019:

https://www.britishcycling.org.uk/zuvvi/media/bc_files/rulebook/2018/british-cycling-handbook-2019.pdf

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For a recap:

Read a few race reports from previous Hillingdon Nationals

<http://www.slipstreamers.co.uk/category/special-reports/national-circuit-series/>

View our photos from previous Hillingdon Nationals at

<https://www.flickr.com/photos/hslipstreamers/collections/>

Chairman's Welcome

A warm welcome to all competitors, friends, families and clubs to this year's National Youth Circuit races hosted by Hillingdon Slipstreamers Cycling Club. Welcome also to our BC Commissaires - your time and experience is greatly valued and we hope you have a trouble free day.



Slipstreamers strive to put on a memorable event for everyone participating and spectating. Many volunteering hours have gone into preparation and organisation and we hope that you all have a wonderful day.

Please show our volunteers - young and adult alike - respect and consideration. Aggressive or harrasing behaviour towards any of our volunteers will not be tolerated. Without them this event would not be able to take place so do please remember to show your appreciation.

A few quick reminders for you all on the day;

- Trophies will be awarded as soon as possible after the races and results have been confirmed. Listen out for announcements over the PA
- There will be prizes for combativity in each of the 4 main A/B Nationals races.
- There will be a BBQ and ice cream van on the day.
- There are bins located around the circuit and clubhouse – please use them for your rubbish including transponder cables.
- The circuit is located in a public park and we cannot control access. Please ensure your belongings are kept safe at all times and we urge you to leave nothing in your cars. The Metropolitan police have been informed of the event.

Lastly, please read the rest of this programme for all the important information about the day.

Event Organiser's Welcome

2019 is Hillingdon Slipstreamer's coming of age as we turn 21 this year. During the course of last year, we went through our extensive archive and saw how youth racing has developed during that period. Also from those early days of the Cycle Circuit introduction, when Minet Park was almost a barren landscape, to the excellent park and sporting facility we have today.



As you arrive at Hillingdon, think of the many successful riders that started their youth racing careers on this stretch of tarmac in North West London. You follow in some awesome footsteps.

Please bear in mind as a selected entrant for the Youth Series, your goal should be to race in the manner expected at National level. The outcome is important to you – but more so is the manner in which you achieve your result. National Level coaches from British Cycling shall be in attendance – they will be watching how you conduct yourselves during the entire race – NOT just the last lap.

As such, please race with combativity as a priority. To help you achieve this, for each U14/U16 race there will be a Prime Lap every 20 minutes – a chance to win an additional cash prize. British Cycling coaches will also be nominating a special Combativity Award to the most worthy participant in each race. This is to recognise true sporting prowess in our favourite sport!

In closing: Race Smart. Race Hard. Race Safe. We all look forward to seeing you perform to your best in what has the potential for a very exciting day of racing!

Dave George



Location & Parking

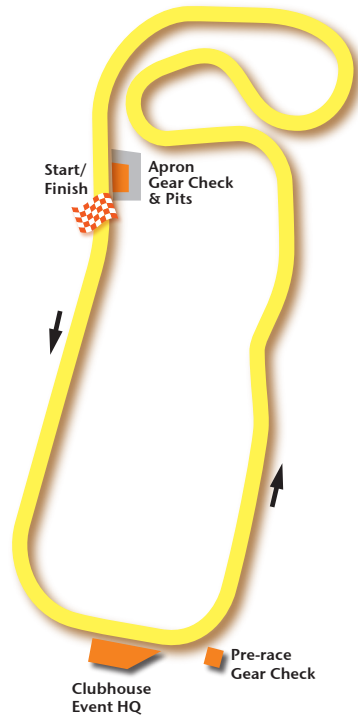
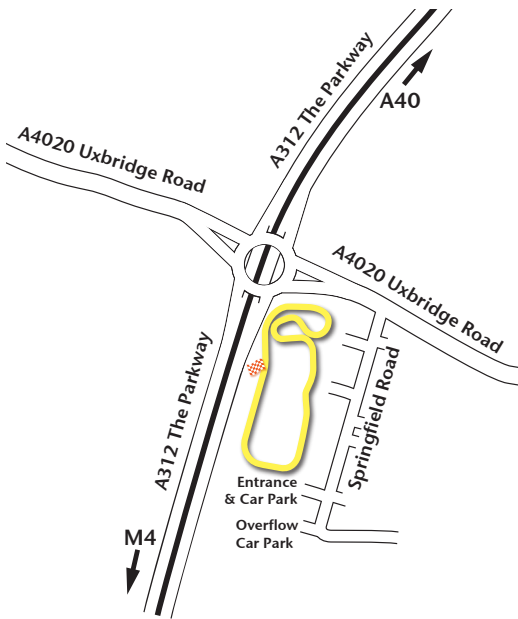
Address

