



1. **Entry**

We accept entries before race day either through the post or via on-line entry. These will close 1 week before the event. Should the race not be full we will allow entry on the day.

2. **Sign-on**

Sign-on starts at 08:45 or when we have finished building the course and get the computer hooked up. Anyone who helps us build the circuit gets a free race. We are usually very busy, so arrive as early as you can. Entry closes at approx. 09:40.

We have a race limit of 200 entrants, we will turn people away when this is reached.

3. **Which Category to Enter:**

Racing  
Weekend Warrior  
Have a go Hero

If you are new to XC racing then consider starting with the "Have a go hero" or "Weekend Warrior" category. If you have a racing licence you must enter the "Racing" category.

**Appeals:** We will allow BC licence holders to appeal and drop down to the Weekend Warrior category, this will be subject to the "do you weigh less than the organiser" test.

**If there are less than 3 riders in a category no prizes will be awarded.**

4. **Race number:**

Do not cut down numbers- we can't read them and you won't be scored etc. When you first register we will give you a number-board which you keep for the series – remember to bring it each time you come – we will replace lost boards for £5.

5. **Helmets/bikes**

- a. Riders on the course before or after the race must wear a crash helmet (hard shell) with the strap fastened
- b. The bike must be a mountain bike (not BMX or cyclo-cross)
- c. The mountain bike must be in good working condition with adequate working brakes.
- d. The mountain bike must have handlebar and bar end plugs fitted.
- e. For the avoidance of doubt, Singlespeed, 69er and 29er mountain bikes are allowed
- f. Tandems and unicycles are not allowed
- g. "shonky" singlespeeds will be assessed by the organiser in order to ensure fair play
- h. On points 5. a-f the organisers decision is final.

6. **Pre-riding the course:**

We strongly recommend pre-riding the race course so you can learn where any tricky sections are and find your racing line. The course will be fully open for at least 30mins before the first race start. This should leave you plenty of time to go round at an easy pace. Do not miss the start!!! If there is a race taking place we ask you NOT to ride



the course, you may get in the way of riders in a race. When pre-riding you must wear your helmet and have race number attached to the bicycle.

**7. When to be at the start:**

All categories are informally gridded you must be at the start at 10 minutes before your race start time.

**8. How are starts gridded:**

There will be signs at the start to help riders grid themselves, please be sensible about your ability. The nature of the start is such that there should be plenty of opportunity for riders to get into position before the first singletrack.

**9. The Start**

Before the start riders will be grouped into their categories. The categories will be started in the following order

- Racer
- Weekend Warrior
- Have-a-go Hero

We start each category with an airhorn or a whistle, a repeated blasts of the airhorn/ whistle means that a restart is to be held – you must stop and reassemble on the line. Anyone who triggered the restart by starting before the airhorn/ whistle will be put to the back of the grid.

Each category will be started about 5-10mins apart.

**10. Where can I feed/ change spares:**

You are **not** allowed any outside assistance. There are **no** designated feed zones, you **cannot** accept drinks or food from a helper. You are **not** allowed any outside assistance for mechanical problems on the course.

**11. Littering**

The venue is used by the kind permission of Lancashire CC, keeping it clean is important to them and us. Any rider seen dropping litter, food wrappers, inner tubes etc will be disqualified. If you start with it, you finish with it.

**12. Obey us and act cool**

- a. All riders must obey the instructions of the marshals. We will not tolerate aggressive behaviour, acts of violence, racist or sexist remarks etc. The organisers and Marshals are all volunteers and we believe such behaviour is acceptable.
- b. We ask slower riders to keep a watch out for faster riders and to give way if practicable or safe. When overtaking say "rider – left" or "right" (I want to pass on your left/right) etc.
- c. Competitors must exercise sound, mature judgment being responsible for their own and other's safety, carry out all instructions from race officials, marshals, Lancashire County Council Rangers and the police (if present) take responsibility in knowing these rules, the route involved and race on the course by themselves unaided.
- d. Competitors must be adequately clothed at all times.

