



# An introduction to cyclo-cross

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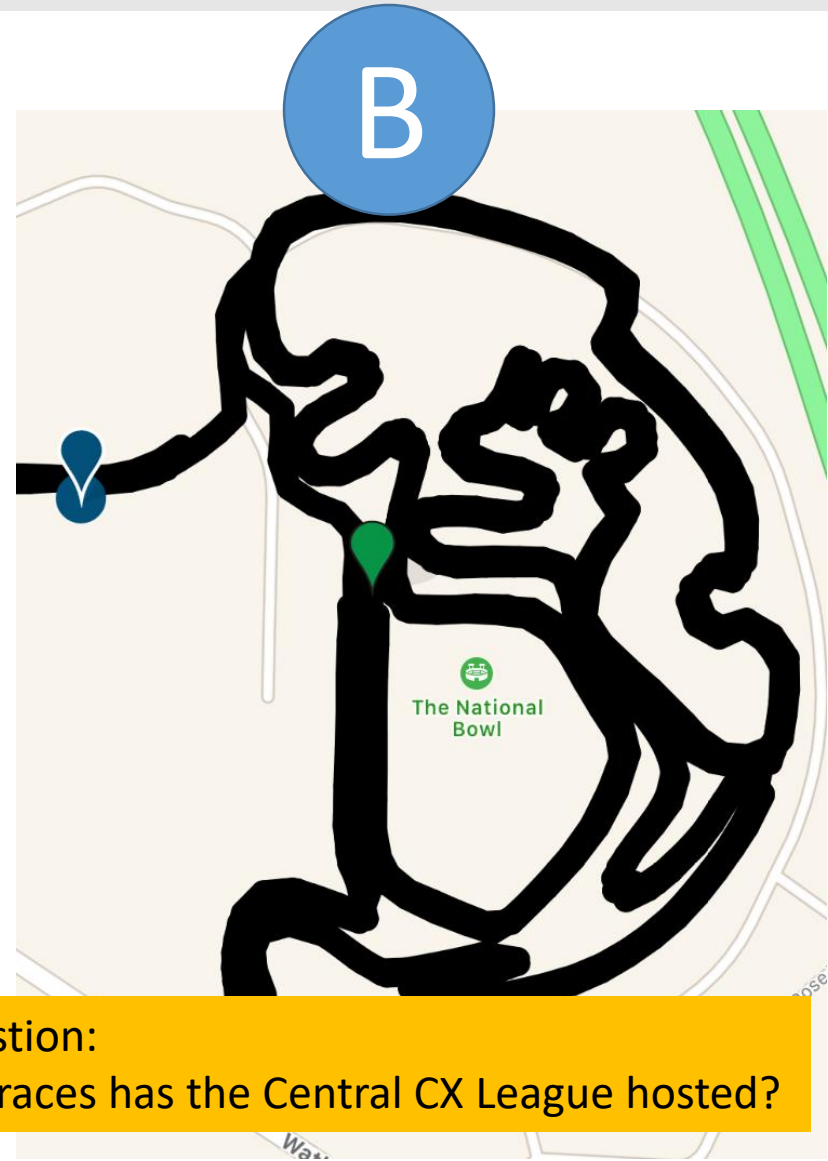
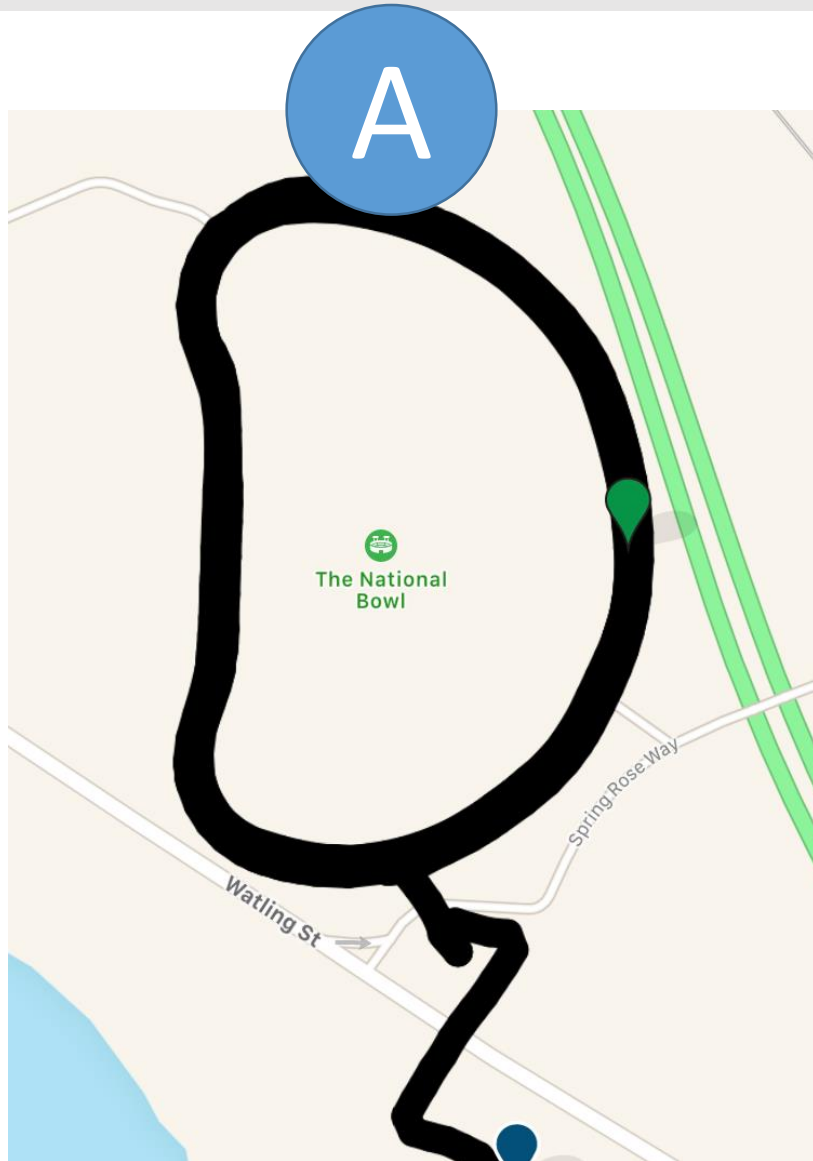


