

Transponders

A Transponder is a sensor that attaches to the fork of your bike. These work in conjunction with the electronic timing loop fitted to our track, providing accurate lap times and scoring.

Transponders are a requirement for all regional and national events allowing for realtime data via our.sqorz.com and are purchased on a subscription basis.

The club has a limited number of transponders available to purchase for riders who require one.



The small print

Ipswich BMX Club's constitution is available on our website along with other key policies and procedures. Please ask any of our current committee members if you have any questions regarding these documents.

We are always looking for help and support. If you would like to become involved please contact our secretary. We hold an annual general meeting for our members in or around November, check our website for the exact date and time.

All information correct at time of print.

#BMXC



Welcome Pack



Your guide to Ipswich BMX Club and racing

About our club

Ipswich BMX Club, Going fast & getting rad since 1980. Ipswich BMX Club is the UK's longest running bicycle motocross club, formed in 1980 we have been holding events at Landseer Park ever since.

The current track is understood to be the oldest surviving track in the UK and was the country's third purpose built facility.

It has seen many minor upgrades over its 40+ years until its complete rebuild in 2021, making it one of the UK's finest tracks once more.

As a member, you are now adding to our history and the club's heritage.

Thank you!



Landseer Park circa 1981



As well as our club racing series Ipswich BMX Club is proud to be at the heart of BMX East, BMX racing across East Anglia.

Regional Racing: The East Anglia Region runs both Summer and Winter series races as well as individual events such as the EA Championships.



Although not required for the Region's Winter series the EA Summer series specifies that riders hold a current and valid British Cycling Race Licence. Usually the last three numbers of your race licence are used as your racing number which you display on your number plate.

Please ask the club secretary for more information or visit their website: www.britishcycling.org.uk

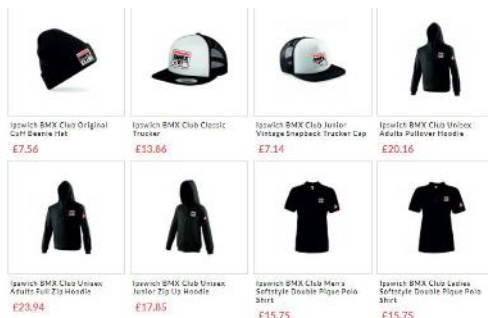
Club clothing

Ipswich BMX Club offer members' official club clothing in the form of race shirts and leisure wear.

Our race shirts are supplied by RSD and are available to order via the club secretary.

Leisure wear can be purchased via the IBMXC Striptees store here:

<https://stripteessuk.com/club-shops/ipswich-bmx-club.html>



The club meets at the track on Landseer Park every Tuesday evening between the months of April to September. The meetings are alternated between summer series racing, gate practice and coaching. We have exclusive use of the track between the hours of 18:00 to 21:00 on these days.

During the winter months, October to March, the club aims to hold training sessions on Saturday mornings (weather permitting).

At least twice a year the club hosts a round of the East Anglia BMX regional race series, attracting riders from across the region.

Details of all races along with any other upcoming events are updated via our website:

www.ipswichbmx.co.uk

and Facebook page:

www.facebook.com/Ipswich-BMX-Club-308180159243798/



BMX Language

Some of the terms and words used during racing can be a little confusing, below is a brief guide to help you understand.

Gates: If you look at the start hill you will notice the width of the hill has been divided into 8 lanes numbered 1 to 8. A metal frame (start gate) is used to start the race, the numbers refer to the section of the gate to line up on. e.g. Gate 4 means you line up on the start gate in the lane numbered 4.

Moto: A race is made up of 3 qualifying laps, these laps are known as moto's. The fastest riders of each moto will qualify for a final race. Depending on numbers there may be ¼ and semi-finals.

Berm: A BMX race track is made up of straights linked together by steep sweeping corners, these corners are known as berms.

Pumping: Pumping is when you create or maintain speed from the track without pedalling using your arms and legs to absorb the jumps on the way up and using them to push down on the other side.

Manual: A manual is basically a wheelie, the length of which is maintained without pedalling. When combined with pumping a manual can increase your momentum over rolling sections of the track.

Racing number plate colours

What do they all mean?

If you are just racing at club level you can just have a plain white background with black numbers.



Cruiser



Expert Male



Expert Female



Junior



Elite

Looking for a Race BMX?

Although not an essential requirement, a race specific bike can aid a rider when racing particularly with younger riders. Here's a list of race specific bikes & a rough age group guide:

Micro Mini: One for the youngsters, 18" wheels. Suits ages 4 to 5 years.

Mini: Still small in frame size, the mini is fitted with 20" wheels. Suits ages 5 to 6 years.

Junior: Larger geometry for the growing rider. Suits ages 7 to 9 years.

