



Spring In The Park 2026

Technical Guide



Weclome

Coordinated & hosted by the Cyclopark Charity Trust, delivered by local cycling clubs. A true collaboration for the benefit of Cycle Sport at one of the best traffic free venues in the UK.

Many thanks to 4t+ Cyclopark, Team Darenth, Lee Velo, Limited Edition, Bigfoot Go-Ride & Southborough & District Wheelers & Barking & Dagenham CC.

Our aim is to get kids racing and keep them racing! The series gives riders the opportunity to see their riding and racing develop, make friends and generally learn to love bike racing!

2026 Series Schedule

Round	Date	Club	Features
#1	Sat 28/03/26	4T+ Cyclopark	Full course - Clockwise
#2	Fri 17/4/26	Lee Velo	Oval Course - Clockwise
#3	Sat 2/5/26	Bigfoot Go-Ride	Full Course - Clockwise TT Round
#4	Fri 15/5/26	Limited Edition	Crit Course - Anti-Clockwise
#5	Sat 30/5/26	Southborough Whlrs	Full Course - Clockwise
#6	Fri 12/6/26	TeamDarenth	Crit Course - Clockwise
#7	Sat 27/6/26	TBC	Full Course - Anti-Clockwise
#8	Sat 11/7/26	4T+ Cyclopark	Champs Night - Street Sprints

How to get here

Cyclopark is located by the Gravesend central junction of the A2.

Cyclopark, The Tollgate,
Watling Street, Gravesend
DA11 7NP

[What 3 Words link](https://w3w.co/same.chats.equal)

<https://w3w.co/same.chats.equal>



NEW Parking System

Please pay for your parking via the Kiosk on Exit OR pay via the YourParkingSpace App.

Facilities at Cyclopark

Cyclopark has changing rooms and showers, fully accessible toilets and an indoor cafe. We kindly ask you not to leave equipment in the cafe area or block the seating if not eating at the cafe. Picnic Benches are available with trackside viewing.

On Arrival

Sign on Sign on will be in a gazebo adjacent to the garage gym out by the picnic benches. Racers in U8 & U10 categories should go straight to sign on. Racers in U12's, U14's & U16s should visit gear check first to get a ticket or stamp. At sign on riders will receive a Body Number and a Transponder chip to mount on their bike with a velcro strap. PLEASE Do not forget to hand back your body number. Transponders will be collected from you immediately after the race. Anyone not returning equipment may be charged.

Gear Checking Please be aware of the new British Cycling regulations for 2025. ONLY U12's, U14's and U16's will need a gear check.

Results

Please see the Spring in the Park website at <https://springinthepark.co.uk/2026-results/> for evening races and Overall standings.

Overall Standings Best 5 out of 7 rounds to count towards overall standing and eligibility for series finisher Medals and Podium Trophies.

Please note - due to the busy race schedule we do not do individual event podiums. Instead, we do a HUGE prize presentation to all series finishers and podium winners after the last event. Riders are treated to a free ice cream too!



Warming up

The circuit will be open for warming up on the Core circuit and Circuit E ONLY from 18:00 Fridays / 09:00 Saturdays. Once races start the only area used for warming up is Circuit E (small oval at the top East end). Riders are welcome to use rollers on the pavilion concourse but should be mindful and considerate of other park users allowing space around the doors and garage gym. Do not use the MUGA (basketball court) for any warming up.

Rider Conduct

Riders must follow British Cycling regulations and the instructions of event officials & volunteers at all times.

Riders Must:

Wear a Helmet when riding in the venue at all times.

Ride only in the direction of the race.

Respect other riders, volunteers, officials and members of the public

DO NOT warm up on the course. DO NOT Use foul language.

Races

Please make sure you are aware of the circuit being used for your race and which direction the race is going. Available at Sign on and on the Socials. Rider Briefings will be given by the Chief Commissaire once all riders are on the Start holding line. All Races are run under British Cycling Rules and technical regulations. Please make any complaints to the chief commissaire verbally after races, you may be requested to put into writing. Chief Commissaires decision is final. Riders must follow instructions from Race Officials and event marshals. Please do ask for help if you need it.

