



***National
Championships***

TECHNICAL GUIDE

22-23 AUGUST 2026
NATIONAL CHAMPIONSHIPS - AE FOREST



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EVENT DETAILS

Event Location

Ae Forest, Ae Village, Dumfries, DG1 1QB

Event Organiser

Cameron Balfour, Outside Events, info@outsiderevents.com

BC Contact

Mark Nulty, British Cycling marknulty@britishcycling.org.uk

Document version number 3

Class of Event

All events to be run under BC National Regulations.

Timekeeping

Provided by Protay. Results can be found on the BC website after the event or here
<https://www.gralbaseries.com/britishnationalgravelchampionships>

Registration

Advance entry only on-line for all races via BC web site

www.britishcycling.org.uk

Sign-On, distribution of race boards, timing chips and technical zone passes at Race HQ.

Race HQ

In the event village.

Registration opening times

Friday 18:00 - 20:00

Saturday 07:30 - 17:00

Sunday 07:00 - 14:00

Medical cover

ABC Paramedics

Anti doping

In event village, ask at race HQ

Commissaires

Chief Commissaire: Neil Simpson

Commissaire Panel: Andrea Lockhart, Fiona Walker, Graham Parker

SITE DETAILS



FACILITIES ONSITE

Camping, Caravan & Campervan
(Friday & Saturday night)
Portaloos
Car parking
Catering
Brand Expo
Bike Washing facilities (w3w //runner.fulfilled.
bonkers

FACILITIES NOT ONSITE

Showers
Bar serving alcohol
Access to mains drinking water

EVENT PRIZES & CHAMPIONSHIP AWARDS

National Championship Jerseys:

A National Championship jersey is awarded to the winner, and Gold, Silver and Bronze medals to the first three finishers in each of the following published categories:

Time Trial - Junior Open, Junior Female, Senior Open, Senior Female, Masters 30 Open, Masters 30 Female, Masters 40 Open, Masters 40 Female, Masters 50 Open, Masters 50 Female, Masters 60 Open, Masters 60 Female, Masters 70 Open, Masters 70 Female.

Main Race - U14 Open, U14 Female, U16 Open, U16 Female, Junior Open, Junior Female, Senior Open, Senior Female, 19-34 Open, 19-34 Female, 35-39 Open, 35-39 Female, 40-44 Open, 40-44 Female, 45-49 Open, 45-49 Female, 50-54 Open, 50-54 Female, 55-59 Open, 55-59 Female, 60-64 Open, 60-64 Female, 65-69 Open, 65-69 Female, 70+ Open, 70+ Female

Prizes

Spot prizes awarded on the day from our key event sponsors



RACE TIMETABLE

FRIDAY

SATURDAY

SUNDAY

15:00 Site Opens	08:00 - 10:00 Official Course practise	07:00 - 08:30 Official Course Practise
17:00 - 20:00 Unofficial course practice -open to the public	10:00 U12 (non-Champ) - 5min between Open and Female	08:30 Junior Race - 5 minutes between Open & Female
	10:50 Youth U14 Race - 5 min between Open & Female	10:00 Female Race (Elite, 19-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+, Discover (non-Champ) at 5min intervals))
	11:45 Youth U16 Race - 5 min between Open & Female	11:15 Podiums (Junior)
	13:00 Podiums (Youth)	13:30 Podiums (Female)
	13:45 Masters 50+ Open Race (50-54, 55-59, 60-64, 65-69, 70+ at 5 min intervals)	14:00 Open Race (Elite, 19-34, 35-39, 40-44, 45-49, Discover (non-Champ) 5min intervals))
	16:30 Podiums (Masters Open)	16:30 Podiums (Open)
	19:00 Time Trial Open, Female & Discover (non-Champ)	
	20:30 Podiums (TT)	

*Course Practice is subject to change. Competitors must enter the course at the designated point, where any last minute information can be relayed.

** The course is only open for practice during the times above. Riders seen on the course outside of these will be asked to leave, repeat offenders face DSQ.

