

# Join the revolution

## Join the Merc

**FACT: Cycling burns more than 600 calories an hour,  
is 100 per cent fun - that's 0 reasons not to join today**



### **Welcome to the Merc...**

**LIVERPOOL Mercury (Dolan) has been around for more than half a century, but during the last two years the club's membership has witnessed a boom that no other club can come close to matching in the North West.**

**Based at the new £5.5m Litherland Sports Park in Boundary Lane, Litherland, the club can boast its own dedicated £300,000 cycling circuit designed by British Cycling, as well as state-of-the-art facilities such as meeting and changing rooms, loan bikes and ample parking.**

**Becoming a member couldn't be easier - just fill in one of the forms below (depending on whether you're a senior or junior), send it to the address printed on the form and then attend the next club meeting to get your membership endorsed.**

***Meetings are held the first Monday of every month  
(unless it's a national holiday, then it's the following Monday)  
at 7pm in the upstairs room at Litherland Sports Park.***

## Brief history of Liverpool Mercury

LIVERPOOL Mercury (Dolan) Cycling Club, as it is known today, began its journey from the culmination of two former cycling clubs, Liverpool Racing Cycling Club and Mercury.

In 1949, they joined forces to form the Liverpool Mercury Racing Club. This title has again changed to its present name of Liverpool Mercury Cycling Club since 2000, omitting the word "racing", as it was thought intimidating to new members.

Back in the days of the Liverpool Racing Cycling Club, the club colours were blue and white, while Mercury riders sported green and red.

When the two clubs amalgamated, the green and red was dropped and Liverpool Mercury Racing Club adopted the colours blue and white, which are still worn today.

Liverpool Mercury's first champion was Gerry (Nobby) Nolan, who won the Merseyside Divisional Junior Championship in 1960. Liverpool Mercury still holds quite an impressive record of achievements both locally, national and international since the 1906s right up to the present day.

## Races and clubruns

LIVERPOOL Mercury (Dolan) promotes two road races a year, as well as cycle cross. The club has weekly training rides, better known as 'chaingangs' every Tuesday and Thursday, when the nights become much lighter during the spring and summer months.

Every Sunday mornings, the club has three official clubruns. The first leaves Litherland Sports Park in Boundary Road, Litherland, where the club is based, at 9am, while the second group depart from the Coplehouse pub in Fazakerley at 9.30am.

While both groups are competitive, the latter - known as the 'Coplehouse mob' - is mainly dominated by those who race regularly throughout the year, while the first group - affectionately called the 'Umpa Lumpas' - is made up of both older and younger members.

Both groups tend to venture into West Lancashire and further afield, usually covering distances between 40 to 60-miles - depending on the weather, time of year and which member has to get back early to take their wife or husband shopping.

The Coplehouse mob is more fast-paced, while the Umpa Lumpas tend to whizz around at a more reasonable speed but covering some good distances and taking in a few hardy climbs.

More recently, a new hill climbing/100-mile group has formed. So far, this group has no official name or fixed meeting time/point and tend to arrange clubruns on a week-by-week basis. For more information on clubruns, etc, visit our forums at [www.liverpoolmercury.co.uk](http://www.liverpoolmercury.co.uk)

**NOTE: ALL MEMBERS OR GUEST RIDERS MUST WEAR  
HELMETS WHEN APPROPRIATE IF THEY WISH TO  
PARTICIPATE IN ANY OFFICIAL CLUBRUNS OR EVENTS - BY  
ORDER OF THE COMMITTEE**

# Liverpool Mercury (Dolan)

## Adult Membership Application Form



Name	
Address	
Postcode	
Date of birth	
Telephone No.	
E-mail	

**I hereby agree to abide by the constitution of Liverpool Mercury Cycling Club**

Signed	
Date	
Proposed by	
Seconded by	

**Are you a member of any other cycling club? If your answer is 'yes', please fill out the form below. If not, read on.**

Name of club	
Date joined	
First or second claim?	