Expert: The last of the smaller sized bikes available. Same geometry as the junior bike but with a longer top tube. Suits ages 9 to 13 years. Depending on the height of the rider you can also get Expert XL frames which have even longer top tubes. Handy if your child has a sudden growth spurt.

Pro: The bike used by riders from approximately 13 years upwards. Resembles the more common known BMX bike style but lighter in weight and with different gearing. As with the Expert the Pro frame comes in various sizes up to Pro XXXL.

Cruiser: A bike for the Mums and Dads! 24" wheels make the bike more stable to ride, although not age specific they tend to be popular with the 30+ age groups.

Tip: Children outgrow their bikes all the time. Before buying new we recommend looking for used bikes. There are various groups found on Facebook and the internet. A committee member will happily point you in the right direction.

Pens: Only one moto races at a time, to speed racing up, all moto's are organised into pens ready to go onto the start hill. The pens are numbered in multiples of 10. E.g. moto 1 forms up in pen number 1, moto 2 in pen 2 etc. Moto 11 is the second group of racers to use pen number 1.

Pre-sheets: Pre-sheets are used before a race commences to ensure that each rider's details are correct and that they are entered into the correct race formula (usually decided by age group). It is the rider's responsibility to ensure that their details are correct before the moto sheets are created.

Moto sheets: Once the pre-sheets are approved the riders are organised into their qualifying moto's. Moto sheets are published and displayed to inform each rider which 3 races they are in along with which gates they must go to. E.g. 5:8/20:1/35:3. The first number identifies the moto number, the second number is the gate number, e.g. 5:8 = moto number 5 gate number 8. The rider is responsible to be at the correct moto and in the correct gate in time to race. The race will not wait for the rider.

Race age: Each rider competes against other riders of the same age group. The age group is decided by working out the rider's race age. The formula for this is to take the current year and subtract the year of their birth. The remaining number denotes what age group to enter. E.g. current year 2021, year of...

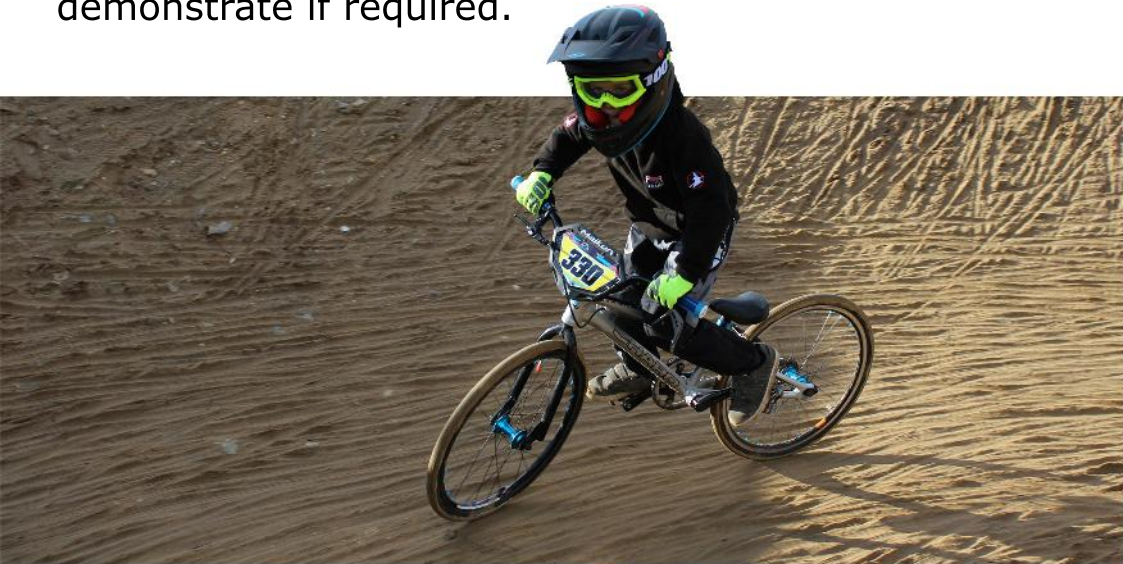
birth 2013. Race age equals $2021 - 2013 = 8$. The rider must enter in the male/female 8 year old formula.

A,B,C,D Finals: Once you have completed the 3 moto's you will qualify for a race final. The fastest 8 riders will qualify for an A final, riders who qualified in positions 9 to 16 will race in a B final and so on.

Grand Prix: If there are 8 or less riders in a race formula then instead of a final the organisers will race a 4th moto. They will take the points won from each of the 4 moto's to establish the overall winner.

Clear as mud?

The most important thing to remember is – if in doubt don't be afraid to ask, we have all been in the same position at some point. Your fellow club members will be willing to answer your questions and even demonstrate if required.



Getting started

Do you want to take part? Here's what you need:



Stunt pegs, lights, padlocks, stands etc. must be removed before practice and racing. Handlebars must not protrude through the end of the grips.