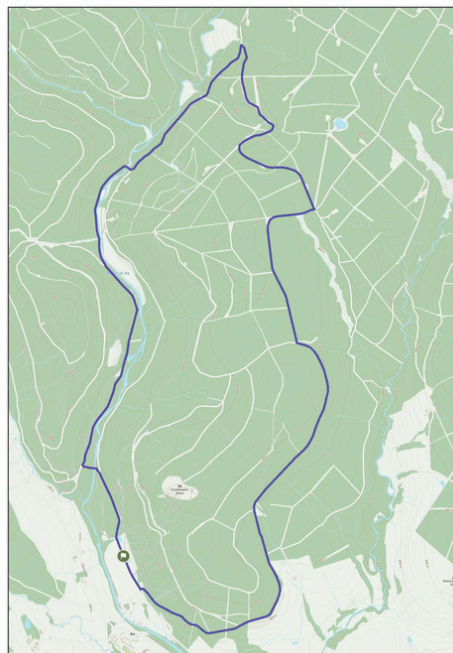
*** All presentations will take place shortly after each race on the British Cycling stage.

**** Please listen on the day for confirmation of podium times, as all results need to be verified by commissaires, meaning that delays are possible.

ADDITIONAL ENTERTAINMENT TIMETABLE

FRIDAY	SATURDAY	SUNDAY
15:00 Site Opens	10:00 Yoga activation session	08:00 Yoga activation session
19:00 - 21:00 Acoustic Free live set	12:00 Spatz Shakeout Ride	
	20:30 - 21:30 Acoustic Free live set	

COURSE MAP - TIME TRIAL



LAP FORMAT

All categories = 1 lap (14km)

START FORMAT

Riders will be set off at 30 second intervals, with oldest ages setting off first and working in descending order until Elite.



Course Map - Youth Course

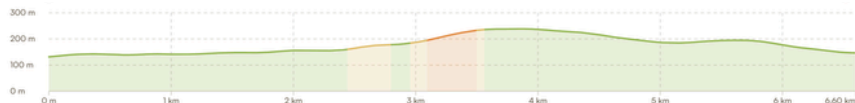


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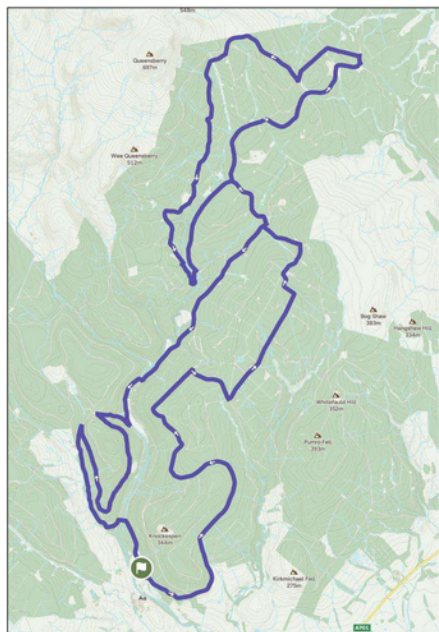
LAP FORMAT

U16 & U14 = 3 laps of main loop (19km)

U12 (non-Championship) = 2 laps of main loop (14km)



COURSE MAP - MAIN COURSE



LAP FORMAT

ELITE, 19-39, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64 = 2 laps (90km)

65 - 69 & 70+ = 1 lap (45km)

JUNIOR = 1 lap + lap of TT circuit (59km)



FEED ZONES - MAIN COURSE

FEED ZONE 1 - 1.3km into the course

Feed zone 1 is the only feedzone where external feeding can be done due to the closed nature of the course.

Spectators to keep within the taped off area to access the feed zone from the event village. Please note it is roughly a 10 minute walk from HQ. Feeding will only be on the second lap of the race.

FEED ZONE 2 - 16.2km into the course

This feed-zone is a self serve feed-zone with no external feeding. Product includes: water, OTE Hydration & carb drinks, OTE electrolytes, OTE Duo bars, OTE gels, fruit.

FEED ZONE 3 - 29.5km into the course

This feed-zone is a self serve feed-zone with no external feeding. Product includes: water, OTE Hydration & carb drinks, OTE electrolytes, OTE Duo bars, OTE gels, fruit.