Friday Race Schedule

Race	Sign On	Race Start	Durations
U8's	17:30 - 18:15	18:30	10 mins
U10's	17:30 - 18:30	18:45	15 mins
U12's	18:00 - 18:55	19:10	20 mins
U14's	18:30 - 19:25	19:40	25 mins
U16's	19:30 - 20:00	20:15	30 mins

Saturday Race Schedule

Race	Sign On	Race Start	Durations
U8's	08:30 - 9:15	09:30	10 mins
U10's	08:30 - 09:30	09:45	15 mins
U12's	09:00 - 09:55	10:10	20 mins
U14's	09:30 - 10:25	10:40	25 mins
U16's	09:30 - 11:00	11:15	30 mins

Volunteering



CycloPark Charity take the lead on the organisation of spring in the Park with some regular volunteers for key roles. These races only happen because of the extra support we get from Host clubs and marshalling volunteers. So PLEASE do support your club when they ask for help to marshal the races for your children.

All Volunteers will receive FREE parking and a FREE tea or filter coffee or 50% off a Barrista coffee for each event. Any volunteers who support 4 races will also receive a FREE entry to either a SITP for children or Crits in the Park for themselves.

Please contact Luke if you would like to know more about volunteering luke.anderson@cyclopark.com
_ THANKS TO ALL OUR 2026 VOLUNTEER TEAM !!

Spectating

Please respect rider and spectator safety by staying behind the tape/fencing at all times and NEVER attempt to cross the track when a live race is in progress.

Safeguarding Spring in the Park encourages a safe inclusive and encouraging culture of racing for all our young racers. Please speak to us about any safeguarding concerns or write to; safeguarding@springinthepark.co.uk

Photography For more info please check the guidelines at <https://springinthepark.co.uk/welfare/>
If anyone does not wish their child to be pictured please let the event organiser know - luke.anderson@cyclopark.com



Facebook

[SpringinthePark@Cyclopark](https://www.facebook.com/SpringinthePark@Cyclopark)

Mechanical Issues

Bike changes are not permitted in line with BC regulations. Wheel changes are permitted, but riders are not allowed a lap out. Riders need to chase back on & if lapped must not then interfere or affect the race for other riders.

Hospital / Accident & Emergency

The nearest A&E department can be found at:
Darent Valley Hospital,
Darenth Wood Road,
Dartford,
DA2 8DA

We wish you all the best for your Spring in the Park 2026 series, and remember...

Race Hard. Have Fun. Make Friends.

Say thanks to the volunteers.





BRITISH CYCLING

Concussion

A quick guide

What is Concussion?

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

! If in doubt, sit them out!

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.

? You do not need to have suffered a head injury to have a concussion.

Suspected Concussion?

Visible signs of suspected concussion include:

- Loss of consciousness (in less than 10% of concussions)
- Lying motionless
- Unsteady/balance issues
- Grabbing or clutching of head
- Dazed or vacant look
- Confused

? If you suspect a concussion, remove the rider from the activity immediately.

Symptoms

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

- Severe neck pain
- Deteriorating level of consciousness (drowsier)
- Increasing confusion or irritability
- Severe or increasing headache
- Vomiting more than once
- Change in behaviour
- Seizure/fit
- Double vision
- Weakness or tingling/burning 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

Concussion Policy

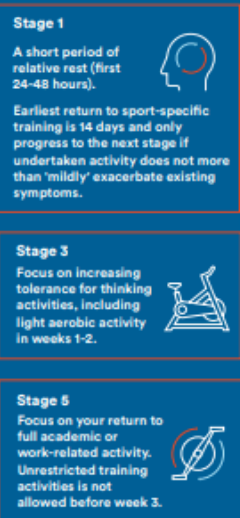
The Spring in the Park team will follow the Concussion policy from British Cycling.

[Click here for full details.](#)

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

Stage 4
Focus on your return to study and work, with non-contact training allowed in week 2.

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).

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

Stage 5
Focus on your return to full academic or work-related activity. Unrestricted training activities is not allowed before week 3.

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