Hillingdon Cycle Circuit,
Minet Country Park,
Springfield Road, Hayes.
UB4 0LP



Hillingdon Cycle Circuit is in Minet Park in Hayes, Middlesex, West London; and is easily accessible from the M4 and M40. 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

Please park responsibly in the main Goals car park or overflow car park in the Minet Country Park next door, kindly doing so only within the marked bays. Parking is free throughout the day. NOTE: Height restriction barriers might be in place for early arrivals so please pay attention as you drive in. Larger vehicles and motor homes should park along Springfield Road.

PLEASE DO NOT park inside the entrance gate to the circuit along the approach to the clubhouse, or along the verges near the gate entrance as this blocks access for emergency vehicles and Goals visitors. Hillingdon Council and Goals do not allow parking overnight in either car park.



Main Car Park



Overflow Car Park

Keep Your Valuables Secure

Parking is at your own risk. Minet Country Park is a public park and as such there is a lot of foot traffic moving through the area. Do ensure you have not left any valuables in your car, or any items on the dashboard or seats that may attract thieves. Bikes should not be left on cycling racks unattended and ensure you keep all other equipment safe and secure at all times. Thieves do operate in the area so please be vigilant!



Facilities & Safety

General

The circuit facilities will open at 8:00 am on Saturday 1st June with access to changing rooms and toilets. Please ensure you allow sufficient time prior to your race to park, register and warm up. There is hard standing both near the clubhouse and at the start for using turbo trainers and rollers. Please do not block the walkways or access to the clubhouse or track when using turbo trainers or rollers. Please help us keep the circuit safe and clean by kindly taking your rubbish home with you or using the bins provided.

Catering

There will be catering - sandwiches, snacks, drinks - available to buy inside the clubhouse, as well as a BBQ on the go. Vegetarians are catered for, and ice-cream will also be on sale.

Litter

Please don't throw your rubbish on the ground or leave it lying on the floors in the clubhouse. There are bins dotted around the park and inside the clubhouse; or do feel free to take it home with you. If you notice bins overflowing let a volunteer know and we'll empty these.

Spectators

Please do not walk on the circuit or cross any of the barriers we have put in place. Remain behind the barriers and follow the instructions of the race marshals and club officials at all times. Our volunteers - young and not so young - are easily identifiable by the gilets they will be wearing, so if you need any help or have any questions, don't hesitate to ask for assistance.

First Aid Provision

There will be full first aid cover for the day. In the unfortunate event of a rider needing to be taken to hospital, the nearest A&E hospital is:

Hillingdon Hospital,
Pield Heath Road,
Uxbridge, UB8 3NN

Tel: 01895 238282 | A&E tel: 01895 279314

Your Privacy

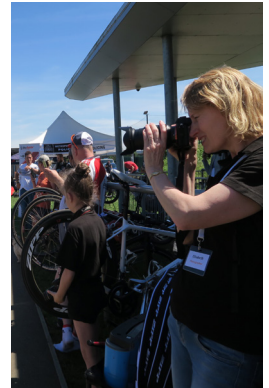
Data Protection

When you entered this event via the BC event registration system, you consented to your details being shared with Hillingdon Slipstreamers as the event organiser. As an entrant to this event you agree that we may publish your information as part of the results of the event and may pass such information to British Cycling or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events.

Your data may also be shared on our website, social media pages or in email communications. This data will only be shared in relation to your participation in the event, e.g. the list of entrants, results or event reports. This data will be limited to your name, club or team, event category, finishing time and/or position.

Photography

Note that Hillingdon Slipstreamers, British Cycling and members of the press will be taking photographs and videos of the races, spectators and volunteers for publicity purposes. By registering to participate in the event either on your own behalf or upon behalf of any other rider including those under the age of 16 years, you agree that photographic images of you, containing you, or of those under the age of 16 years upon whose behalf you have registered, may be used for this purpose. If you have any questions regarding this please talk to a member of the Slipstreamers Operations team.