TRAVEL & ACCOMODATION

Directions

Turn off the A701 at Ae Bridgend, following signs to Forest of Ae. You'll reach Ae village after about 2 miles (3km). Turn right at the Forest of Ae sign at the crossroads just beyond the village, then follow signs to the car park.

Nearest Airports

Glasgow	80 miles / 125 km	Edinburgh	77 miles / 124 km
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Nearest Railway Stations

Dumfries	11 miles / 17km	Lockerbie	15 miles / 25km
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Nearest Hospital

Dumfries & Galloway Royal Infirmary, A75, Cargenbridge, Dumfries, DG2 8RX	01387 245246
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Accommodation

Premier Inn, Annan Road, Collin, Dumfries, DG1 3JX	0333 777 4654
Travelodge, A75, Annan Road, Collin, Dumfries & Galloway, DG1 3SE	08719 846 134

Camping & Parking

Camping is available at a cost of £15. Parking is available at a cost of £7. Both need to be booked in advance [here](#)

ESSENTIAL RACE INFORMATION

Equipment

For all races at the National champs, MTB's, clip-on extensions or inner bar ends are all forbidden. Bar end plugs must be fitted in all cases.

Marshals

Marshals are equipped with red and yellow flags. Should a Marshal be waving a yellow flag, there is an incident ahead and all competitors must slow down and approach with caution. If a red flag is being waved, all competitors must stop and wait for instructions. Failing to adhere to either of these regulations may result in a competitor being disqualified.

Timing Chips

Please collect these on the day of your race (not necessarily with your number board) as they can easily be damaged by electronic frequencies such as keyless start in cars. Your timing chip should be worn around your left ankle under your sock. It is the riders responsibility to return the chip after the race. There will be a bucket near the finish line to deposit the chip in and an additional bucket at registration to use should you leave the course before the end of your race. You will be fined £50.00 if you fail to return the Transponder.

Race numbers

All competitors will be issued with two race numbers, a number board and a tyvek back number. Please secure your number board to the front of your bike using cable ties provided in race pack and your back number in the lower centre of your back, secured using pins. You must not fold or trim your race number, the size is designed to be seen by all race officials at the optimum distance.

ESSENTIAL RACE INFORMATION

Official Practise Sessions

On the grounds of safety, all competitors are advised to compete in at least one of the official practice sessions before their race. Riders shall not access the course for any further practise sessions after their race unless they are also on the start list for a later race.

Gridding

Race numbers are issued in alphabetical surname order for each race category. Starting order will be random, based on a riders position in the starting pen, so please ensure you allow enough time to arrive and find a spot ahead of your race.

Onboard Cameras

For races run under British Cycling regulations, cameras are permitted for use subject to regulation G2.4. This is limited to full licence holders only in the year of their 17th birthday or older. Riders with a Provisional Licence are not eligible. Cameras must be fitted to the bicycle only. Body and/or helmet mounts are not permitted at Gravel events and anyone found using one mounted in this manner will face instant Disqualification.

Event Photography

Please note that photographers will be present at this event. Any rider who does not consent to being photographed whilst participating should notify the sign-on team, where their preference will be updated and photographers notified.

Any photographer requesting a media pass must notify **info@outsiderevents.com** in advance of event to arrange.

ESSENTIAL RACE INFORMATION

Tech / Feed Zones

These are designated areas for riders to receive technical assistance and or nutrition during the race. If technical assistance is required, then the bike should be stationary whilst this takes place. Jet washers are not allowed at any time in the tech / feed zone. If bike washing becomes a necessity, then please do so in the designated bike wash area if available, or in a sensible location where any run off does not flow over the course or the tech / feed zone.

There is 1x tech zone on course for main circuit 1.2km into the circuit - this zone shall be clearly identified. Within this zone, riders can be fed external with bottles. **See page 11 for more information.**

Event Waste Management

Please dispose of any event waste in the bins provided. Any waste during the race, such as gel wrappers or energy bar wrappers should be disposed of in the green zone. This is located directly after the tech / feed zone and should be the **ONLY** place on the course, apart from the tech / feed zone, where litter or unwanted items are dropped. Failure to adhere to this will lead to a fine and or disqualification if caught. We should only be leaving only tyre tracks on the trails. Waste collected will be disposed of will be recycled where possible.