## How to get into cyclo-cross

- Cyclo-cross is one of the most accessible forms of cycle sport with racing for everyone from young kids to grandparents
- Throughout the autumn and winter, it's probably taking place in a park near you
- Cyclo-cross takes place in off-road venues such as public parks and other open spaces
- Surfaces can include grass, mud, gravel and sand
- Courses are short and winding, enabling multiple laps to be completed within a set time



# Which one is the CX race (exactly the same venue)?



Bonus Question:  
How many races has the Central CX League hosted?

# What do courses look like?



# Why cyclo-cross?

1. Cyclo-cross is for all of the family
  - a. Riding or spectating
  - b. Races/rides for under-8s to over-50s (and sometimes over-60s)
  - c. Races/rides for girls, boys, ladies, men
2. You can compete or you can ride for fun
  - a. No pressure to race
  - b. Turn up and ride
  - c. Any bike
3. Great for fitness, fun, skills, variety, crowds

# What kind of bike do I need?

## Hands up who's got a bike?!

Best is a cyclo-cross bike

Or maybe a gravel bike

Or a mountain bike

Or a road bike with knobbly tyres

Or a hybrid bike with knobbly tyres

Or someone else's bike

Grab a beer or some  
pop and some chips

Let's do a real spot-the-difference...

# Cyclo-cross bike differences

- Pedals
- Water-bottle cages
- Disc brakes
- 1x gearing
- Top tube shape/geometry
- Shoes
- Helmet
- Tyres (width)
- Tyres (tread)
- Tyres (pressures)

# Pros and Cons

## Pros

- Fun, fitness
- Prolongs the season
- Family-friendly
- Photo-friendly!
- Safe (even a fall will be low speed onto soft ground)

## Cons

- Prolongs the season
- If you decide you like it, you might need another bike!

