

British Cycling National Youth Circuit Series

Hillingdon

Saturday 2nd June 2018



Programme



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



Introduction

Welcome to the Hillingdon round of the 2018 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 Organiser

Clive Dawkins

Tel: 07851 815713

Email: racesec@slipstreamers.co.uk

Chief Commissaire

Bob Ruszdowski

Assistant Commissaires

Phil Jemmison

Ian Chatfield

Visit Us Online For All the Latest News

Website: www.slipstreamers.co.uk/

Twitter: twitter.com/hslipstreamers - Use #HSS2018National

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 2018:

https://www.britishcycling.org.uk/zuvvi/media/bc_files/officials/2018_Reg_updates_-_General_Road_Track_and_Roller.pdf

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Chairman's Welcome

A warm welcome to all competitors, their friends, families and clubs to this year's National Youth Circuit Series 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.



Here at Slipstreamers we strive to put on a memorable event for everyone participating and spectating. Many volunteering hours have gone into the preparation and organisation, and we hope that all of you have a wonderful day. Please show our volunteers respect and consideration, as without them this event would not be able to take place.

After last year's successful trial of starting with the Under 16's races, we will continue with the same format. Under 16 and Under 14 national races will take place in the morning, followed by the support races during the afternoon. Trophies and prizes will be awarded to both boys and girls in each age category as soon as we have confirmation of the winners. Transponders will be used as well as having judges for each race, so hopefully this will be soon after each race. Do be sure to listen out for announcements.



As usual we will have plenty of food and drink for you all, including a BBQ and ice cream van amongst the delights of the day. So you can sit back after your race, have a bite to eat and watch the next race. Do be aware this is a public park and we cannot stop members of the public accessing it, so please keep your valuables safe at all times, including your cars parked in the car parks. Please dispose of any rubbish, including transponder cables in the bins provided.

It will be a very long day for all of our volunteers, some of whom will be here for 10 hours or more. So I would like to recognise their huge effort and say thank you to everyone who helps in any way they can. Riders and parents – just simple things like putting rubbish in bins and a thank you will make a big difference. If you are on social media, as it's Volunteers Week from 1st - 7th June, we'd love it if you would show your appreciation by giving our team a big shout using the hashtag #VolunteersWeek.

Do read the rest of this programme as it contains important information for you about the day. Let's hope the weather is kind, the racing is good and the first aid team get very bored. Enjoy the day!

Alison Grant, BEM



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/>

Location

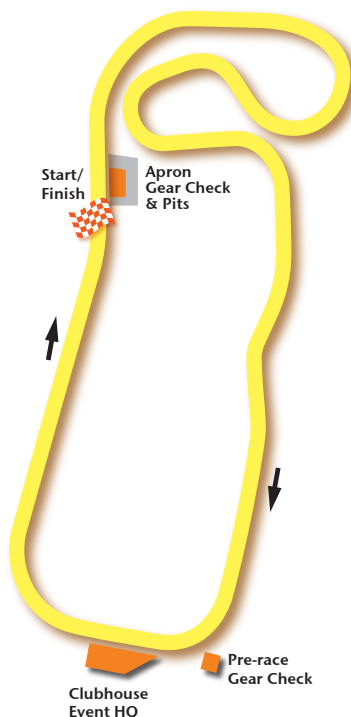
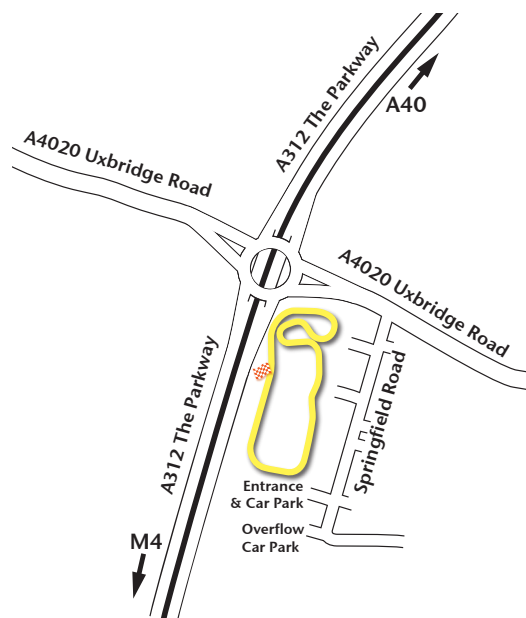
Address