Emergency access

If emergency access is restricted at any point the safety officer should be contacted. If the safety officer cannot clear access or find another emergency access route the event should be postponed until an access route is cleared.

Fire

In the event of a fire being discovered, a fire alarm must be sounded to alert the public via the PA system and loud hailer. In this case the Safety Officer and marshals will evacuate the area to a safe distance and contact the local fire and rescue service immediately.

CONCUSSION POLICY

The updated British Cycling guidance is based around the principle of 'If in doubt, sit them out', and recommends that those sustaining a suspected concussion be immediately removed from the cycling activity until appropriate treatment has been administered, and should not ride again that same day. Any return to cycling should then be in line with the Graduated Return to Play (G RTP) protocol, those who experience concussion symptoms – however mild – should follow a progressive program back to full activity and should not return to competition for at least 21 days.



BRITISH CYCLING
Concussion
A quick guide

What is Concussion?
Concussion is an injury to the brain resulting in a disturbance to brain function.

What causes Concussion?
Concussion can be caused by a direct blow to the head or the body which transmits force to the brain/head e.g. a whiplash injury.

Suspected Concussion?
Visible signs of suspected concussion include:
• Loss of consciousness (in less than 10% of concussions)
• Lying motionless
• Unusually/abnormal vision
• Grabbing or clutching of head
• Dazed or vacant look
• Confused

Symptoms
If any of the following develop in the rider with suspected concussion, they will require (URGENT) medical attention (i.e. call 999).

- Severe neck pain
- Detracting level of consciousness (drowsiness)
- Increasing confusion or irritability
- Severe or increasing headache
- Vomiting more than once
- Change in behaviour
- Seizure/fit
- Double vision
- Weakness or tingling/numbing in their arms and/or legs

Actions

Rider advice:
• Rest the body, rest the mind for 24-48 hours after the injury

Avoid:
• Physical activities, e.g. running, cycling or gym work
• Prolonged cognitive tasks (thinking activities) such as school work, home work, reading, texting/telephone, television and computer games

Riders should not:
• Be left alone in the first 24 hours
• Consume alcohol until their concussion symptoms have settled (at least 24 hours)
• Drive a motor vehicle until free of symptoms

If in doubt, sit them out!
You do not need to have suffered a head injury to have a concussion.
If you suspect a concussion, remove the rider from the activity immediately.



Return to Cycling
Riders should follow a progressive programme back to cycling, known as a Graduated Return to Play (G RTP) protocol.

Graduated Return to Play (G RTP) Protocol

Stage 1
A short period of relative rest (first 24-48 hours).
Earliest return to sport-specific training is 14 days and only progress to the next stage if undertaken activity does not more than mildly exacerbate existing symptoms.

Stage 2
Focus on return to your normal daily activities outside of school or work, with light physical activity.

Stage 3
Focus on increasing tolerance for thinking activities, including light particle activity in weeks 1-2.

Stage 4
Focus on your return to study and work, with non-contact training allowed in week 3.

Stage 5
Focus on your return to full academic or work-related activity. Unrestricted training activities is not allowed before week 5.

Stage 6
Return to competition and this should not be reached before day 21 after your concussion (Day 0 is the day of the concussion).

Further information can be found in the British Cycling Concussion Guidelines.

BRITISH CYCLING

SPECTATOR INFORMATION

Spectator safety is of paramount importance at the National Gravel, Championships and as much as we strive to keep all spectators safe from harm, please remember that all spectators are responsible for their own personal safety.

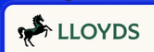
Here are pointers to help stay safe while watching a live event:

- Be responsible and keep your own safety in mind
- Always follow and obey marshal's instructions; they are there to keep you safe
- Observe and follow all event signs, do not cross or enter taped areas and stay within any designated spectator areas
- Do not enter any restricted areas and keep off the track, if unsure ask a marshal
- Always keep dogs on a lead
- Do not alter, move or disturb any part of the course
- Children to be always accompanied
- Never stand on the outside of a corner or berm
- Stand above the track, rather than below

Remember:

- Riders may run wide on corners, take lines close to the tape, overshoot jumps or leave the course with mechanicals





***National
Championships***

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