New applicants must attend the next available club meeting for their membership to be endorsed. Dates for club meetings can be obtain from our website.

Membership fees for seniors are £20.00 per annum, while juniors (under-16s) are entitled to free membership. Please note that membership fees are only payable once your application has been accepted.

In the meantime, please completed this form and return it to: Paul Paterson, Secretary, Liverpool Mercury CC, 50 Ennismore Road, Old Swan, Liverpool , L13 2AT.

[www.liverpoolmercury.co.uk](http://www.liverpoolmercury.co.uk)

## What is Go-Ride?

Go-Ride is British Cycling's Club Development Programme aimed at improving both young riders and clubs. It focuses on volunteers and young members – improving coaching standards and increasing the number of young riders with access to coaching activities. Go-Ride supports the creation of school-club links, which helps provide clubs with a constant influx of new young members and helps everyone work towards our shared vision of more young people, more active, more often in cycling. The success of Go-Ride is dependent upon partnerships between British Cycling, clubs, schools, local authorities and voluntary organisations.

Clubs must already meet certain criteria before joining the programme but along the way they continually work towards improving themselves and achieving 'best-practice'. Once all the pieces are in place, a club can become Go-Ride Clubmark Accredited.

Schools can easily set up Go-Ride School Clubs and do not need to work towards Go-Ride Clubmark Accreditation. Once a school has a qualified coach willing to offer regular coaching sessions, it is just a short step to establishing an affiliated Go-Ride School Club.

All British Cycling qualified coaches meet a lot of the criteria necessary to become Go-Ride Clubmark Accredited; they have attended a course on Safeguarding and Protecting Children, they have a valid first-aid certificate, and are checked by the Criminal Records Bureau. As such, a lot of clubs who aren't already working towards Go-Ride Clubmark Accreditation have the necessary training to do so.

## Who is it for?

- Clubs** Go-Ride is designed for clubs determined to improve their club activities and management. One of the benefits, alongside better administration, is that Go-Ride helps clubs increase youth membership and acts as a beacon to show that clubs provide a supportive environment for young members.
- Schools** Go-Ride activities can be delivered in schools. A link is established between the school and a local Go-Ride community club. This provides a sustainable exit route, allowing pupils to continue their cycling interests outside of school.
- Riders** Go-Ride coaching activities have been designed to introduce young people to a range of cycling disciplines, such as; BMX, Cycle Speedway, Cyclo-Cross, Mountain Biking, Road and Track Riding. So whatever your age or ability, there'll be something to suit your needs.
- Volunteers** Go-Ride clubs rely on the hard work of volunteers. These volunteers include; coaches, club contacts, and club welfare officers. Go-Ride clubs are offered training for volunteers to help build a supportive environment for young people, in which they can enjoy their cycling.

**Families** Go-Ride clubs have something to offer everyone. They offer opportunities to ride, regardless of your age and ability, and opportunities to volunteer. There's something for the whole family.

## **Go-Ride and Clubmark**

### **Club Development Matters**

The development of a network of quality cycling clubs is crucial to encouraging young people to take up cycling in its many

forms, whether as a sport, active living or active recreation. In order to help achieve this, British Cycling has incorporated

Sport England's Clubmark standard into the Go-Ride Accreditation programme. Clubmark is a nationally recognised set of

standards that supports the development and recognition of quality junior clubs.

## **What is Clubmark?**

### **Clubmark – Active, Accessible, Accredited**

Sport England has worked with National Governing Bodies (NGBs), such as British Cycling, to develop standards to which all clubs should aspire. Sport England's Clubmark sets out criteria under each of the following headings:

- Duty of Care and Child Protection focuses on raising awareness of good practice.
- Coaching and Competition to improve coaching and competition for young people.
- Sports Equity and Ethics ensures that the club adopts an inclusive and child-friendly approach. Club Management ensures that the club runs efficiently and effectively.

