



Team Ballyhoura

Is Proud To Host The

National Marathon Championship

Sunday 24th Sept.

Venue:
Ballyhoura Trailhead

65km Championship Race + Support Race

Further information Check Team Ballyhoura Facebook 086 8140037

Supported By



Brookfield



Irish National Marathon (XCM) Championships 2017 Technical Guide (v1.2)

This is the technical guide to the 2017 Irish National Cross-country Marathon Championships which will be hosted by Team Ballyhoura at Ballyhoura Mountain Bike Trails.



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1.1 Race date

The race will take place on Sunday 24 September 2017.

1.2 Venue location

The venue will be Ballyhoura Mountain Bike Trails, Ardpatrick, Kilmallock, Co. Limerick, Ireland.

Sat nav. co-ordinates: 52.318275,-8.5083537

Map link: <http://tinyurl.com/yafa3uqh>

1.3 Class of the race

National Championship.

1.4 Organiser's contact information

Race Director: Pat Collins

Telephone (ROI) 086 7801777

Email address: pcollins01@hotmail.com

1.5 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 of entries required for each category. If the minimum number of entries is not reached for a particular category then that race category will not take place on the 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 |
| M30 men | | 1978-1987 | 12 |
| M40 men | | 1968-1977 | 12 |
| M50 men | M50 & M60 | 1967 or older | 6 |

- See Cycling Ireland Technical rules T10.1.11

1.6 Licence information

Riders participating in the national championship categories must have a UCI code which begins with "IRL".

Cycling Ireland licence holders

Cycling Ireland riders must hold a 2017 race licence either a Limited Competition (LC) or Full Competition (JR, A4, A3, A2, A1, A+). Licences must be presented at sign on.

Non-Cycling Ireland licence holders

For non-Cycling Ireland licence holders, please ensure you have a 2017 race licence from another UCI Affiliated National Federation. Email a copy of your licence to the race director before pre-entry closes.

1.7 Course distance

The championship course is approximately 65 kilometres (km) with 1,400 metres of climbing. The non-championship support race is approximately 35 km with 950 metres of climbing.

1.8 Pre-entry information

Pre-entry is run through the Cycling Ireland Azolve system which closes on **Sunday 17 September 2017**. Riders can pre-pay at the same time. Link [here](#). There will be no sign ups allowed on the day.

1.9 Rider fees

Senior riders - €35

Non-championship support race (senior) - €25

Non-championship support race (junior) - €15

1.10 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 as well as juniors. Registration for the non-championship race can be completed using this [here](#). Registration is open until **Sunday 17 September 2017**. There will be no sign ups allowed on the day.

1.11 Prize list / Points scale

Championship medals will be awarded for top 3 riders in each of the 5 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 |
| Women |
| M30 men |
| M40 men |
| M50/60 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).

| |
|--|
| <p>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 cm. on the left breast. The jersey must not be covered during the presentation ceremony.</p> |
|--|

1.12 Specific specifications for this event

The event is being run under Cycling Ireland rules. The technical rules can be found [here](#). There are no specific specifications for this event.

1.13 Commissaire list

The race will be under the control of the Commissaire Maciej Staroniewicz.
(087 968 4081 – cross.country@offroadcyclingireland.ie). Riders are asked to show respect to the commissaires and all personnel involved with the event.

1.14 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)

1.15 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).

1.16 Anti-doping

It is the responsibility of all riders to ensure that they are not required for Drug Testing. If Drug Testing is to take place, their set-up will be clearly marked on the day. More details about Anti-doping can be found on the Cycling Ireland website ([here](#)).

1.17 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.

1.18 Feed / Tech Zones

There will be 3 feed / tech zones

| Feed / Tech Zone | Distance | Notes |
|-------------------------|-----------------|---|
| 1 | 7 km | 350m from trailhead |
| 2 | 23 km | In Ballinaboola - 20 metres from Barrier |
| 3 | 45 km | Near the security hut at the entrance to Windfarm. 300m walk approx. from hut to feed zone |

Bottles must be clearly identified with rider's number as stewards will not be responsible for the marking of bottles. By 09:30 am the bottles must be left in the correct boxes at the trailhead for transportation.

At the feed zones, the bottles will be laid out on tables in numerical order and stewards will be there only to assist riders. Stewards will not be responsible for any delays the rider will encounter retrieving his/her own bottle. Riders can have their own helpers at the food stops if they wish to avoid any delays at the feed stations/tech zones.

Note: Riders are not allowed to throw empty gel/bar wrappers bottles along the route. Bins will be provided at the feed zones. Riders caught littering will be penalised.

1.19 Course practice

The course will be available for practice on Sunday 17th September and Saturday 23rd September from 9:00 to 18:00.

NOTE: A section of the course will pass through the windfarm development which is an active construction site. Access to the windfarm development is strictly prohibited outside of the agreed practice and race times. Non-compliance with this agreement between Cycling Ireland and the windfarm development contractors runs the risk of the event being cancelled.

Riders wishing to practice will do so at their own risk as there will not be marshals or first aid on site on Sunday 17th September and Saturday 23rd September.

1.20 Race day schedule

The venue will be open from 8:30 am on Sunday 24 September 2017.

| Time | Event |
|-------------|---------------------------------------|
| 08:45 | Registration open |
| 09:30 | Bottle drop closing time |
| 09:45 | Rider briefing at start line |
| 10:00 | Main race starts (championship event) |
| 10:30* | Non-championship race starts |
| 12:30# | Cut off time for 65 km route |

* Approximate time – the start time will be based on 5 mins after last rider passes through start finish line following short 1st loop

Any riders participating in the 65 km event will have to have passed the cut-off point before 12:30 pm. The cut-off point will be clearly identified on the route map prior to the event start.

