

2026 LEAGUE ROUND 6

2026 Dates and venues

R1:	29th March - Potash - Rochford - Essex
R2:	12th April - Potash - Rochford - Essex
R3:	26th April - Potash - Rochford - Essex
R4:	10th May - Gallows Green - Essex
R5:	24th May - Potash - Rochford - Essex
R6:	7th June - Potash - Rochford - Essex
R7:	5th July - Potash - Rochford - Essex

MTB east Timings

08:15 - Under 7s, 9s and 12s course open

08:40 - Course closed - Under 7s go to the start

08:45 - Under 7s race start (7 min)

09:05 - Under 9s race start (13 min)

09:35 - Under 12s race start (18 min)

10:00 - Main Course open for practise

10:10 - Course closed to start a new lap

10:30 - Female - Adult start Elite/S1 (1 hr) + 1 Lap

10:45 - Female/Male Fun (45 min) Female U14/U16

11:40 - Course open for practise

11:50 - Course closed to start a new lap

12:10 - Male S2 / Male U14/U16 start (45 min) +1 Lap

13:20 - Male Adult Elite/S1 start (1hr) +1 Lap

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Updated Race Day Timings for Round 7

Please note that for Round 7 all adult race start times have been moved back by 20 minutes to allow time for the U7, U9 and U12 prize presentation.

After the U12 race finishes, there will be time for riders to complete their practice lap. Once everyone has returned, we will hold the U7, U9 and U12 prize presentation.

As soon as the presentation has finished, Female Elite and Sport riders should make their way to the start line. We will do our best to keep to the published schedule throughout the day.

The adult prize presentation will take place as soon as possible after the Men's Elite and Sport race has finished and the final overall league standings have been calculated.

Rider Prize Draw

The rider prize draw is open to all riders, helpers, marshals and medical staff.

To be eligible to receive a prize, you must be present when the draw takes place.

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VENUE LOCATIONS

POTASH WOODS - ROCHFORD ESSEX

Address: The Lawn (Caravan entrance, not main house) Rochford Essex

Postcode: SS4 1PL

What3words: senders.outcasts.meatball

Rounds: 2026

- ROUND1 : 29th March - Potash - Rochford - Supported by Rayleigh MTB Club
- ROUND 2 : 12th April - Potash - Rochford
- ROUND 3: 26th April - Potash - Rochford - Supported by Southend Wheelers
- ROUND 5 : 24th May - Potash - Rochford - Supported by Hadleigh MTB Club
- ROUND 6 : 7th June - Potash - Rochford - Supported by Hadleigh MTB Club
- ROUND 7 : 5th July - Potash - Rochford - Supported by Rayleigh MTB Club

EVENT INFORMATION

Supporting Group: Travers Bikes

Event type: XC



is a wooded wonderland, packed with fun

r-changing features that keep things fresh from round to round. Each race is a new adventure, with tight, exciting competition that'll keep you coming back for more!

Camping: No camping on site, but you can stay in a caravan or motorhome book here.

Facilities: No water, On-site toilets, Food van

GALLOWS GREEN - LINDSELL

Address: Gallow Green, Lindsell, Essex

Postcode: CM6 3QS

What3words: ///cyber.twigs.radio

Rounds:

- ROUND 4 : 10th May - Gallows Green - Lindsell - Supported by Flitch Bikes

Supporting Group: Flitch Bikes

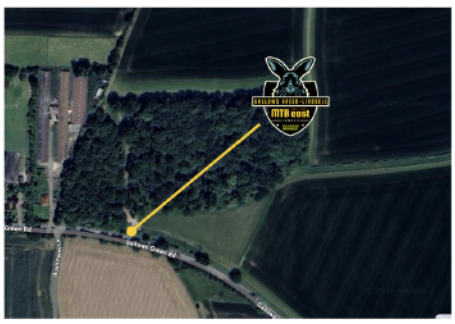
Camping: No

Facilities: Toilets and Food/drink

EVENT INFORMATION

Event type: XC

Course: This year we return to a traditional XC format with the same race day timings as all of the other rounds. We have extend the course from 2025 and added extra features (check the news section for photos) and a new climb.



RACE DAY MAPS









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KEY INFORMATION

- Entries can be made up to 11:59pm on the Wednesday before each round (There is no Entry on the Day).

- ONLINE entries only.

- At your first event, collect your Number Board from the Travers Gazebo, no need to 'Sign On'.