Racing Information

Race Schedule

Gear Check and Sign-On

Category	Gear Check	Sign-On
U16 Boys	08:00 – 08:55	08:15 – 09:00
U16 Girls	09:30 – 10:25	09:45 – 10:30
U14 Boys	11:00 – 12:00	11:15 – 12.10
U14 Girls	12:30 – 13:30	12:45 – 13:35
U8	14:30 – 15:00	14:35 – 15:05
U10	14:30 – 15:30	14:35 – 15:35
U12	15:30 – 16:00	15:35 – 16:05

Pre-race gear check will be by the hut near the event HQ. Post-race gear check will be on the apron by the start line. **Failure to attend gear check at the end of the race will lead to disqualification.**

Races

Category	Start Time	Duration
U16 Boys	09:30	60 minutes + 5 laps
U16 Girls	11:05	60 minutes + 5 laps
U14 Boys	12:40	50 minutes + 5 laps
U14 Girls	14:05	50 minutes + 5 laps
U8	15:30	5 laps
U10	16:00	6 laps
U12	16:30	10 laps

Racing Information

Signing On

The last sign-on for the National U14 & U16 races and U12 support race is 30 minutes prior to the start time, and 55 minutes for U8 & U10 support races. All riders must have gears checked BEFORE signing-on, which is in the main Clubhouse. Event racing licence rules will be strictly adhered to for the National races. You will need to produce a valid BC racing licence that displays an identifiable picture of the rider, is signed and completed with emergency contact info. Any extenuating circumstances are subject to the Chief Commisssaire's ruling, which is final. On the day registration is available for U8, U10 & U12 support races only on a first come first served basis. You don't need to be a British Cycling member to race in the support races; however, you will need a day licence which will be available at sign-on for £1.50.

Numbers

You will be provided with two numbers for your race. Both numbers must be worn for the Nation U14 & U16 races. It is important that you position this as shown in the picture so the judges and cameras can correctly record your number. Failure to comply may result in not being placed!



Transponders

You will be provided with a transponder and cable ties to fit to your bike. The transponder should be affixed to the fork, on the side away from the quick release. Once you have completed your race, you will need to return the transponder immediately to the sign-on desk in the club-house.

Your Safety

The circuit being used for the day's races is risk-assessed and we are confident it is safe, as validated by the regular events that regularly take place here. There are, however, a few corners that, in a bunch, require extra vigilance. Any rider not confident in the bunch is respectfully reminded to stay out of trouble. We all need to be aware that 'racing incidents' sometimes occur without fault. Any rider who the Commissaire deems is riding in a dangerous or compromising manner will be judged accordingly.

Racing Information

Spare Bicycles

Spare bikes are not allowed. Spare wheels are.

Gear / Wheel Rim Depth Restrictions

A rider's bicycle must be made available for inspection at the discretion of race officials at any time up to and including the end of the event. The top 10 in each race must present themselves immediately at the finish to have their bikes rechecked.

1. Gear Restrictions

All bikes must be gear-checked according to BC regulations before you can sign-on. Please ensure that your gearing complies to the BC restrictions which are there to protect riders and to make racing fairer for all. It is up to you to ensure that your bike gears are correct for your age category.

Youth A (Under 16)	Youth B (Under 14)	Youth C (Under 12)	Youth D (Under 10)	Youth E (Under 8)
6.93 metres	6.45 metres	6.05 metres	5.40 metres	5.10 metres

2. Wheel Rim Depth Restrictions

All wheels used during the event by riders in Categories B, C, D & E will be checked for compliance with section 3.2.7 of the regulations by a visual spoke count & the rim depth measured using a calibrated wheel depth jig.

Laps Out

British Cycling regulations T.R 20.3.3 state "Laps Out are not permitted."

Lapped Riders

Lapped riders will be pulled from the race, according to the British Cycling regulations as shown below:

20.12.4: "A competitor in a road or circuit event when lapped must, unless otherwise instructed by The Chief Commissaire, retire from the race and report to the control point at the finish of the race."

20.12.5: "Where a lapped rider is allowed to continue, he/she shall not give pace or shelter to a rider by whom he has been lapped."

All lapped riders, including those who have received service, must be withdrawn with 3 laps to go. For fairness and for safety, commissaires may ask riders to finish just before they are lapped.

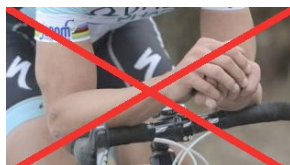
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Rider Responsibilities

Riders' welfare is paramount and we will not tolerate behaviour of any kind which could affect this. Any complaints or incidents should be reported promptly to the Commissaire. If any regrettable circumstances arise, please behave in a way which allows any representations to be taken seriously.



Your Race

You should be at the start line, ready for your race 10 minutes before your start time. Do not ride on the circuit until confirmation has been received by a marshal that the circuit is clear and safe to ride to the pit area. There will be no opportunity to warm up on the circuit between races so bring your rollers.