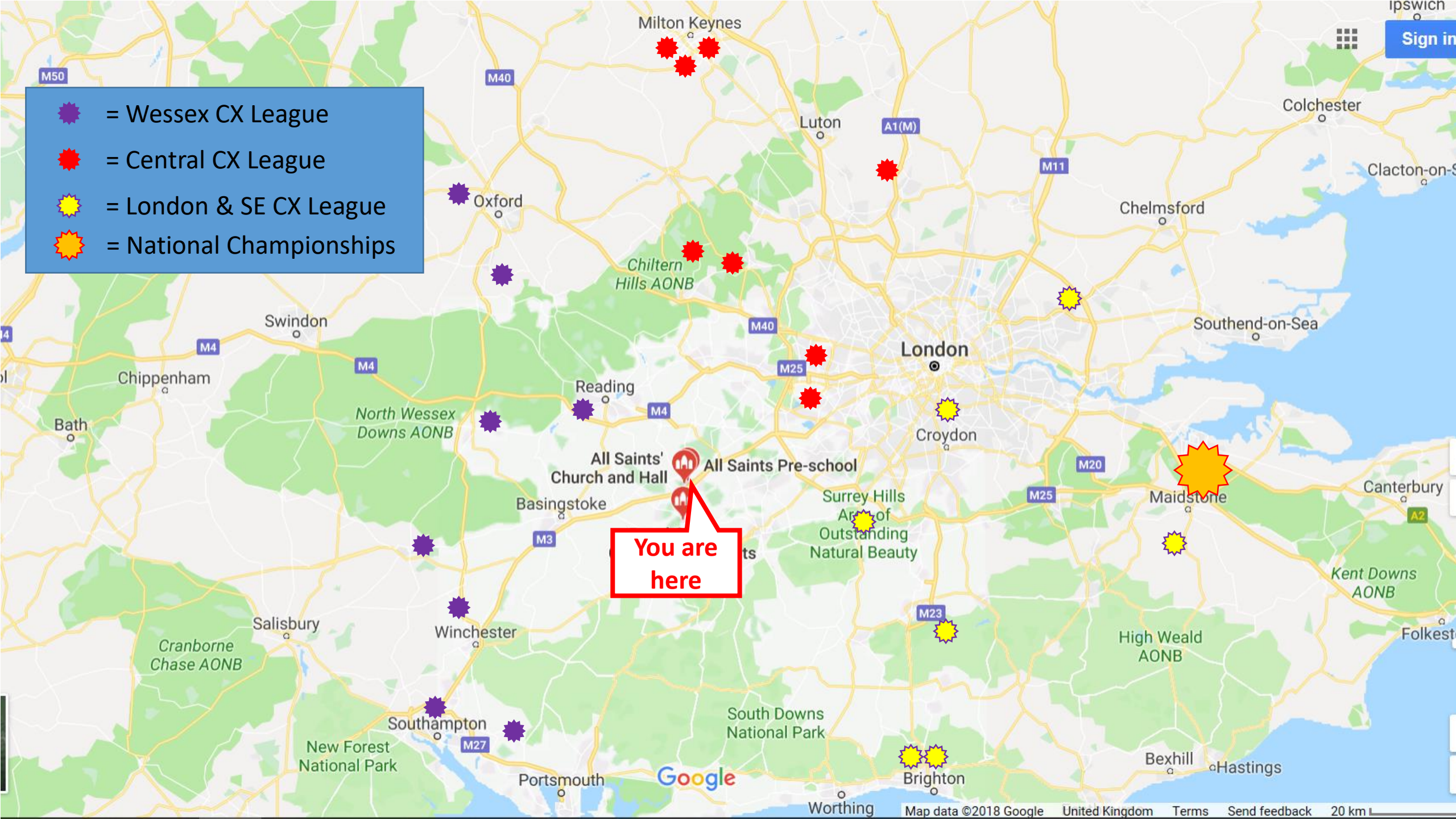


# A few other bits and pieces

- Unlike most other cycling events, you get “gridded”
  - You are lined up in some kind of ability/average finishing position order
  - Very important if you want to compete
- We wear timing chips on our shoes
- You are not allowed to receive outside help
  - E.g. no handing up of drinks or food
  - In Belgium, they seem to make exceptions for beer, and for bacon sandwiches
- You do not need a British Cycling license to ride
  - Though it is cheaper if you do
- It’s better to enter in advance although there is generally unlimited entry on the day – search “cyclo-cross” on the BC website)
- Races are between 40 minutes and an hour

- 🟣 = Wessex CX League
- 🔴 = Central CX League
- 🟡 = London & SE CX League
- 🟠 = National Championships

You are here



# Getting started is easy

- Go and watch the fun
- Grab a bike, turn up and ride
  - From under-8s to over-50s
  - Boys, girls, men, women
  - TT riders, RR riders, commuters, sportivists, triathletes, track riders, social riders, ...
- We are affiliated with the Wessex League which helps if you want to race
- You can individually affiliate to the Central League if you want to race
- You can borrow my cyclo-cross bike any time (best if it's a different race on the same day!)
- Call me or email me
  - 07795 637564, [scott.heyhoe@sky.com](mailto:scott.heyhoe@sky.com)





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