## **How do Go-Ride and Clubmark work together?**

In effect, they are one and the same thing. Clubs who become part of the Go-Ride Programme are registering as working towards Go-Ride Clubmark Accreditation. Clubmark sets out minimum operating standards for quality clubs with junior sections. Go-Ride simply adapts those standards to be cycling specific. Gaining Go-Ride Clubmark accreditation will demonstrate that your club is committed to the aim of providing a safe, effective, child-friendly environment.

## **Information for Parents**

As a parent, you will no doubt want to make sure that your child is safe whenever they undertake any type of activity without your supervision. British Cycling's Go-Ride Clubmark Accreditation supports the development and recognition of quality junior clubs. As part of the programme, clubs must ensure they have a Club Welfare Officer, who has attended a Child Protection Course.

Go-Ride sessions are delivered by British Cycling qualified coaches, who have also

attended courses on Child Protection, Equity, and hold a current First Aid certificate.

Quality coaching in traffic free, controlled environments. Go-Ride clubs deliver coaching activities in traffic-free environments. Any type of bike can be used, so long as it is in good condition, and a cycling helmet must be worn. The sessions teach the necessary skills to make riders more competent, safer cyclists.

## **What will my child gain from this?**

The Go-Ride programme of cycling activities promotes good health and includes fun activities that are easy to learn. As obesity levels in young people rise, cycling can be seen as a very enjoyable way of getting exercise and countering a sedentary lifestyle.

## **Will my child be safe?**

All Go-Ride clubs have a commitment to ongoing training for their volunteers, coaches and officials, to have a sound structure, to be fair and equitable and to undertake training to support British Cycling's Policies and Guidelines for child protection and best practice. All coaching sessions are risk assessed and clubs take relevant actions to reduce any possible risks.

As such, clubs do everything in their power to provide a safe environment in which your child can cycle. Cycling, however, does have its risks and even the best riders still fall off occasionally.

## **What qualifications do British Cycling coaches have?**

All coaches in Go-Ride clubs must be British Cycling qualified coaches. All British Cycling coaching awards include sports coach UK's 'Safeguarding and Protecting Children' workshop, which helps to ensure that Go-Ride clubs are safe and welcoming environments for young people of all backgrounds.

Coaches are also encouraged to broaden their knowledge to suit their particular requirements, for example, attending the sports coach UK workshop 'How to Coach Disabled People in Sport'. British Cycling has a Coach Licensing Scheme that requires all qualified coaches to retain annual membership and hold a valid First Aid certificate.

# Liverpool Mercury (Dolan)



## *Junior Membership Application Form*

We are very pleased to welcome you to the **Liverpool Mercury (Dolan) Cycling Club**.

To ensure we have the correct contact details for you, please fill out this form and hand it back to: **Paul Paterson, Club Secretary/Welfare Officer**.

If you are under 18, please also ask your parent or carer to sign the form before it is returned. We will also use this information to ensure that you are kept informed about club events.

Name	
Address	
Postcode	
Date of birth	
Telephone No.*	
E-mail*	

\* Neither the mobile number nor the email should be that of the child – this could make children vulnerable and is considered poor practice.  
For a child/young person these details should be those of the parent/carers.

**I hereby agree to abide by the constitution of Liverpool Mercury Cycling Club**

Signed	
Date	
Proposed by	
Seconded by	

**Are you a member of any other cycling club? If your answer is 'yes', please fill out the form below. If not, read on.**

Name of club	
Date joined	
First or second claim?	

Whilst it is not compulsory that the following section is completed the footnote at the end of this template explains why it is important.

## Ethnicity

In order to help the club monitor its membership please will you tick one of the following boxes to identify your ethnic group/origin.