- Your Number Board must be used for all races in the series. They have chips attached to them and will cost £10.00 to replace (payable by card in advance or on the day).

- You will be gridded based on your LEAGUE standing – this will be attached to this document and available on the desk at the Travers Bikes gazebo.

- At at the Potash Venue, please do not ride through the hard-standing near the caravans or feed any horses. We are fortunate to have use of these beautiful woods, but need to share it with others.

1. **New to the League?**
   The MTB east League is a grass roots event designed to encourage new riders into the sport. There will be a wide range of abilities on the track at once, but please do not be intimidated. Mountain Bike Racers are generally a friendly bunch and willing to offer support if needed.

Here are some basic things to remember;

- Helmets must be worn whenever on the track and you must make sure that your bike is capable of handling off-road conditions.
- When faster riders overtake, they will call out indicating whether they are planning to pass on the right or left - you are not obliged to jump out of the way but be aware of them and look for a safe spot to move over and allow space, or go wide on a corner.
- No potty mouths! We are all here to enjoy ourselves and pride ourselves on being family friendly.
- No littering – mountain bikers love the outdoors and we want to look after our environment.
- Hydrate before you race, and make sure you have access to a drink during the race. Small sips before you feel thirsty are best.
- Please let us know how it was for you after the event. We are interested and are always looking to do better so feel free to drop a line to MTBeastessex@gmail.com

2. Event entries

There will be no entries on the day. Entry for all participants are online via MTBeast.co.uk. You will be gridded for each round based on your standing throughout the League. All entries close the Wednesday before the event at 11:59pm.

We use a chip timing system. The chips are on your number board. The same number board must be used for the ENTIRE Season - If you lose/forget it you need to buy another which will be £10.00 and can be purchased using electronic payment on the day. There will be no signing on! You just need to collect your Number Board at the first event you race. You do not need to sign your name at each race.

As we incur certain fixed costs in setting this race up, there will be a limited refund policy and refunds will be at the discretion of the event organiser. We don't seek to make a profit but we do need to recoup our costs over time.

3. Chip Timing System

We developed and started using a chip timing system in 2021.
Please do not cut or alter your number board, for best recirding of data please keep your cables away from the timing chips, upon completing the race, we request that riders move away from the gantry to avoid being credited with extra laps.

Please note that we have also built in redundancy by manually recording rider numbers, so please keep number boards clearly visible and we ask that spectators allow our timekeepers a clear view of riders approaching the gantry.

Rider Instructions

1. Before the First Race:
   Collect Number Boards from the Travers gazebo.

Before each Race:

- Check your gridding position.
- Attach your number board to the front of the bike, making sure it is flat and facing forward so that it is clearly visible to timekeepers.

After each Race:

- Keep your Number Board safe for next race.

4. Event timetable

2026 Full Race Day Timetable

Every round will have the same start time for the races. Practise times are a guide and may alter a little, depending on conditions and riders on the course.

TIMINGS

08:15 - Under 7s, 9s and 12s course open
08:40 - Course closed - Under 7s go to the start
08:45 - Under 7s race start (7 min)
09:05 - Under 9s race start (13 min)
09:35 - Under 12s race start (18 min)
10:00 - Main Course open for practise
10:10 - Course closed to start a new lap
10:30 - Female - Adult start Elite/S1 (1 hr) + 1 Lap
10:45 - Female/Male Fun (45 min) Female U14/U16
11:40 - Course open for practise
11:50 - Course closed to start a new lap
12:10 - Male S2 / Male U14/U16 start (45 min) +1 Lap
13:20 - Male Adult Elite/S1 start (1hr) +1 Lap

In the event of unforeseen circumstances, timings are subject to alteration. Changes will be announced on the public address system.

5. Travel to and arrival at event

Car parking is limited at Potash woods so please follow the guidance of the marshals and try to park as tightly as possible. Riders are welcome to attend throughout the day and volunteer to help at the event.

6. Movement at the venue

You are free to move around all venues to spectate on the course, please be aware that riders are on course either practising or racing.

7. Gridding information and collection of Number Boards

The gridding position for each round will be attached to this pack. This can be subject to some last-minute changes, so the most up to date version will be displayed at the Travers gazebo. Therefore, please make your way to the Travers gazebo upon arrival to check your position and rider number.

For your first race, please then advise the sign on volunteer of your name and rider number who will then handover your number board.

Cable/Silicone ties will be available to attach your boards.

