



**Irish National Cross-country (XC) Championships
2017
Technical Guide (v5a)**

This is the technical guide to the 2017 Irish National Cross-country Championships which will be hosted by EPIC MTB Expert Cycles at Djouce Woods.

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Race date

The race will take place on Sunday 23 July 2017.

Venue location

The venue will be Djouce Woods, Co. Wicklow, Ireland.

Sat nav. co-ordinates: 53.155977, -6.186767

Map link: <http://tinyurl.com/y8sngu7f>

Class of the race

National Championship.

Organiser's contact information

Race Director: Chris Campbell

Telephone (ROI) 087 138 8201

Email address: chris.cambell87@hotmail.com

Categories of riders (+ minimum numbers)

The race will have national championship categories and one non-championship category which will also allow riders who do not have 'IRL' on their licence card to participate.

National Championship Categories are shown in the table below. Note the minimum number required for the category to be included on race day.

Category of licence held	Details of combined categories	Year of birth	Minimum number
Senior men	Elite & Espoir	1998 or older	12
Women	Senior & Junior	2000 or older	12
Junior men		1999- 2000	6
M30 men		1978-1987	12
M40 men		1968-1977	12
M50 men		1958-1967	6
M60 men		1957 or older	6
Under 16		2001-2002	N/A
Under 14		2003-2004	N/A
Under 12		2005-2006/7 (see note below)	N/A

- See Cycling Ireland Technical rules T10.1.11

Licence information

Riders participating in the national championship categories must have a UCI code which begins with "IRL". Riders must hold a 2017 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 2017 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 which closes at 19:59 on Monday 17 July 2017. Riders can pre-pay at the same time otherwise payment will be taken on the day. Link here - <http://tinyurl.com/y9kxqbwt>

Rider fees

Senior riders - €25
Junior riders - €10
Under 16s, Under 14s - €5
Under 12s - €2

Under 12s

RE: Riders born in 2007.

Riders would receive an Under 10s licence card if they took out a Cycling Ireland licence before their 10th birthday.

Riders who took out a licence on or after their 10th birthday would have received an Under 12s licence card.

Riders who were provided with an Under 10s licence, but who have now turned 10, can apply for an Under 12s licence directly from the Cycling Ireland Office via email. This must be done before the closing date for entries. The office is only available during office hours Monday to Friday. Once the rider has the Under 12 licence code he/she can then register to ride in the Under 12s category.

Non-championship race

The non-championship race is aimed at the "baggy shorts", "sports", "fun" riders and will allow non-IRL licence holders to compete. Registration for the non-championship race can be completed using this link (<http://tinyurl.com/y7qdgdwk>). Registration is open until Friday 21 July 2017. There will also be sign ups allowed on the day for the non-championship race.

Prize list / Points scale

Championship medals will be awarded for top 3 riders in each of the 13 categories

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

Senior men	Under 16 boys
Women	Under 16 girls
Junior men	Under 14 boys
M30 men	Under 14 girls
M40 men	Under 12 boys
M50 men	Under 12 girls
M60 men	

There will be prizes for the top 3 riders in the non-championship race which will be provided by the host club.

A National Jersey will be presented to the winner of each championship category providing 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 Chief Commissaire Martin Grimley. (+44 7899913865 – martin@ulsterxc.com). He will be working with Maciej Staroniewicz and Gary Shiels. 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.
- It is compulsory to wear a protective helmet when racing or training on the course and such helmet must comply with the required safety standards.
- All riders shall, when racing, wear a jersey with sleeves and a pair of shorts, possibly in the form of a one piece. By shorts it is understood that these come above the knees. Jerseys without sleeves shall be forbidden. It is also forbidden to wear non-essential items of clothing other than where weather conditions make them appropriate for the safety or health and safety of the rider.

Gridding

Riders will be gridded for the start of their race. Riders must be in the holding area 10 minutes before the start of their race for gridding to take place. Riders who are not in the holding area will not be gridded. 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 22 July 2017

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

Sunday 23 July 2017

Category	Call up	Start time	Duration Min	Duration Max	End time
Sign on opens		09:00			
Under 12 boys	09:20	09:30	00:15:00	00:20:00	09:50
Under 12 girls	09:20	09:30	00:15:00	00:20:00	09:50
Practice time		9:50			10:15
Junior men	10:15	10:25	01:00:00	01:15:00	11:40
Under 16 boys	10:15	10:25	01:00:00	01:10:00	11:35
Under 14 boys	10:15	10:25	00:30:00	00:40:00	11:05
Under 16 girls	10:15	10:27	01:00:00	01:10:00	11:35
Women	10:15	10:27	01:15:00	01:30:00	11:45
Under 14 girls	10:15	10:28	00:30:00	00:40:00	11:05
Practice time		11:45			12:15
Non-championship race Sports men	12:40	12:45	00:45:00	01:00:00	13:45
Non-championship race Sports women	12:40	12:46	00:45:00	01:00:00	13:45
Practice time		13:45			14:15
M40	14:15	14:25	01:15:00	01:30:00	15:55
M50	14:15	14:27	01:00:00	01:15:00	15:40
M60	14:15	14:29	01:00:00	01:15:00	15:40
Practice time		15:40			16:00
Senior men	16:00	16:10	01:15:00	01:30:00	17:30
M30	16:00	16:12	01:15:00	01:30:00	17:30

Opening times to venue

The venue will be open from 8:30 am on Sunday 23 July 2017.

