

2016 XC NATIONALS BELLURGAN PARK

17th of July



Irish National Cross-country (XC) Championships 2016 Technical Guide (v2)

This is the technical guide to the 2016 Irish National Cross-country Championships which will be hosted by Cuchulainn Cycling Club at Bellurgan Park.



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Race date

The race will take place on Sunday 17 July 2016.

Venue location

The venue will be Bellurgan Park, Dundalk, County Louth, Ireland.

Sat nav. co-ordinates: 54.022909, -6.338176

Location link: <http://www.bellurganpark.ie/>

Map link: <http://tinyurl.com/zoh7ln5>

Class of the race

National Championship.

Organiser's contact information

Race Director: Aiden McDonald

Telephone (ROI) 0876 262998

Categories of riders (+ minimum numbers)

Category of licence held	Details of combined categories	Year of birth	Minimum number
Senior men	Elite & Espoir	1997 or older	12
Senior women		1997 or older	12
Junior men		1998-1999	6
Junior women		1998-1999	6
M30 men		1977-1986	12
M40 men		1967-1976	12
M50 men		1957-1966	6
M60 men		1956 or older	6
Under 16		2000-2001	N/A
Under 14		2002-2003	N/A
Under 12		2004-2005/6	N/A

- See Cycling Ireland Technical rules T10.1.11

Licence information

Riders must also have a UCI code which begins with "IRL". Riders must hold a 2016 licence either a Limited Competition (LC) or Full Competition (JR, A4, A3, A2, A1, A+) or equivalent from another cycling federation. Licences must be presented at sign on. For non-Cycling Ireland licence holders, please ensure you have a 2016 licence from your federation then email a copy of your licence to the race director before pre-entry closes.

Pre-entry information

Pre-entry is run through the Cycling Ireland Azolve system. Opens Thursday 23 June 2016 and closes at 23:59 on Sunday 17 July 2016. Riders can pre-pay at the same time otherwise payment will be taken on the day.

<https://cyclingireland.azolve.com/portal/EventsBooking.aspx?EventId=215904>

Rider fees

Senior riders - €25

Junior riders - €10

Under 16s, Under 14s - €5

Under 12s - €2

Prize list / Points scale

Medals will be awarded for top 3 riders in each of the 14 categories (Senior men, Senior women, Junior men, Junior women, M30 men, M40 men, M50 men, M60 men, Under 16 boys, Under 16 girls, Under 14 boys, Under 14 girls, Under 12 boys, Under 12 girls,).

(See Cycling Ireland Technical rules T10.1.14 in respect of number of starters in respect to the number of entries required)

A National Jerseys will be presented to the winner of each category provided the rider and race meets the criteria set out in the Cycling Ireland Technical rules T10.1.15 (see below).

15. A National Champion's Jersey or Skinsuit will be presented to all National Champions, however no rider may be awarded more than one such jersey in any year.
No jersey will be awarded to the winner of a Championship where the number of starters are as described in table T10 A1.14 above.
No jersey will be awarded in a Championship event where there are less than 3 Open events held in any one year in that discipline.
The National Champions jersey will have the Cycling Ireland logo and name inscribed in an area not exceeding 64 square cms. on the left breast.
The jersey must not be covered during the presentation ceremony.

Specific specifications for this event

The event is being run under Cycling Ireland rules. The technical rules can be found on <http://www.cyclingireland.ie/page/events/technical-rules3/technical-rules> . There are no specific specifications for this event.

UCI points

The table below provides details of the UCI points that are awarded for national championships. Points are not awarded for youth or masters categories (M30, M40, M50, M60).

Finish	National Championships	
	Men/Women Elite	Men Juniors
1	110	20
2	90	10
3	70	5
4	60	
5	50	
6	40	
7	30	
8	20	
9	10	
10	5	

Commissaire list

The race will be under the control of the PCP – Martin Grimley. He will be working with Maciej Staroniewicz and Lisa Millar. Riders are asked to show respect to the commissaires and all personnel involved with the event.

Clothing

Riders must wear their official club kit or a plain kit. This includes on the podium.
(See Cycling Ireland Technical rules Article.1.1 and Appendix 4 Reg 3)

Podium

The podium presentations will take place once the last rider has crossed the line. The first three of every category have to present themselves for the award ceremony right after the arrival of the last rider in their race. The ceremony should not take more than 10 minutes. (see clothing note above).

Anti-doping

We have not been informed if anti-doping will be on site. It is the responsibility of all riders to ensure that they are not required for Drug Testing.