**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 3rd 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 | 14:00 – 14:30 | 14:05 – 14:35 |
| U10 | 14:00 – 14:30 | 14:05 – 14:35 |
| U12 | 14:40 – 15:25 | 14:45 – 15:30 |

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 & U10 | 15:30 | 6 laps |
| U12 | 16:00 | 30 minutes + 3 laps |

Racing Information

Laps Out

British Cycling regulations for laps out state:

“Laps Out are no longer permitted. (T.R 20.3.3) Riders may take service from the pits if required however they must either chase back on or, if rejoining, will be considered a lap in arrears.”

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.

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. Supporters may rejoin riders afterwards and must not touch the machine prior to the check. Any failure of such a gear-check or question of interference will result in immediate disqualification.

Racing Information

Gear / Wheel Rim Depth Restrictions

All races are run under the rules and regulations of British Cycling. 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.

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 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.

Racing Information

Numbers

You will be provided with two numbers for your race. 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! Racing will take place clockwise around the circuit for all races.



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. Posters showing how to do this will be available if you need assistance, as will our Volunteers. 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.

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.

Presentations

Results

Race results will be live-streamed online using the following link:

<https://speedhive.mylaps.com/livetimeing/HSlipstreamers>

As soon as positions are confirmed and validated, these will also 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.

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 and trust 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

Philip Coleman, Sam Grant

Chief Marshalls

Paul Moriarty, Marco Gaminara

Support Races Commissaire

Dave George

Gear Checking

Jeff Lloyd, Kieran Dineen, Jack Dash

Club Photographer

Elisabeth Van Der Weit

Event Operations

Asti Kanaris, Alison Grant

Sign-On Managers

Susan Murtaugh, Gabriela Vockic

First Aiders

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

Clubhouse Catering

Claire George

Outside Barbecue

Debbie Lloyd

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 20th 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!

