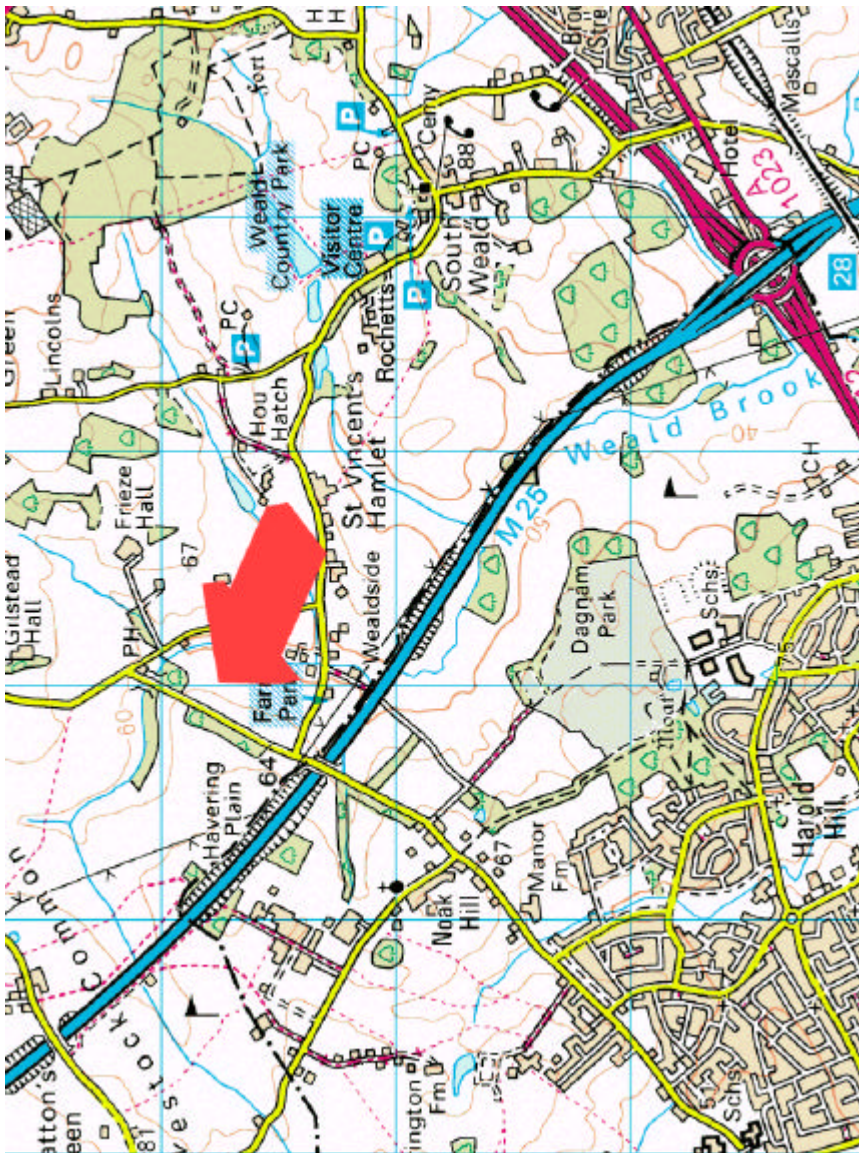


Crow Camp, Chequers Road, Noak Hill, Romford

OS Map Ref: TQ 843 915



Barking & Dagenham
Cyclo Cross

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[SCOUTS]

Barking & Dagenham Scouts

invite you to

Cyclo Cross
2nd December 2006

at

Crow Camp
Chequers Road
Noak Hill
Romford



Event Rules

The Cyclo Cross is a series of basic races across rough terrain. The event is usually held at Crow Camp which is a secluded Scout campsite with some very suitable open ground, hills and slopes.

Trophies

There are two trophies. One for Individuals and another, Troop, trophy.

The Individual Trophy is normally awarded to the fastest Scout over a series of races.

The Troop trophy is awarded to the Troop who is best represented on the day. Those Scouts who come in the top positions earn their Troop some points on a sliding scale, and those Scouts who simply attend still earn their Troop points.

Safety

The bikes will be checked before they are used. Cycle helmets must be worn when racing (those individuals who have forgotten to bring one may borrow one for a race). The course will be set up and staffed by marshalls throughout its length and trained first aiders will be on hand at all times.

Transport

District normally hire a van to transport bikes and will arrange pick up and drop off points. However, this service is ONLY available to those Troops who have returned their numbers by the stated deadline (which is normally the SL meeting before the event). Otherwise Troops and individuals must make their own way there and back.



Times

Meet at: (venue)

at: (time)

Arrive back at: (venue)

at approx.: (time)

Bikes

- Bikes must be in good working order and well maintained
- Bikes will be riding over rough ground and conditions may be muddy
- Bikes must have a good set of working brakes
- Groups and individuals are responsible for bringing any tools or spare parts to service their bikes on the day



Equipment Required

PER GROUP

- First Aid Kit
- Basic tool kit suitable for bike maintenance
- Bicycle pump with adaptors

PER INDIVIDUAL

- Top half of Uniform
- Packed Lunch
- Rough clothes suitable for muddy weather
- Full set of waterproofs
- Cycle Helmet
- Mobile phones may be taken but will be collected in at the beginning of the event and you will only be allowed to use them at the end of the event to call your parents.

Contact Numbers

Organising Team

Richard Blunden (ADC Scouts)	07720294312
Darren Dowling (District Scout Leader)	07881650524
David Nickols (District Scout Leader)	07789236597