



National Youth Omnium Round 3, Preston Park 10 May 2026

Updated 03/05/2026

Many thanks to our event sponsors:

**RIVERS
BIRTWELL**





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All races will be held under the [Regulations](#) of the British Cycling Federation. The National Youth Track Series races are also subject to the [2026 Youth Track Series Regulations](#).

WELCOME

Welcome to the National Youth Omnium Round 3 at Preston Park.

Thank you for supporting this community, grass-roots event. Our goal is to provide a safe, inclusive and supportive environment where every competitor can feel proud of taking part. We hope you all find the experience of racing at Preston Park to be rewarding and enjoyable.

We'd like to extend a special thanks to our volunteers, marshals, sponsors, and supporters – we couldn't do this without you!

We recognise that by offering a full programme for all age categories, this does mean a long day. Following feedback that the late finish has an impact on Youth A riders with exams on Monday, this year we have reversed the order of races in each discipline, with Youth A starting first and Youth D last. This means that after the Points Race, Youth A's with exams the next day can get away an hour earlier if they wish.

Our live page contains rider lists, TT stations, and results from each round.

www.ppycc.org.uk/results/

Event prizes will be awarded on the day after all races are complete. A big thanks to Devil's Bykes for the goodie bags!

Final results will be published at the British Cycling event page within 1 week.

We wish all competitors the very best of luck. Race hard, race fair, and most importantly – enjoy it!

The PPYCC Team

Did you know?... Preston Park cycle track was opened in 1887 making it the oldest working velodrome in the world. Its odd shape and length (587m) is the result of being built before the Olympic era, after which velodrome shapes and distances were standardised. During the 1950s, crowds of up to 10,000 would gather to watch track races here. Today the track and surrounding flint-wall seating are protected by Historic England, and PPYCC are proud to keep grassroots sport alive here for the next generation...



APPROXIMATE TIMETABLE

All times are approximate and may change. Please listen to PA for announcements.

08.45	Registration opens in Cricket Pavilion
09:45	Registration closes
10.00	Rider briefing
10.15 – 10.30	Track warm up Youth D, C & B
10.30 – 10.45	Track warm up Youth A
11.00	Time Trials
12.30	Scratch Race
13.30	Break
14.00	Elimination Race
15.00	Match Sprints
16.00	Points Race
17:45	Racing finishes / Presentations

KEY CONTACTS

The following team can be found at the race officials area near the start line.