### A. White

British   
Irish   
Any other white background (please specify)

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### B. Mixed

White & Black Caribbean   
White & Asian   
White & Black African   
Any other mixed background (please specify)

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### C. Asian or Asian British

Indian   
Pakistani   
Bangladeshi   
Any other Asian background (please specify)

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### D. Black or Black British

Caribbean   
African   
Any other Black background (please specify)

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### E. Chinese or other ethnic group

Chinese   
Any other (please specify)

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## Disability

The Disability Discrimination Act 1995 defines a disabled person as anyone with 'a physical or mental impairment, which has a substantial long-term adverse effect on his or her ability to carry out normal day-to-day activities'.

**Do you consider yourself to have a disability?** Yes   
No

**If yes, what is the nature of your disability?**

Please detail below any important medical information that our coaches/junior co-ordinator should be aware of

Visual impairment   
Hearing impairment   
Physical disability   
Learning disability   
Multiple disability   
Other (please specify)

## Sporting information

**Have you cycled before?** Yes  No

**If yes, where have you cycled** (please indicate below)

Primary school   
Secondary school   
Local authority coaching session(s)   
Club   
County   
Other (please specify)

### Medical information

Please detail below any important medical information that our coaches/Junior Co-ordinator should be aware of (e.g. epilepsy, asthma, diabetes etc.)

### Emergency contact details

To be completed by the parent/carer

Please insert the information below to indicate the person(s) who should be contacted in event of an incident/accident.

Contact name e.g. parent/carer

Emergency contact number

By returning this completed form, I agree to my son/daughter/child in my care taking part in the activities of the club.

I understand that I will be kept informed of these activities – for example timing and transport details.

I understand in the event of injury or illness all reasonable steps will be taken to contact me, and to deal with that injury/illness appropriately.

New applicants must attend the next available club meeting for their membership to be endorsed. Dates for club meetings can be obtain from our website.

Name of parent/carer:

Signature of parent/carer:

Date:

***Sport can and does play a major role in promoting the inclusion of all groups in society; however, inequalities have historically existed within sport, particularly in relation to gender, race and disability. British Cycling is committed to promoting and developing sports equity, which is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. By monitoring the profile of young people in our clubs we can identify any issues relating to under-representation of different groups and can develop strategies to ensure that all young people have the opportunity to develop and progress in cycling. As a British Cycling Go-Ride accredited club we are requested monitor our member profile.***

Membership Fees

**Membership fees for seniors are £20.00 per annum, while juniors (under-16s) are entitled to free membership. Please note that membership fees are only payable once your application has been accepted. In the meantime, please completed this form and return it to: Paul Paterson, Secretary, Liverpool Mercury CC, 50 Ennismore Road, Old Swan, Liverpool , L13 2AT.**

**[www.liverpoolmercury.co.uk](http://www.liverpoolmercury.co.uk)**

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ORDER OF THE COMMITTEE**

# Liverpool Mercury (Dolan)



## *Kit order form 2009/10*

Name	
Address	
Telephone	
E-mail	

Items required	Size	Price	Quantity	50% deposit

Members are requested to bring their completed kit order forms (available to download via the website) to the next meeting and hand them to kit secretary Tony Delahunty.

**FULL PAYMENT for all kit must be made  
on the night – NO EXCEPTIONS**

This is to ensure all orders are placed and received within the requested time frame.

# About Road Racing

**The Basics:** Road Racing is massed-start cycle racing on roads or tarmac circuits. First rider over the finish line wins, with anything from twenty to almost 200 competitors, depending on the event. In the UK, events range from short Youth and Juvenile (under16) races of 20km or less, through club level events for adults of between 40km and 100km, to Elite-level one day races of 200km or more.

The majority of adult racing takes place on public roads, though there are an increasing number of circuit events, either on roads closed to other traffic or on specially constructed circuits, some which are shared with other sports like motor racing and kart racing, others are purpose built for cycling. All under-16 racing takes place on traffic-free closed circuits.

