

2 laps of 6 sections using the Positive Scoring System

Spectators are allowed

Due to the number of entries and Covid-19 rules we are staggering the start times

Please note the white, green, and blue routes will start in the morning and the red and yellow routes in the afternoon

Normal rules allow a rider to ride up to 3 sections before deciding to change up or down a category. If you are riding in the afternoon and were considering the change route option, you will have to arrive

earlier to check the sections and decide before the 10.00 briefing.

9.00 Signing on for Primary, Novice and Intermediate

10.00 Briefing for Primary, Novice and Intermediate

10.30 Start for Primary, Novice and Intermediate

11.00– 1.00 Signing on for Expert and Elite

1.30 Finishing time for the above categories

2.30 Start Competition for Expert and Elite

5.00 Finish time for Expert and Elite

Followed by the social distanced podium

When arriving, please follow the parking signs and park in a social distanced manner. You must sanitise and wear a mask before entering the hut to sign on. One rider to enter the hut at one time.

You will take your number board and place in the spokes of your front wheel.

ALL RIDERS MUST ATTEND THERE RIDING BRIEFING

A one way system will operate in the section and social distancing must be adhered to at all times.

NO punchcards are being used. Riders will queue their bikes in the designated area near the section start gates. Rider numbers will be called in order of this bike queue.

Riders must not approach the observers in the section.

A practice area will be available for before and during the competition.

Refreshments will be available. Toilets but no showers.

Nearest A and E hospital, Addenbrokes Hospital, Cambridge, CB2 0QQ

First Aid in the hut