Event Organiser: Mark Aberdour

events@ppycc.org.uk

If needed on the day, do not email, please call or WhatsApp on 07936 716579

Chief Commissaire: Phil Jemmison

Assistant Commissaires: Sue Knight, Tim Knight, Anthony Knight

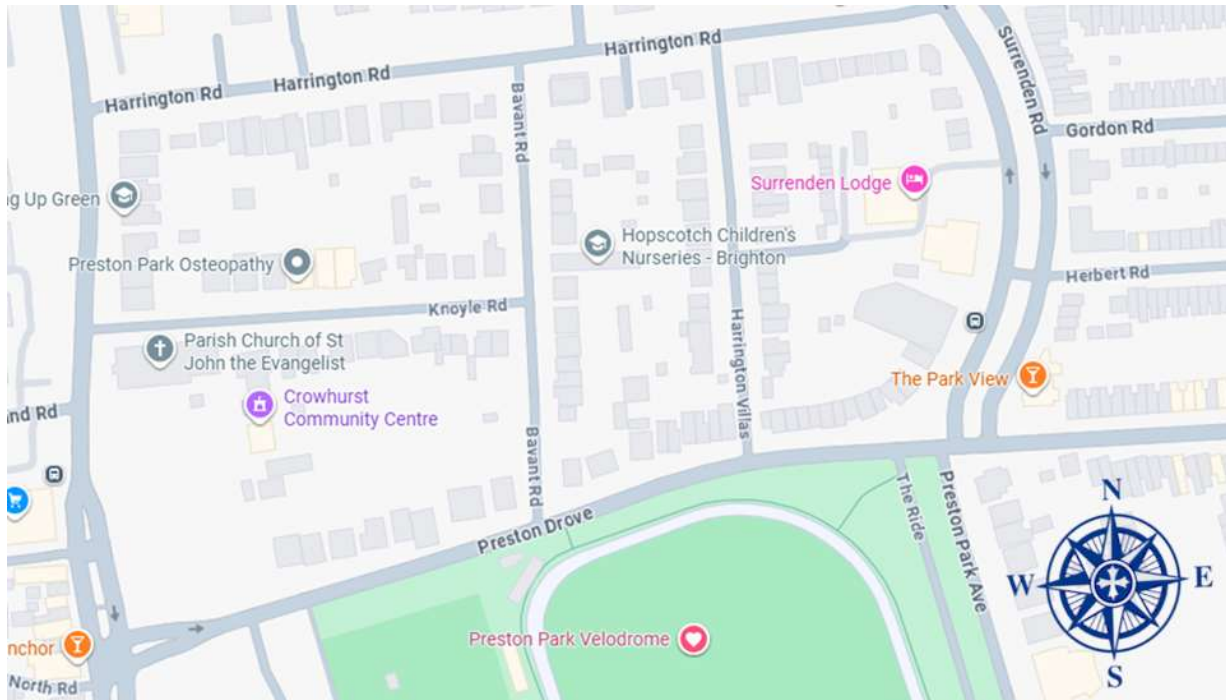
📍 DIRECTIONS, PARKING & ACCESS

The event takes place at **Preston Park Velodrome**, The Ride, Brighton BN1 6LA.

What3Words: [///sheep.bind.makes](https://www.what3words.com/#!/share////sheep.bind.makes)

Google Map: <https://maps.app.goo.gl/7fZsp4KowSrYxSHP8>

Parking Guidance



The official car park for Preston Park is **The Ride**, accessed from Preston Drive. However, there is plenty of free street parking nearby, although restrictions vary between streets. Please do not park on double yellows, dropped curbs, near junctions, or in front of driveways. All paid parking uses the Pay by Phone app.

- **The Ride:** Paid parking, 6hrs maximum.
- **Preston Park Ave:** Paid parking, 6hrs (Park-side) / Permits only (Houses-side).
- **Preston Drive (West of Harrington Villas):** Free on-street parking, 4hrs (Park-side) / Permits only (Houses-side)
- **Preston Drive (East of Harrington Villas):** Paid parking, 4hrs (Park-side) / Permits only (Houses-side)
- **Bavant Road, Knogle Road, Harrington Villas, Harrington Road, Surrenden Road:** Free on-street parking (unlimited time, no restrictions on weekends)

Trains

Preston Park Railway Station is on the mainline from London and the coastal route from Littlehampton. It is a short walk or cycle from there to the velodrome. Don't forget to check the train operator's website for cycle restrictions.

Disabled Access

The event site is wheelchair accessible via hard-surfaced paths from the South / The Ride car park. All other entrances involve steps.

The Cricket Pavilion toilets in the basement involve a flight of stairs. Fully accessible, public toilets are located at the Chalet Cafe and Rotunda Cafe within Preston Park.

Please contact us in advance if you require support with access or a designated viewing area.

Track Access

Track access is via the gate on the home straight. All other gates will be locked.

Crossing the track is only allowed between races and under the control of the gatekeeper.



BIKE CHECKS AND REGISTRATION

Equipment Rules

The below is a summary of key items from the [National Youth Omnium 2026 Regulations](#), which in some places refers to the Technical Regulations found in the [British Cycling Rules 2026](#) handbook.

All ages

- Spare bikes are not permitted, riders must have only one track bike at the event.
- Riders must not have separate bikes for the Time Trials.
- Wheel and gear restrictions as per British Cycling Track Technical Regulation 2.1.8

Youth D, C and B

- Tri-bars, arm extensions and/or arm pads are prohibited.

Youth A

- Youth A riders can use disc wheels although these may be prohibited on the day depending on wind conditions.
- During the time trial, Youth A riders may use tri-bars and arm extensions which comply with BC technical regulations.

Gear Checks

Please have your bike gear checked before signing on.

Note: There will also be gear checks for selected riders after the TT and at other points in the programme.

Sign On

Location: Inside the cricket pavilion

What you need: Bring your British Cycling licence (digital copy accepted on phone screen). Otherwise, day membership is included in your entry.

Race officials reserve the right to refuse any bike deemed unsafe or non-compliant.

RACE INSTRUCTIONS

Race Briefing

The race briefing will take place near the start line and is **mandatory for all competitors**.

The chief commissaire will conduct the briefing and will cover key event details, safety information, and any last-minute updates or changes.

Parents and carers are welcome to listen in, especially for younger age groups.

Please ensure your rider is changed, numbered, and ready to race before the briefing begins. Listen for announcements to gather promptly at the designated area.

Track Warm-Up

Race numbers must be visible for the warm-up session.

Steady riding above the blue line, efforts below.

