

SOUTHEND WHEELERS



Southend Wheelers Track Day Sunday 14th July 2024 11:00 – 15:00 hrs

Herne Hill Velodrome, Burbage Road, London SE24 9HE 020 7737 4647

Incorporating the Club Track Championships, under BC Tech regs.

Championship events – Sprint incl. 200m flying start time trial, 4 lap, 8 lap & 20 lap scratch races. British Cycling (BC) Day racing licence is available to BC Bronze members and to non-BC members @ £5.00. Entry fee is £10.00, under 18's £5.00 (BC race levy included in these costs). BC Gold and Silver members can compete in Go Race events.

Riders who don't have their own track bike, will be able to use a HHV track bike, (and use your own pedals if you wish). There is also a (flat) training track in the track centre. There are chairs provided in the track centre, along with bike stands, and enough rails to put rollers alongside.

There are Grandstand facilities including a café and clubroom. There are also changing rooms, showers and toilets.

Please remember the ULEZ charge applies to this venue if you have a diesel! Remember to pay the Dartford crossing charges as well!

Bob Barber 07926 383675 m15trb@hotmail.com

Riders' notes:

Timetable:	
Bike issue/pedal swap 10:00	Rider briefing 10:30
Intro to Velo and Accredited rider's warmup 11:00	
Taster riders/Novices Taster intro on inner warm up track 11:00	
Championship races 11:45 – 15:00hrs	

Those riders using a HHV bike please bring your own helmet, shoes and pedals. Wear track mitts and an undervest under your race vest.

Race numbers and safety pins will be provided, please return numbers afterwards.

Every effort will be made to start all races on the outside track fence.

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Race officials	
BC Commissaire	
Judge	Mike McCarthy
Judge (Chief)	Arthur Knowler
Judge/Lap Board/Bell	John Horton
Mechanic	Bill Wilson
Photographer	Mike Street
Riders Whip/Signing on/Starter	Bob Barber
Timekeeper	Elaine Cotton
Timekeeper	Chris Knowler
VAR	Ray Snow

Timetable			
From		Location	Minutes
10.00am	Bike fit/pedal fit	Storage containers	30
10:30pm	Rider briefing	Grandstand	15
10:45pm	Riders sign on	Cafe	
Velodrome track available			
11.00pm	Rider's intro/warm up	Track	10
11:45pm	200m FSTT qualifying	Track	15
12.15pm	Sprint heats	Track	15
12.45pm	Sprint 2nd round	Track	10
1.10pm	Sprint finals	Track	10
1:40pm	1 mile championship	Track	3 min race
2:00pm	2-mile championship	Track	6 min race
2.30pm	5-mile championship	Track	15 min race
2:45pm	Warm down	Track	15 min