1.21 Locations of registration and opening times

The sign on will take place at the trailhead in Ballyhoura. 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 8:45 am on Sunday 24 September 2017. Sign on closes 15 minutes before the start of the call up for each race.

1.22 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.

1.23 Parking arrangements

Parking will be at the trailhead. Coillte charge €5 for parking.

1.24 Bike wash facilities

Coillte have a bike wash at the trailhead which costs €2.

1.25 Spectator access and information

Spectators will be allowed to stand outside parts of the course where there are no restrictions. Spectators will not be allowed to enter any area which is designated as being part of the Windfarm development. A course map will be displayed on the day. Best viewing points for spectators will be in Ballinaboola and Glenenaar. No spectators will be allowed into the feed/tech zones. It is recommended that all spectators wear appropriate clothing and footwear.

1.29 Crossing points

All spectators are asked to obey instructions from the marshals.

1.30 Transport links

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

1.31 Accommodation links

Deebert House Hotel (063 31200) (www.deeberthousehotel.com)

Charleville Park Hotel (<http://www.charlevilleparkhotel.com/>)

Ballyhoura Hostel (<http://www.ballyhourahostel.ie/>)

Ballyhoura camper van parking

(<https://www.facebook.com/BallyhouraCamperVanPark/>)

See also <http://visitballyhoura.com/index.php/wheretostay/>

NOTE: THERE IS NO OVERNIGHT PARKING AT THE TRAILCENTER FOR ANY VEHICLE

1.32 Event Sponsors

The event sponsors –

Castlepook Windfarm

ESB

Coillte

Brookfield

John Sisk & sons

1.33 Catering arrangements

Catering on the day will be provided by "The Gourmet Grill (Ulla & Kurt)". Teas and coffees will be provided by "Coffee Truck" and "Trailriders".

1.34 Toilets, showers

Showers and toilets at Trail centre

1.35 First aid location

An ambulance will be at the trail centre and will be deployed as required by the Event Safety Officer. Marshals will be at various locations with first aid kits.

1.36 Nearest hospitals

The nearest hospital is Limerick Regional Hospital 45 km [map](#).

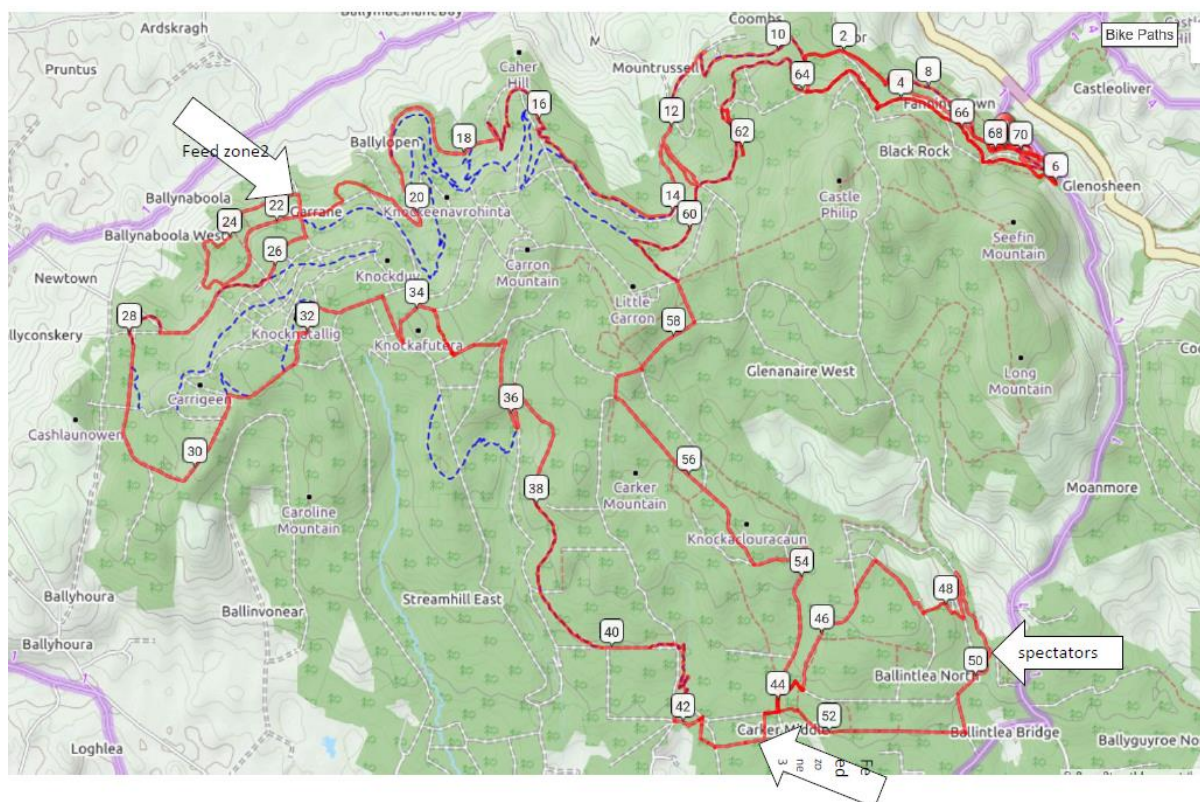
1.37 Emergency evacuation location

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

1.38 Litter – use of bins

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

1.39 Map of the course



1.40 Video / Description of the course

Course pre-video links

Main course: to follow