Rider's Corral

You are expected to be ready in the rider's corral for the start of your race, do not assume you will be waited for. Listen for announcements and watch how the racing is progressing.

Time Trial

Time Trial stations are numbers 1 at the start line and then continue anti-clockwise around the track.

Riders will be assigned to start stations randomly.

Youth A and B distance is 2 laps; Youth C and D distance is 1 lap.

Scratch Race

Youth A: 14 laps

Youth B: 9 laps

Youth C: 5 laps

Youth D: 3 laps

Elimination Race

Eliminated riders will be pulled from the bunch, **in addition to any riders dropped before the home straight.**

Youth A: 1 free lap then 2 out each lap, until final 2

Youth B: 1 free lap then 2 out each lap, until final 2

Youth C: No free lap. 2 out each lap, until final 2

Youth D: No free lap. 1 out each lap, until final 2

If a race has an odd number of riders, it will go to the final 3.

Match Sprint

Sprints heats will be **published on the results web page** with heats based on position.

All match sprints are 1 lap regardless of age group.

Points Race

Youth A: 18 laps, points every 3 laps

Youth B: 15 laps, points every 3 laps

Youth C: 8 laps, points every 2 laps

Youth D: 4 laps, points every 2 laps



SPECTATORS, PHOTOGRAPHY AND DOGS

Spectators

- Spectators are welcome on the grass in the track centre.
- The only off-limits areas are the cricket squares (which are roped off) and the cricket equipment (please ensure young children do not climb).
- On sunny days there is zero shade in the track centre, please plan accordingly.
- You are welcome to bring gazebos and peg them into the ground.
- **No ball games inside the velodrome fencing.**

Photography

- An official race photographer will be present throughout the day and a link will be sent to all participants after the event.
- If taking your own photos, please do not share on social media without riders' permission.

Dogs

- **Strictly no dogs** are allowed inside the velodrome fencing.
- There is plenty of space to spectate outside the fencing, where dogs are welcome but **must be kept on a lead at all times**. We reserve the right to ask you to remove your dog if it becomes a danger or nuisance to other competitors or spectators.



CHANGING AND TOILETS

Changing Rooms

There are changing rooms available downstairs in the Cricket Pavilion, accessed via the stairs at the pavilion entrance.

Toilets

Competitors and visitors may use the toilet facilities in the Cricket Pavilion basement, accessed via the stairs at the pavilion entrance.

Fully accessible, public toilets are located at the Chalet Cafe and Rotunda Cafe within Preston Park.

Please help us keep all toilet and changing areas clean. We recommend arriving changed, where possible, and ask that no-one changes in open public spaces.



SAFEGUARDING & FIRST AID

We are committed to providing a safe and welcoming environment. If you become separated from your child, or if you find a child who appears lost, please locate the designated **Welfare Officer** either at registration or ask at the PPYCC gazebo. Please ensure your child knows what to do if they become lost.

All staff and volunteers are briefed on our safeguarding procedures.

We kindly ask all adults to support our safeguarding efforts by:

- Supervising children when not racing
- Reporting any concerns to a marshal or welfare officer
- Respecting all competitor boundaries, especially at trackside and toilets

Medical support will be on site throughout the event. In case of any incident, notify the nearest marshal immediately. The Welfare Officer or medical team will respond.

If a competitor withdraws mid-race, they must report to the race officials at the finish line.

The nearest A&E department is Royal Sussex County Hospital, Eastern Rd, Brighton and Hove, Brighton BN2 5BE. <https://maps.app.goo.gl/qZzqiR82ocK6h3MN6>

CATERING & REFRESHMENTS

We will have a **club refreshment stall** offering cold drinks, snacks, and homemade cakes.

There is also a **Costa Coffee** at the bottom of Preston Drove (about a 5-minute walk), while the nearby **Chalet Café** and **Rotunda Café** within Preston Park serve hot drinks and ice cream.

You're very welcome to bring your own picnic – there's plenty of space around the track centre to sit, relax, and cheer on the competitors.

Please dispose of all rubbish responsibly – bins will be provided.



RACE RULES & CONDUCT

Race Rules

This event is governed by the rules of British Cycling. Full rules can be found in the [British Cycling Rules 2026](#) handbook.

Race Officials from British Cycling will be present to support riders and ensure the event runs safely and fairly. While their role is to help, they may issue penalties for rule breaches or unsafe conduct.

Any queries about competition regulations on the day should be directed towards the commissaire team, not club volunteers.

We appreciate your understanding and cooperation in helping ensure a safe racing environment for all riders.