After Your Race

On completion of your race, leave the circuit immediately and do not cross the finish line a second time as this will be recorded by our judges and may result in a lower placement. At the end of each race, top 10 riders must immediately present themselves for gear checking by the start/finish area - if in doubt and 'in the mix' attend gear checking anyway. A rider's bicycle must be made available for inspection at the discretion of race officials.

Any rider evading the gear check or who has not complied with a check on request will not be classified in the results. The end of race gear check will take place within 100m of the finish and must be made on the bikes with only the riders present. Any failure of such a gear-check or question of interference will result in immediate disqualification.

Presentations

Results

Race results will be live-streamed online using the following link: <https://speedhive.mylaps.com/livetiming/HSlipstreamers>

As soon as positions are confirmed and validated, these will also be posted as a hard copy in the Clubhouse. Any appeals or challenges should be communicated to the Commissaire and Results team as soon as possible.

Prizes

Presentations will take place outside the Clubhouse (weather permitting) where trophies and various prizes will be awarded to the winners in the various races. Be sure to listen out for announcements on the PA near the Clubhouse of when these will be.

There will be trophies and cash prizes for winners in both Boys and Girls National Youth Circuit Series races. Winners in the Boys and Girls support races will also be receiving trophies. Please note that riders not present at the podium will be deemed to have donated their prize to Hillingdon Slipstreamers.

There will be additional trophies for Combativity in each of the U14/U16 races, decided by British Cycling Talent Coaches.

BC Points Allocation

Ranking points will be allocated in accordance with the technical regulations of British Cycling.



Acknowledgments

Thank You!

Hillingdon Slipstreamers would like to thank the Hillingdon Cycle Circuit User Group for their support of this event and use of the facilities. We would also like to thank British Cycling for their continued support in allowing us to organise the Hillingdon round of the National Youth Circuit Series.

The Slipstreamers Volunteers - Parents & Club Officials

An event such as this is impossible to host without the people who give up their time to make it happen. Specifically...

On the Ground Team

Chief Judge

Dave George

Results & Electronic Timing

Sam Grant

Chief Marshalls

Paul Moriarty, Martin Dawson

Support Races Commissaire

Dave George

Gear Checking

Jeff Lloyd, Kieran Dineen, Jack Dash

Club Photographer

Daniel Jones

Operations & Volunteers

Jackie Whitney, Asti Kanaris

Sign-On Managers

Anthony Brassil, Gabriela Vockic

First Aiders

Shirley Marvelly, Dr. Imran Kausur,
Dr. Farah Ahmed, Alison Grant

Clubhouse Catering

Claire George

Outside Barbecue

Phil & Sarah Rowles

Young Leaders

Throughout the day, young helpers varying from ages 6 to 16 will be involved in circuit setup, administration, deejaying, working the PA, ferrying food & drinks to & fro for volunteers, and making themselves available for any jobs going!

And Of Course, Our Volunteer Army...

All the above are supported by an entire crew of incredible helpers - parents & club officials - to ensure you have a fantastic day. A resounding THANK YOU to every single Volunteer in the Slipstreamers Community who has helped before the event to ensure we are organised and ready to go, as well as those who will be available to help throughout the day. **We couldn't do this without you!**

#VolunteersRock #NotAllHeroesWearCapes #MakingADifference

A Bit About Hillingdon Slipstreamers

Hillingdon Slipstreamers is an award winning youth only cycling club and a registered charity with an active membership range from ages 5 – 16 years. We deliver cycle coaching sessions every Saturday of the year at Hillingdon Cycle Circuit, regular off-site discipline specific sessions such as mountain biking and track; as well as development workshops, youth leadership training and mentoring throughout the year. We are committed to providing equal opportunity in cycling skills and development for all young people, encompassing the principles of all-inclusiveness and accessibility in everything we do.

We have worked effectively with children who are not traditionally active and openly struggle with sport due to shyness, disability or other barriers, encouraging participation by tailoring activities to individual needs. Where there is interest in competition, we develop and support aspirations; equally ensuring there are a diverse range of non-competitive activities where children can build skills, or just have some fun in a safe environment. Via our Young Leaders programme, we provide opportunities for growth and resilience building - normally shy children “under the radar” have flourished into confident and assertive individuals simply by being allowed the space to grow and build confidence.

In our 21st year, none of what we do would be possible without our committed Volunteers who work hard to share their enthusiasm, encouragement and put time towards helping young people be the best they can be. We are immensely proud to be in the company of every single one them week in week out. Chapeaux!



20+ Years of Our Club History, Timeline & Heritage So Far...