**13. The following offences will cause automatic disqualification from the race.**

- a. Threatening, abusive or insulting words or conduct



- b. Dangerous conduct/riding.
- c. Dropping litter
- d. Failing to obey race officials, marshals or Lancashire CC Rangers
- e. Nudity
- f. Outside assistance on the course
- g. Tampering with the equipment of others
- h. Unsporting impedance
- i. Course deviations (unless the competitor returns to the point at which he or she left the course, or a point on the course prior to it, and then completes the course)

#### **14. Stopping the Race**

- a. There may be circumstances where the organisers will be forced to stop a race. This could be due to an accident, the course becoming unsafe or other occurrence. Riders are to obey the marshals instructions and return to the main carpark should this happen.
- b. Should a race be stopped the organisers will decide whether it is to be restarted.
- c. There will be no refunds of entry fees should the event be stopped.

#### **15. How long is the race:**

The race length is based on 1 hour 30 minutes plus a lap for the leading rider. However, dependent on course conditions this can be changed.

#### **16. Last Lap**

Once the leading rider crosses the finish line at or near 1hour 30mins after his start he will get the bell indicating the last lap. All riders crossing the line after this will get the bell indicating the last lap.

#### **17. The Finish**

On completion of the last lap by the leading rider, they will get the chequered flag to indicate they have finished. All riders subsequently crossing the finishing line will get the chequered flag and finish the race.

#### **18. The Winner**

The winner of each main category will be the rider who has completed the most laps. In the event of more than rider being on the same lap the placing will be determined by the finishing time, the earlier finish time being the higher placed.

The rules for sub-categories or other prizes are at the organisers discretion.

#### **19. Results:**

Results for the top positions will be announced on the day and the rest of the results including series rankings will go on the website by the Wednesday after the race.

#### **20. Trophy presentations:**

Trophies will be given out on the day. If you have won a trophy please stay and collect it, we will not hold trophies for collection at a later date. Your picture will be taken for sponsor and race publicity.

#### **21. Prizes:-**

- a. The prize list will be available on the day of the event, prizes will be donated by sponsors.
- b. Prizes can only be collected on a race day at the event.



- c. Your picture will be taken for sponsor and race publicity

**22. Series Results:**

- a. Series 1 standings will be based on the best 3 from 4 results. You must start the final round to be eligible for the final standings. In the event of a tie, riders will be ranked based on their result at the final round.
- b. Riders will get average points for any races they marshal but must ride at least two races to qualify for a series standing.
- c. For the avoidance of doubt, to qualify for a series prize a rider must attend the last race of a series either as a marshal or a rider.

**Worked example**

Race 1	Race 2	Race 3	Race 4	Series?
Races	N/A	Marshals	Races	Qualifies(1+4+Ave(1+4))
Races	Races	Races	N/A	Qualifies but no prize
Races	Races	N/A	Marshals	Qualifies (1+2+Ave(1+2))

**23. Complaints:**

- a. Complaints regarding other competitors or racing incidents should be made to the officiating commissaire or the organiser in his absence.
- b. If you have any complaints regarding the series or event please talk to us or alternatively email us through the contact on the website.
- c. Disputes about prizes should be referred to the organisers in writing within one hour of the race finish accompanied with a £10 deposit. The deposit will be refunded should the dispute be upheld.

**24. Etc.**

- a. We will not be held responsible for loss or damage to equipment.
- b. Keep your bike and car locked or bring a friend.
- c. We do not seed riders - slower riders are asked to start in the rear.
- d. Lee Quarry is a technical mountain bike trail and it is your choice to race on it. We highly recommend that you pre-ride the course to satisfy yourself that you have the skill level to race (not just ride) the trail. As with mountain biking in general, you are responsible for your own safety
- e. We reserve the right to change the rules at our whim.
- f. ....and you must enjoy it.