Code of Conduct

We aim to foster a positive, respectful, and inclusive environment for all competitors and their families. Please take a moment to review these important guidelines.

For Parents and Carers:

- Encourage your child to enjoy taking part, whatever their ability or result.
- Set a good example by applauding effort, not just podium finishes.
- Respect marshals, officials, and volunteers at all times.
- Avoid coaching or shouting instructions during races.
- Help your child prepare calmly and positively for their event.
- Use supportive and respectful language; never berate or criticise.

For Young Athletes:

- Compete fairly and within the rules.
- Respect the decisions of race officials and marshals.
- Treat fellow competitors as friends and teammates.
- Use polite language and behaviour at all times.
- Don't forget to thank the volunteers who make your racing possible!

Disputes

If you have a concern about your result or race conduct, speak to the Chief Commissaire as soon as possible after your race, remembering that their decision is final.

Please remember: all organisers, marshals and commissaires are volunteers working hard to create a positive race day for everyone. Thank you for showing them the same respect you'd hope for in return.

Everyone plays a role in making this a great event. Thank you for your support!

FINAL NOTES

Fit to Compete

By entering the event, parents confirm their child is medically fit to take part in a physically demanding event. Please inform the race organiser in advance by email at events@ppycc.org.uk if your child has allergies or other medical needs that we should be aware of.

Public Address & Announcements

A public address system will be used throughout the day for important announcements, including race calls, briefing reminders and schedule changes. Please listen carefully and follow instructions from the event team.

Adverse Weather

We'll monitor weather conditions closely. **Preston Park is NOT an all-weather track**, so if prolonged rain results in a wet track then racing may be paused or called off completely, with results declared based on the cumulative score after the last fully completed discipline for each category.

Lost Property

Any items found during or after the event will be taken to the race officials area near the finish line. If you're missing something, please check there before you leave.



Preston Manor

A delightful manor house capturing the atmosphere of an Edwardian home both upstairs and downstairs. Visitors can take a step back in time exploring over 20 rooms on four floors from the superbly renovated servants quarters in the basement to the attic bedrooms on the top floor. An admission fee is payable and opening times are available from the Manor.



Chalet Cafe

Designed by Philip Lockwood in 1997 this two storey brick and timber building has a distinctive balcony reached by metal stairs and was originally used by the park police. Look out for the cast iron box by the door with the letters and town crest of the former Corporation of Brighton.



The Clock Tower

This 55ft working Grade II listed red brick and terracotta tower has broken pediments supported by Corinthian columns and is elaborately decorated with dolphin motifs, shields, Cherub statues and a weather-vane. It bears the following rhyme: 'Here I stand with all my might to tell the hour day and night. Therefore example take by me and serve thy God as I serve thee.'



Bows Pavillion

Designed and built by Captain Bertie MacLaren in 1937, this red brick flat roof building is easily recognised with its five glazed double doors leading to a terrace.



Rotunda Cafe

Built in 1929, this circular single storey building was the subject of a Heritage Lottery Grant, has been restored to its former glory and is now a busy continental style cafe. Designed in Italianate style by Bertie MacLaren, the building has 11 glazed timber doors, leading to a terrace and overlooking a rose garden.



Walled Garden

The Edwardian style Walled garden re-opened to the public in 2001 after restoration funded by the Heritage Lottery Fund. The grade 11 listed garden was originally part of the manor gardens before becoming part of the park. Work has included the re-laying of paths, replacing the lily pond, erecting a metal arch re-introducing early varieties of period plants.



Rock Garden & Chalet

Built on the side of a railway embankment, using 1,350 tonnes of stone from the Cheddar Gorge the rock garden opened in 1936. Winding stone paths, steps and a rustic bridge follow the rocky cascade through different levels of the garden leading to a kidney shaped pool. A walk to the top of the rockery reveals stunning views over the Park, Preston Manor and St Peter's Church.



Tile House

Also known as the octagonal pavilion, the Grade 11 listed tile house was bought in 1929 from the Wembley Exhibition where it was used to display a pottery company's glazed tile work at the Bath and West Show. Designed by Philip Lockwood, the timber framed building was originally moved to the park as a Ladies Pavilion.



Bows Pavillion

This timber framed single storey building designed and built by Captain Bertie MacLaren was originally the men's bowling pavilion.



Rose Garden

Originally designed by Captain Bertie MacLaren to draw people into the park, the rose garden was restored and replanted in 2001 with funding from a Heritage Lottery grant. Work included planting 4,000 old fashioned shrub roses, chosen for colour and scent and renovation of the life size French statues which represent two of the four seasons.

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