**Road Races:** The classic Road Race is a test of stamina, fitness and tactical acumen. Team tactics often come into play. Riders often have particular strengths: some can climb hills and mountains very quickly; others have a devastating turn of speed or sprint; other have the ability to ride very well against the clock in Time Trials (which often form part of multi day or stage races). The art is to restrict your rival's gains in the areas where they are strong and maximise your gains in your preferred terrain.

**Road Stage Races:** Some Road Races are contested over several days and several stages. These "Stage" Races or Tours often feature prizes for each stage winner, plus others for the best sprinter in the race, the best climber (aka King of the Mountains), the leading team and, of course, the overall winner, who is the rider with the best aggregate time. The Tour de France is the world's most prestigious Stage Race and lasts for three weeks.

**Racing Qualities:** All top Road Racers need to be able to stay in the saddle for hours at a time (endurance). Some are exceptionally good at going uphill and target wins in hilly terrain: these are known as Climbers. Others have a big 'kick' or ability to accelerate and are known as Sprinters. They often win races where the finish is contested by a number of riders - a bunch or sprint finish. Few riders can win, however, if they are not tactically very aware and at pro level team tactics and strategy can be very complex.

**Tactical Considerations:** Endurance, Sprinting, Climbing, Tactics - these are just some of the qualities a successful road rider might possess. Which is the most important? Well, it's open to debate, but compared to the sledgehammer tactic of just trying to ride faster than your rivals - something which will not work at anything but the lowest level of the sport - the rapier blade of genuine tactical nous is potentially a race winner for you.

**Road & Circuit Racing: Categories, Points, Rankings and Event Classifications:** Road Racing is categorised into different classifications of race, open to riders of differing age/ability categories. Many races carry ranking points which are sought after by riders hoping to make it up to the next ability category.

# Get Into Road Racing

What's the best way to get into the sport of Road Racing? Here are a few tips to get you thinking.

**Join a Club:** The ability to ride comfortably and safely in a bunch of riders is perhaps the essential skill of Road Racing. Road Racing has a strong club-based culture, so a great place to start is by joining a club which regularly runs training rides on the Public Roads. This will help you to learn how to ride in the company of other riders and what the basic etiquette of group riding entails.

For younger riders, joining a Go-Ride club is a great option and should enable you to develop your skills away from the public roads and under the watchful eye of a trained coach. Check out the [Go-Ride](#) section of this website.

**Group Skills:** Most Road orientated clubs run a number of rides per week, with a longer option on Sundays and perhaps a couple of shorter evening rides. Riding with other riders is also a great way to improve your fitness and gauge your ability against those who already compete.

Perhaps the most useful trick of all is learning how to conserve energy by slipstreaming behind other riders. The ability to move freely in a bunch of riders is a real skill and many first-timers find themselves continually hanging on at the rear of the group. Seasoned riders have a magical feel for where to ride to minimise effort. These are all skills which will prove invaluable once you start to race. Look in our [Clubs](#) section to find a Road club near you.

**Circuit Racing:** Road Racing beginners usually find their feet in easier events and there's no better place to start than Circuit Race meetings. These events often have several races catering for a range of abilities and age groups and are an ideal environment in which to learn the bike handling and tactical skills necessary to succeed, without the additional stress of being on the public highway. Lap distance is usually between one and four kilometres, so if you get "dropped" (i.e. left behind), catch your breath and wait for the main group to come round, and join again! A British Cycling membership and Licence are usually needed for most events - see or [Membership](#) section for full details.

**Rules of the Game** - Categories, Points, Rankings and Event Classifications. Check out the detail of how the sport works and don't forget to read the [Rules](#).

## About Cyclo-Cross

Winter Fun: Cyclo-Cross (often abbreviated to 'Cross) is generally an autumn and winter sport. Massed starts make for exciting races, usually no more than an hour in length - and shorter for juniors, women and veterans. There are usually free-to-enter races for younger riders. Some organisers are now starting to run summer series, which are proving very popular.