8. Equipment/Maintenance

Please ensure that you have inspected and maintained your bike and equipment for the day, but for any unexpected issues, please ask and we will do our best to find someone to help, we are a friendly bunch.

9. Refreshments

Potash - Food and drinks via food van.
Gallows Green - Food and drinks via food van.

Please note that there is no drinking water tap on-site at Potash woods or Gallows Green, so please ensure you bring sufficient supplies of water with you or money to buy it.

10. Use of facilities

There will be 3 Portaloos on site at Potash and Gallows Green. Please leave these as you would wish to find them and let us know if toilet roll is running low. Also, please use the alcohol gel before and after using the toilets, particularly after touching any contact points, including the handle, flush and seat. We will also be conducting regular cleaning of these contact points.

11. Technical Area/Feed Zone

The Technical Area or Feed Zone will be marked. Feel free to leave tools, feed or drink there. You can only give or receive outside assistance within this area [the exceptions to this are the U7 and U9s races, who often receive some assistance throughout their race].

12. Course practice, warm up and starts

Feel free to complete a practise lap within your designated time.

Ensure you are aware of your gridding position and make your way to your gridding position 5 minutes before your race start time.

The start will be designed to draw riders out to keep it as safe as possible for the riders and to make things easier for our timekeepers.

13. Spectators

We welcome spectators, many of whom bring camping chairs and flasks to enjoy the outdoors. We encourage spectators to cheer on the riders and to move round the course but please exercise caution when crossing the course and follow any guidance offered by the marshals. Spectators must also remember that some riders will be moving extremely fast and should keep any dogs and children safely away from the course. All dogs should be always kept on a lead.

If a parent is needed to assist younger riders during their race, feel free to do so but be aware of other riders.

14. Event finish areas

At the end of the race, riders are asked not to congregate at the finish area once they have crossed the line.

15. Results

Results will be available online only after the event. The results may have some issues initially, and we will put out a message on our Facebook page when they have been tidied up. These provisional results are normally up by the evening of the race but may take a little longer. Please let us know of any issues, and we aim to make the results final by the Wednesday after the race.

There will be no podiums or prizes for individual race events, but there is for the series events (except for the fun events).

17. First Aid

There will be first aid team on site. Any walking wounded should report to them, and any other issues can be reported to any marshal.

18. Thank Yous

Thanks to our sponsors for supporting the series.

Thanks also to everyone that volunteers to marshal and generally helps out – your help is invaluable. Finally, thank you to all of the riders and spectators for participating.

Thank you to the Hadleigh MTB Club, Southend Wheelers Flitch Bikes and the Rayleigh MTB Club for help providing marshals.

FLITCH BIKES

SOUTHEND WHEELERS EST 1923

RAYLEIGH MTB

HADLEIGH MTB CLUB

19. Appendix 1: Event Rules

1. Be kind and considerate of others to ensure everyone has a good day.

Please be sure to read the pre-race information pack which will be sent out once entries close. Important things to note are;

a) A maximum of £5.00 may be considered as an administration fee and thus potentially non-refundable.

b) The organiser undertakes to use their best endeavours to minimise any costs prior to the event and thereby minimise the risk of loss to entrants in the event of cancellation.

c) In the case of cancellation entries are only refundable up to 14 days prior to the event.

d) Between 14 & 5 days prior to the event, entries can be transferred to a later date.

1. MTB east League will run as a league, with 4 Adult Male & 3 Adult Female ability divisions, U14 and U16, plus separate events for Under 12s, Under 9s and Under 7s.

2. At the end of the season there will be some movement within the leagues, including promotion and relegation. This will be on the basis of equalising numbers in leagues and allocating riders to the most appropriate class for their race ability.

3. It is intended that there will be end of Series prizes for all races except the Fun leagues.

4. It is the rider's responsibility to select the appropriate ability League to suit their own level of ability.

5. Should it become apparent that a racer is in the wrong League, the organisers reserve the right to alter your League of entry.

6. To encourage competitive racing, series position will be determined by your percentage of the winning time, based on your best 6 out of the 7 races.

7. All riders will finish on the same lap as the winner. Riders will get a bell with 1 lap to go and the chequered flag will be waved signalling the end of the race as close to the time limit as possible. It is the rider's responsibility to make decisions regarding pace and time elapsed against time remaining. Where riders have completed the same number of laps, the finishing order will be judged by time taken to complete those laps. Any laps completed outside of the allotted time will not count.



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