Visit Us Online For All the Latest News

Website: www.slipstreamers.co.uk/

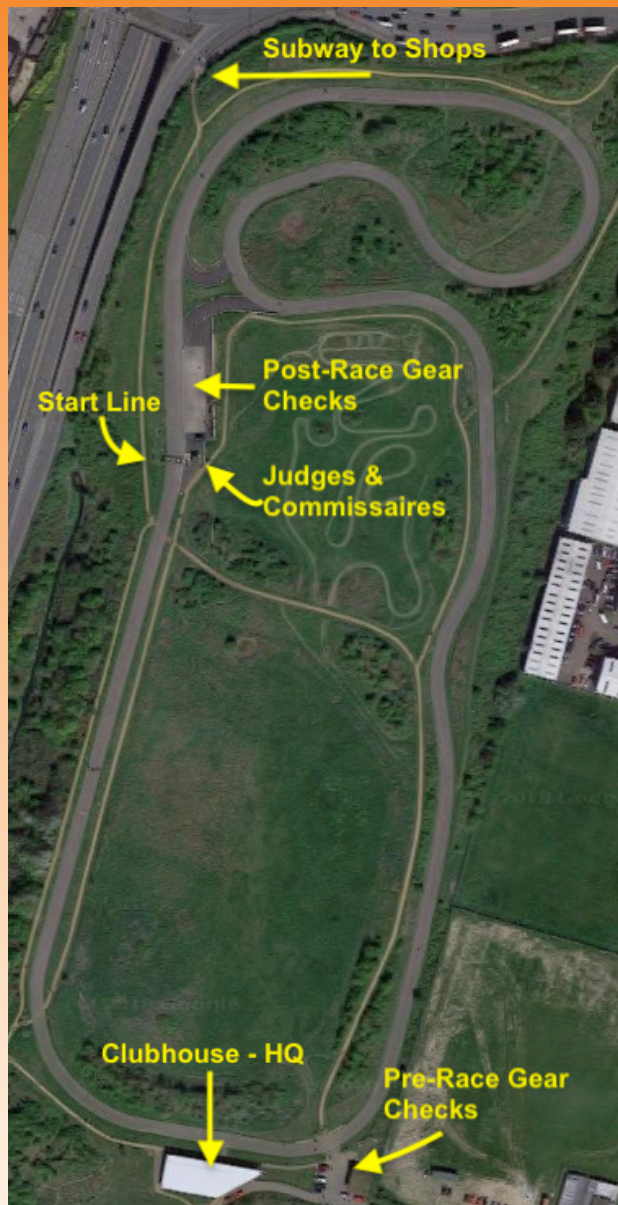
Twitter: twitter.com/hslipstreamers

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



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 | Bradley Wiggins visits and becomes our first Vice President Slipstreamers becomes a registered charity |
| 2004 | We become part of British Cycling's "Go-Ride" scheme |
| 2006 | First "Club mark" Status awarded |
| 2008 | Slipstreamers logo designed by Shelley Dineen |
| 2009 | Head Coach, Brian Wright, becomes Club President First Slipstreamers national road champion – Dan Maslin |
| 2010 | Funding partner for the new clubhouse Awards and recognition for the Club and Brian Wright |
| 2011 | Introduced the Slipstreamers development & awards scheme Early performance sessions added to the timetable |
| 2012 | Death of Brian Wright, "The leading light of Slipstreamers" Membership levels soar & waiting lists begins thanks to London 2012! |
| 2013 | First adventures abroad in Assen – Slipstreamers goes international John Gunn awarded Gillette Sports Coach UK Coach of the Year Ralph Passey awarded Hillingdon Sports Coach of the Year |
| 2014-2015 | Transformation of website and digital profile 3 Members selected to join as Olympic Development Apprentices Inaugural Mudslingers MTB Trip to Afan Valley in Wales Slipstreamers Youth Summer Series introduced BC Coach of the Year - Dave George, Volunteer of the Year - Alison Grant 3 BC Young Volunteers attend National Talent Camp at Loughborough 'Points of Light' & British Empire Medal (BEM) for Alison Grant Club awarded City & Guild London Youth "Bronze" Quality Mark |
| 2016 | BC Young Coach of Year - Ella Buckroyd, Volunteer of Year - Asti Kanaris ParkLife Summer of Cycling Community Initiative Led by Young Volunteers Formal Opening of the Circuit Link Roads & Extended Apron Area 4 BC Young Volunteers attend National Talent Camp at Loughborough RSRs, ODA shadow for Zoe Brookes, Chris Hoy Future Stars Louis Rose-Davies Time Trials really kick off this year – national champions make their mark. |
| 2017 | Awarded BC National Go-Ride Club of Year London Youth "Outdoor Education"+ "Young Leader - Sam Grant" Winners Young Leaders, Ciaran Reed & Seth Kanaris join BC National Youth Forum Young Leaders, Orla Devlin & Ciaran Reed join London Youth Advisory Board Sport & Recreation Alliance Awards - Volunteering Winner Fiesta Summer initiative with Hillingdon Council run by Young Coaches & YVs 10 Young Leaders 16-19 years qualify as L1 Coaches – a first for the Club and BC Dave George: Finalist - UK Coaching Children's Coach of the Year 2017 Mayor's 2017 Team London Sports Award - Top 3 Shortlist |
| 2018 | Paul Moriarty: BC Central Coach of the Year Awarded Dave George: BC National Special Recognition Award Awarded |



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