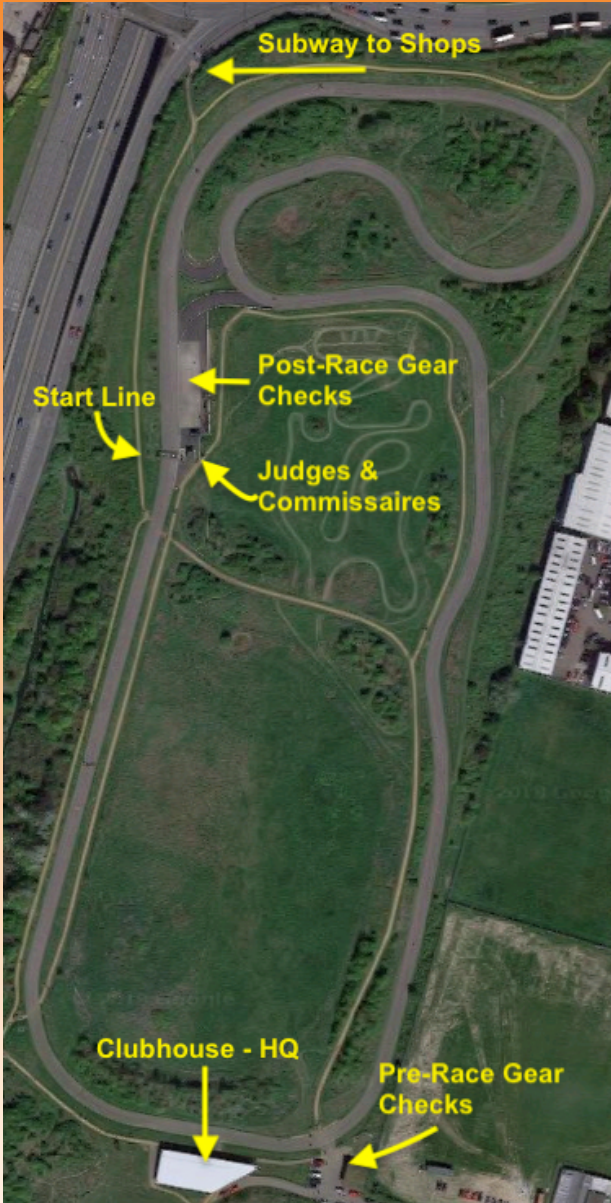
- 1998
 - Club founded by Brian Wright & Ray Kelly for under 16s
 - 'Slipstreamers' name chosen by the children
- 1999
 - Slipstreamers became a registered charity
- 2004
 - Became part of British Cycling's "Go-Ride" scheme
- 2006
 - First "Club mark" Status awarded
- 2010
 - Funding partner for the new clubhouse
 - Awards and recognition for the Club and Brian Wright
- 2011
 - Introduced the Slipstreamers development & awards scheme
- 2012
 - First adventures abroad in Assen – Slipstreamers goes international
 - Gillette Sports UK Coach of the Year, Hillingdon Sports Coach of the Year
- 2014
 - Inaugural Mudslingers MTB Trip to Afan Valley in Wales
- 2015
 - Slipstreamers Youth Summer Series introduced
 - BC Coach + Volunteer of Year; 'Points of Light' & British Empire Medal
 - Club awarded City & Guild London Youth "Bronze" Quality Mark
- 2016
 - BC Young Coach of Year + Volunteer of Year
 - ParkLife Summer of Cycling Community Initiative Led by YVs
 - Formal opening of the circuit link roads and extended apron area
- 2017
 - BC National Go-Ride Club of Year. UK Sport Children's Coach Runner Up
 - London Youth "Outdoor Education Award" + "Young Leader Award "
 - YVs join British Cycling's National Youth Forum
 - YVs join London Youth's Youth Advisory Board
 - Sport & Recreation Alliance Volunteering Award
 - Fiesta Summer with Hillingdon Council run by Young Coaches & YVs
 - 10 Young Volunteers qualify as L1 Coaches – a first for the Club and BC.
- 2018
 - BC Central + National Coaches of the Year
 - Sport England commissioned volunteer research
 - Bradley Wiggins & Yanto Barker visit Slipstreamers
 - 20th Birthday bash celebrations

Visit Us Online For All the Latest News

Website: www.slipstreamers.co.uk/

Twitter: twitter.com/hslipstreamers

Flickr: www.flickr.com/photos/hslipstreamers/albums



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Find Us Online At:
www.slipstreamers.co.uk
Social Media:
[@hslipstreamers](https://www.instagram.com/hslipstreamers)