Lapping it Up! Cyclo-Cross races are usually multi lap events, held on short (typically less than a mile and often less than half a mile), grassy courses, generally in public parks or on school playing fields. Less technically demanding than Mountain Biking, Cyclo-Cross often requires riders to dismount to clear artificial obstacles - often wooden boards. The ability to swap smoothly and quickly from riding to running and back to riding in one fluid motion is a key skill for advanced riders.

Private Battles: The short lap lengths mean that better riders often lap some of the slower competitors, but that's not the end of the race - you can still submerge yourself in the action, enjoy your own private battles and forget whether you are first or a hundred and first - that's the beauty of the sport: it's what you make of it that counts.

Bike Facts: Cyclo-Cross machines look very similar to road bikes, with dropped handlebars and thin tyres - however the latter have a knobbled-tread for grip, powerful brakes, low gears and better frame clearances to prevent clogging with mud, all of which adds up to make them easy to handle on the rough.

## Get Into Cyclo-Cross

Cyclo-Cross is one of the most accessible forms of cycle-sport. Where else can virtual beginners find themselves racing against national champions? As long as you are riding in your correct age category, at club level events you will be pitched in with a wide range of abilities.

Local races have a relaxed, informal atmosphere and entries are usually accepted on the day. Mountain bikes are welcome at most races and the non-technical nature of the courses means that almost anyone can take part and enjoy a race.

There are often separate races for younger riders, usually with a reduced entry fee or no entry fee at all. For older riders and women, races are often shorter. Even senior races rarely last more than an hour, so to taking part doesn't require a mammoth commitment to hours of training.

Having said that, the best riders are wonderful athletes, combining endurance and a high level of skill.

Cyclo-Cross bikes themselves often make excellent winter training or utility bikes, with their wide range of gears, so forking out for one often increases your cycling options. Many Road and Mountain Bike competitors use Cyclo-Cross to maintain their fitness during the winter and there is considerable overlap between clubs in these disciplines. Click on the clubs button in the "Site menu" at the top of the page to find a club near you.

The Cyclo-Cross calendar is usually on-line before the end of July and in many areas of the country there are local races virtually every weekend through October, November and December.

# ENTRY FORM FOR ROAD & CIRCUIT RACES UNDER THE TECHNICAL REGULATIONS OF BRITISH CYCLING



To the Organiser: (PLEASE USE BLOCK CAPITALS)

Event	□□□□□	Date of race:	□□□□□	Category of race:	□□□□□
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Title: (Mr/ Miss/Mrs)	□□□□□	Date of birth:	□□□□□	I enclose	£	□□□□□
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First Name:	□□□□□	Surname:	□□□□□
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Address:	□□□□□
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Town:	□□□□□	County:	□□□□□
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Postcode:	□□□□□	Home	□□□□□
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My E-mail	□□□□□	Date entered:	□□□□□
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BC Licence No:	□□□□□	UCI code:	□ □ □ □ □
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Category:	□□□□□	Club/Team:	□ □ □ □ □
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Registered	□□□□□	<b>I am not prepared to be nominated as a reserve:</b> <input type="checkbox"/>
Key sponsor	□□□□□	

Licence points gained: (if applicable)		Premier calendar points gained: (if applicable)	
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Last season:	This season	Last season:	This season:
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□□□□□	□□□□□	□□□□□	□□□□□
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Best performances in British Cycling or UCI sanctioned events this year and last year:

	Placing	Name of Event:	Date:	Distance:	Category:	Name of Winner:
1	□□□ □□	□□□□□	□□□□ □	□□□ □□	□□□ □□	□□□□□
2	□□□ □□	□□□□□	□□□□ □	□□□ □□	□□□ □□	□□□□□
3	□□□ □□	□□□□□	□□□□ □	□□□ □□	□□□ □□	□□□□□
4	□□□ □□	□□□□□	□□□□ □	□□□ □□	□□□ □□	□□□□□
5	□□□ □□	□□□□□	□□□□ □	□□□ □□	□□□ □□	□□□□□
6	□□□ □□	□□□□□	□□□□ □	□□□ □□	□□□ □□	□□□□□