On Saturday 22 July 2017 the course will be fully tapped by 2:00 pm. Riders wishing to come down to practice on the Saturday will do so at their own risk as there will not be marshals on first aid on site.

NOTE: There is no practice allowed on Friday 21 July 2017.

Locations of registration and opening times

The sign on will take place in Djouce Woods. Signage will be in place to direct riders to the sign on area. Riders must present themselves along with their 2017 licence cards or a PDF version of their 2017 licence. Sign on opens at 9 am on Sunday 23 July 2017. 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 23 July 2017 in the sign on location. The briefing will be held by the Chief Commissaire, 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 and should be placed securely 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 the same field as the start finish area. Signage will be in place. Please co-operate with the car park marshals.

Bike wash facilities

No bike wash facilities provided.

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 Djouce Woods see <http://www.buseireann.ie/>

Accommodation links

<http://www.camping-ireland.ie/parks/wicklow/roundwood-caravan-park>

<http://www.knockree.hostel.com/>

Event Sponsors

The event sponsors are Expert Cycles, Vilicom, Michael Devoy & Co and Quilter Cheviot.

Catering arrangements

Woodbrook Coffee 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 Djouce Woods official car park, adjacent to the race village.

Nearest hospitals

The nearest hospital is St. Columcille's Hospital – 14km.

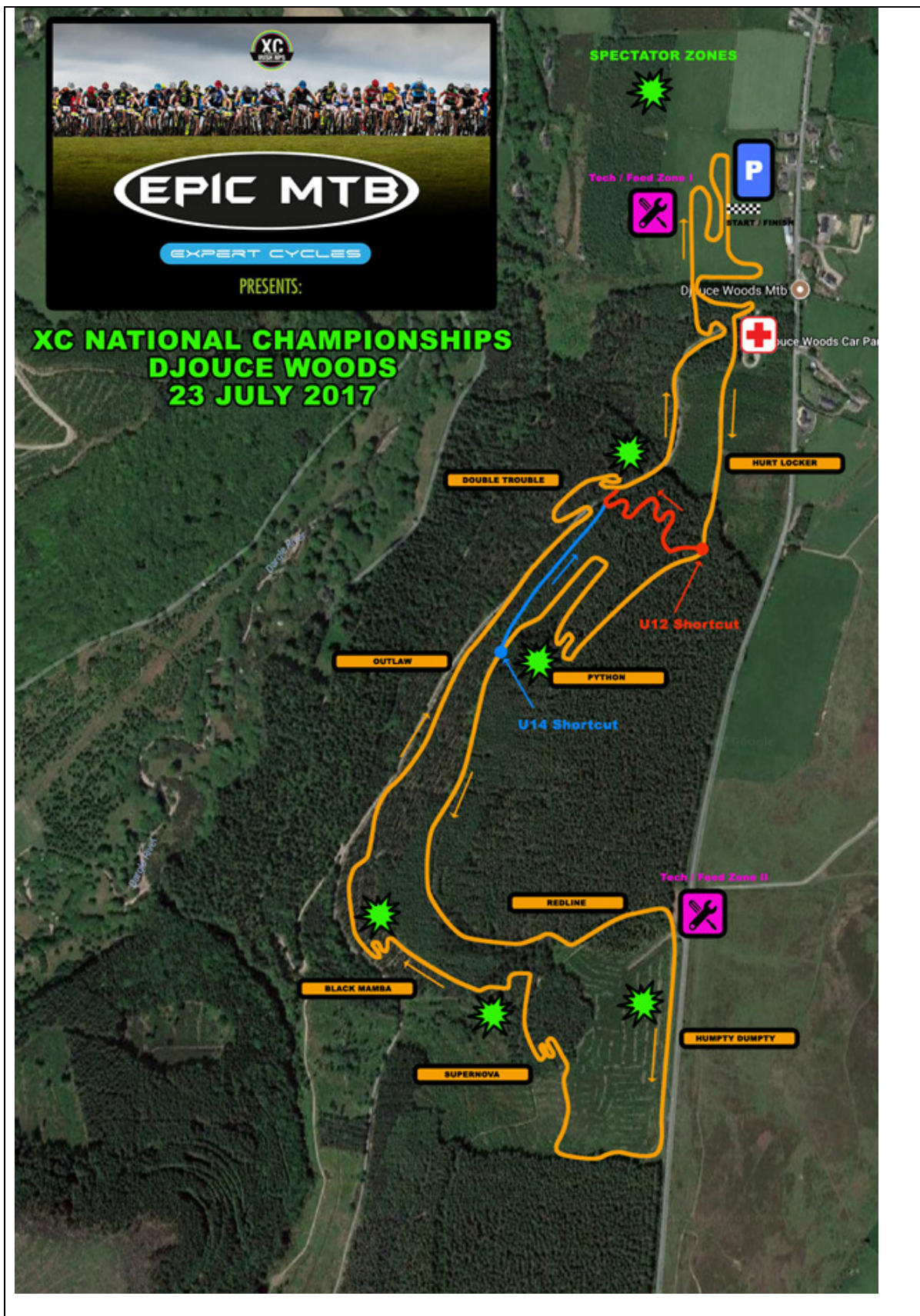
Emergency evacuation location

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.

Map of the course



Video / Description of the course

Course pre-video links

Main course: <https://www.youtube.com/watch?v=NLjtjPPk2LE>