Equipment

- The bicycle must meet UCI standards
- The use of radio links or other remote means of communication with riders is forbidden.
- The use of tyres fitted with metal spikes or screws is not permitted.
- During MTB races no traditional road handlebars may be used.
- The handlebars extensions of a triathlon or time trial type are forbidden, but traditional barends are authorized.
- Bar plugs are compulsory.
- Bicycle shall be propelled solely through a chainset, by the legs moving in a circular movement, without electric or other assistance.

Gridding

Riders will be gridded for the start of their race. Details of the gridding will be published closer to the race date.

Accreditation and feed-zone passes

Access to the pit zone will be restricted to only those who are servicing or feeding riders in the race that is currently taking place. Marshals will be located in the pits to ensure that only authorised persons are allowed inside.

Race schedule (including practice times)

Saturday 16 July 2016

From	Event	Until	Practice time
14:00	Course open for practice	16:00	120 minutes

Sunday 17 July 2016

Category	Call up	Start time	Duration		End time
			Min	Max	
Under 12s	10:00	10:10	00:15:00	00:20:00	10:30
Practice time		10:30			11:00
Under 14s	11:00	11:10	00:30:00	00:40:00	11:50
Under 16s	11:00	11:10	01:00:00	01:10:00	12:20
Junior women	11:00	11:10	01:00:00	01:15:00	12:25
Junior men	11:00	11:10	01:00:00	01:15:00	12:25
Senior women	11:00	11:10	01:15:00	01:30:00	12:40
Practice time		12:40			13:10
M40	13:10	13:20	01:15:00	01:30:00	14:50
M50	13:10	13:20	01:00:00	01:15:00	14:35
M60	13:10	13:20	01:00:00	01:15:00	14:35
Practice time		14:35			15:05
M30	15:05	15:15	01:15:00	01:30:00	16:45
Senior men	15:05	15:15	01:15:00	01:30:00	16:45

Opening times to venue

The venue will be open from 8:30 am on Sunday 17 July 2016. On Saturday 16 July 2016 the venue will be open from 1:30 pm for practice which starts at 2:00 pm.

NOTE: There is no practice allowed on Friday 15 July 2016.

Locations of registration and opening times

The sign on will take place in Bellurgan Park House. Signage will be in place to direct riders to the sign on area. Riders must present themselves along with their 2016 licence cards or a PDF version of their 2016 licence. Sign on opens at 9 am on Sunday 17 July 2016. Sign on closes 15 minutes before the start of the call up for each race.



Riders briefing & location

A rider briefing has been provisionally scheduled for 9:30 on Sunday 17 July 2016 in the sign on location. The briefing will be held by the PCP, event organiser and other relevant parties. This briefing will only take place if four or more riders request this meeting to go ahead. This is a provisional time slot and will not be compulsory for all riders to attend.

Race numbers

Race numbers will be supplied by the organiser which should be placed secured onto the handlebars in a way which makes it clear for timekeepers to read. Riders must not cut, fold or mutilate race numbers.

Timing company information

Chip timing provided by Elite Timing.

Press/media information

An area will be set aside in the sign on area for press/media.

Parking arrangements

Parking will be in front of Bellurgan House. Signage will be in place. Please co-operate with the car park marshals.

Bike wash facilities

A bike wash facility will be available in the yard behind Bellurgan House.

Spectator access and information

Spectators will be allowed to stand outside the course along any point. A course map will be displayed on the day. No spectators will be allowed into the pit area. It is recommended that all spectators wear appropriate clothing and footwear.

Crossing points

All spectators are asked to obey instructions from the marshals.

Transport links

For bus links to Bellurgan Park see <http://www.buseireann.ie/>

Accommodation links

Bellurgan Park Chalets are located on site with additional accommodation in the Louth county. Camping is available on site. Contact Bellurgan House.

Event Sponsors

The event sponsors are Greenbikes, Niall Clark Oils and Eiregramco Ltd.

Catering arrangements

Last Lap Café will be present on site to supply food for competitors and spectators.

Toilets, showers

Toilet facilities are on site but there are no shower facilities

First aid location

The ambulance will be parked in the top car park

Nearest hospitals

The nearest hospitals are
Louth County Hospital, Dundalk – 11 km
Daisy Hill Hospital, Newry – 23 km

Emergency evacuation location

In the event of an emergency all riders, spectators and organisers should gather at the car park and await further instruction.

Litter – use of bins

Riders and spectators are asked to use the bins provided on site or to take their rubbish home.

Video / Description of the course

Course pre-video links

Main course: <http://tinyurl.com/glgsjql>

Under 12s course: <http://tinyurl.com/jpzx8nm>

Map of the course

