



**MID LANCS**  
BMX CLUB



## Ready for Racing

### CLUB RACING

When your coach feels confident with your skill level it is time to introduce you to Club racing. Club races are usually held once a month. Details are emailed to members and our club information board will always display race dates.

If it is your first season of racing you will normally begin as a Novice. These are races which you use to gain experience in racing. After completing a season at novice you then progress to Expert racing. Your coach will advise when you are ready to move up.

On the day of a race you will need to arrive at the track in plenty of time to register and practice on the track.

All riders must complete a race slip and take this to the registration office. Times for registration are always displayed on the Club Information Board and sent out on email. You will also find details on our website and Facebook page.

Once all the riders have registered a board will display all the moto sheets. A moto sheet will tell you which race you are in, and which gates you are in for your first 3 races. As soon as the sheets are displayed riders should start to get ready in the pens. Each race is called up in turn and you will be told your gate number. After each race riders should have some light refreshments and then return to the pens for their next race. After 3 moto's there is usually a short break. The finals will then follow.

At all times listen to the commentators, but more importantly make sure you are ready in the pens as we cannot hold races for missing riders.

Lots of other clubs also hold club races and you are eligible to enter any other clubs races to gain experience of racing on different tracks and with different riders.

### **Regional Races**

Once you have raced at Club Level your coach will advise when you are ready to move to Regional Races. These are held during the Summer Months. Our region is the North Region and if you go on [www.thenorthbmx.co.uk](http://www.thenorthbmx.co.uk) or North Region BMX Facebook, you will find information about Regional Races. The club emails will also keep you informed of upcoming events.

Novice and Expert riders can race at Regional Level. Novice riders do not gain points.

To race Expert at Regional Level you are required to **have British Cycling Silver or Gold Membership and a British Cycling Race Licence**. (Novice Riders do not require a BC membership or race licence). There is usually an offer of the first 12 months free for a new Member. Please ask the Club Secretary for details or go onto the British Cycling Website and look at membership.

The format for a Regional race is similar to a Club Race. Riders have to register. However you can pre-register (usually at a discounted price) through the British Cycling website. To pre-register you must “sign in” on the British cycling website using your membership number and password. If you choose the BMX option and then go to calendar on the left hand side table of options this will pull up all the BMX races coming up.

You can then follow the prompt and ENTER the race. If you do pre-register on the day of the race you must still go to the registration area to sign on and confirm your attendance.

If you have not pre-registered then you can usually do this on the day but at a slightly increase race fee cost.

Once registration has finished **Rider Sheets** will displayed. These show all the riders in each age group, race number plate, and club name. It is the rider’s responsibility to check these details and report any discrepancies immediately to the registration team.

Once moto's sheets are displayed you can then check which races and gates you will be in. Regional Races have a lot more riders than Club races and you must be ready in the pens as they will NOT hold races to find missing riders. After the 3 moto's there is usually a short break whilst the next rounds are calculated.

If there are 8 or less riders in a race the format will be Grand Prix. This will mean there will be 3 moto's and then a final race. However every race will count so the rider positioning is worked off the rider with the most points after all 4 races, not the winner of the final race.

If there are more than 32 riders there will be quarter finals/semi-finals and finals.

If there are more than 8 riders but less than 17 then the 9<sup>th</sup> – 16<sup>th</sup> place riders will be dropped and the top 8 riders will go through to a final. (Also do check on the day in case B finals are being ran)

A schedule of practice and race times will always be published for Regional Races, however this is always subject to change and you must listen out for the commentators. It is YOUR responsibility to make sure you are in the right place at the right time.

**THE CLUB ALWAYS HAVE A GAZEBO TRACK SIDE FOR ALL MEMBERS TO USE. PLEASE COME AND JOIN YOUR FELLOW CLUB MEMBERS.**

### **National Races**

To move to National Races, you must have completed the required number of North Region summer races in the previous year to obtain a Rider Ranking. There is also a very strict criteria for number plate format/colour and side plate formats. Please do ask if you are unsure.

National Races are held at tracks around the country usually between the months of March – August. All details of National Races are on the British Cycling website and your Club Secretary will also email details regarding National Races.

**[www.britishcycling.org.uk](http://www.britishcycling.org.uk)**

The format for a National race is similar to a Regional Race. Riders have to register. However you can pre-register through the British Cycling website. To pre-register you must “sign in” on the British cycling website using your membership number and password. If you choose the BMX option and then go to calendar on the left hand side table of options this will pull up all the BMX races coming up.

You can then follow the prompt and ENTER the race. There is an opportunity at National Races to also register on the Friday evening or Saturday morning (check the British Cycling website for confirmation of registration times).

National Races usually consist of two rounds over a whole weekend.

The format tends to be practice sessions ran by the club hosting the National on the Friday night, BC practice on the Saturday morning, racing starting from 12 noon approx. The Sunday starts with a very early morning practice with racing starting approx. 10am.

Once registration has finished on Saturday, **Rider Sheets** will be displayed. These show all the riders in each age group, race number plate, and club name. It is the rider’s responsibility to check these details and report any discrepancies immediately to the registration team. Once the moto sheets are printed you cannot make changes and may forfeit the right to race if you are in the wrong age group.

Once moto’s sheets are displayed you can then check which races and gates you will be in. National Races have a lot more riders then Regional races and you must be ready in the pens as they will NOT hold races to find missing riders. After the 3 moto’s there is usually a short break whilst the next rounds are calculated.

If there are 8 or less riders in a race the format will be Grand Prix. This will mean there will be 3 moto’s and then a final race. However every race will count so the rider positioning is worked off the rider with the most points after all 4 races, not the winner of the final race.

If there are more than 32 riders there will be quarter finals/semi-finals and finals.

If there are more than 8 riders but less than 17 then the 9<sup>th</sup> – 16<sup>th</sup> place riders will be dropped and the top 8 riders will go through to a final.

If there are more than 8 riders but less than 33 riders there will be semi-finals and finals.

A schedule of practice and race times will always be published for National Races, however this is always subject to change and you must listen out for the commentators. It is YOUR responsibility to make sure you are in the right place at the right time.

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*There are a lot of parents and riders who have been racing at Regional and National Level for a number of years so please do not hesitate to ask any questions. We are here to help.*

*Please note the above is only intended as a guide to help new members understand the Racing Format. You should always refer to the British Cycling official rules and regulations for clarification.*