

Eastern Cyclo-Cross Association: Race Start Procedure

Riders expect a consistent and uniform message at events, so please try and help by using this briefing.

8 - 10 minutes prior to the start of each race a whistle should be blown to officially ask the riders to start to assemble behind the grid.

The Race Starter (who may be yourself) should be positioned approximately three metres in front of the centre of the grid. You, the Commissaire, should be positioned so all riders can hear you.

Riders should then be called up to their grid position no later than five minutes prior to the start of the event.

As soon as the last riders are moved into the back of the grid, a whistle should be blown to get the riders' attention. It is important that the starter is still at the front position to avoid a 'race start'.

Move to a point the riders can all hear you – this is especially so for the larger fields.

The riders should then be addressed as follows:

Good morning/afternoon, riders. May I welcome you to (venue) and this latest round of the British Cycling, Eastern, Cyclo-Cross League.

You will be starting your race in approximately five minutes' time. Before this, please take note of the following points.

Give them this important safety notice:

Firstly, can I have a show of hands of any riders who have not previously participated in a cyclo-cross race? For the benefit of these riders – and a reminder to you all – can I ask that when lapping, riders should call out loud and clear: 'On the right' or 'On the left.' And the lapped rider should surrender the racing line. If you are on the same lap as the rider you are trying to pass, you do not have authority to make the rider surrender the racing line, so should not call for passing."

'On the Left' or 'On the Right' MEANS THE SIDE ON WHICH THE FOLLOWING RIDER WISHES TO OVERTAKE (repeat).

SPECIAL NOTE: combined category races: Riders set off ahead of a following category should allow the faster riders from the other category to come past – they are in a separate race.

I should not have to remind all riders that any foul or abusive language will not be tolerated and, if any is heard or reported, it will incur severe penalties, including disqualification.

The handing up of water bottles will be permitted at today's event, but I ask you to select an area which is wide, flat and open so you do not impede other riders. PLEASE DO NOT TAKE DRINKS IN THE PITS or within 50m either side of the FINISH or PIT AREAS.

Equipment changes and assistance is permitted only within the equipment pits area. Riders may not receive assistance anywhere outside of these areas. Pits have been split into two sections, those of you that have assistance and those without. Only use the correct section.

Duration of your race today will be as close to (20/30/40/50 minutes or as appropriate) minutes as possible. Please look out for the lap board to see the actual number of laps left.

Are there any questions?

Thank you. Have a fair and enjoyable race.

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The starter should now move to the side of the grid and announce:

I will be starting you in approximately one minute's time. You will be started on the sound of a whistle. Please do not attempt to move forward until you hear the whistle. If a false start is suspected I will repeatedly blow the whistle as you move off the start. If you hear this, please return immediately.

The starter should now be standing at the side of the front of the grid. Off the course, and saying:

I will be starting the race on the sound of a whistle at some point within the next 30 seconds.

You may wish to merge the above into one piece.

Starter should now move to the back of the grid.

Whistle should be blown within 20 seconds of reaching the back of the grid.

If a false start is suspected, the whistle should be blown repeatedly to recall the riders.

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