**DECLARATION-**

I declare that I am eligible under British Cycling Technical Regulations to enter this race and that the information on this form is complete and correct. I understand and agree that I participate in this race entirely at my own risk, that I must rely on my own ability in dealing with all hazards and that I must ride in a manner which is safe for myself and all others. I am aware that when riding in an event and particularly when riding on a public highway the function of the marshals is only to indicate direction and that I must decide if the movement is safe. I agree that no liability whatsoever shall be attached to the promoter, promoting club, meeting sponsor(s), British Cycling, or any official or member of the British Cycling or member of the promoting club in respect of any injury, loss or damage suffered by me in or by reason of the race, however caused.

Signed

**ENTRIES WITHOUT CORRECT FEE OR DETAILS WILL NOT BE ACCEPTED**

Entry forms are available from Membership & Event Services, British Cycling, National Cycling Centre, Stuart Street, Manchester M11 4DQ Tel: 0870 871 2000. Fax 0870 871 2001 Copyright BCF 2004

# ENTRY FORM FOR CYCLO-CROSS RACES UNDER THE TECHNICAL REGULATIONS OF BRITISH CYCLING



To the Organiser: (PLEASE USE BLOCK CAPITALS)

Please enter me		Date of race:	
First Name:		Title:	
Surname:			
Address:			
Town:			
County:		Postcode:	
E-mail:		Telephone:	
Date of birth:		Membership / Licence	
Club/Team:			
Age Category:			<i>(see notes below)</i>
	<p><b>DECLARATION-</b> I declare that I am eligible under British Cycling Technical Regulations to enter this race and that the information on this form is complete and correct.</p> <p>I understand and agree that I participate in this race entirely at my own risk, that I must rely on my own ability in dealing with all hazards and that I must ride in a manner which is safe for myself and all others. I agree that no liability whatsoever shall be attached to the promoter, promoting club, meeting sponsor(s), British Cycling, or any official or member of British Cycling or member of the promoting club in respect of any injury, loss or damage suffered by me in or by reason of the race, however caused.</p>		
I enclose entry fee of:	£	Signed:	

For the 2009-2010 season (commencing 1<sup>st</sup> September 2009) the following age categories will apply in BC cyclo-cross events:

<i>Under 10</i>	<i>born in 2000 or later</i>	<i>Vet 40</i>	<i>born 1965 to 1969</i>
Under 12	born in 1998 or later	<i>Vet 45</i>	<i>born 1960 to 1964</i>
Youth	born 1993 to 1997	<i>Veteran 50+</i>	<i>born 1998 or earlier</i>
	<i>Youth under 14 born 1996 or 1997</i>	<i>Vet 50</i>	<i>born 1955 to 1959</i>
Junior	Men	<i>Vet 55</i>	<i>born 1950 to 1954</i>
	born 1992 or 1993	<i>Veteran 60+</i>	<i>born 1949 or earlier</i>
Women	born 1993 or earlier	<i>Vet 60</i>	<i>born 1945 to 1949</i>
Senior	born 1991 or	<i>Vet 65</i>	<i>born 1940 to 1944</i>
earlier		<i>Vet 70+</i>	<i>born 1939 or earlier</i>
	<i>Under 23</i>		
	<i>born 1989 to 1991</i>		
Veteran	born 1969 or earlier		

Categories in italics are only recognised in certain events.

Races for Women are open to Junior, Under 23, Senior and Veteran Women.

*Please use the special entry form for National Championship and National Trophy events.*

Entry forms are available from BCHQ, Stuart Street, Manchester M11 4DQ Tel: 0161 274 2000 © Copyright BCF 2009