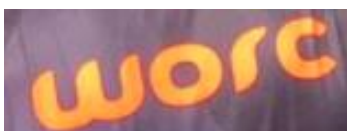




## **Irish National Cyclo-cross Championships 2018 Technical Guide (v1.3)**

This is the technical guide to the 2018 Irish National Cyclo-cross Championships which will be hosted by Team WORC at Glencullen Adventure Park.

(Amendments highlighted in yellow)



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### **1.1 Race date**

The race will take place on Sunday 14 January 2018.

### **1.3 Venue location**

The venue will be Glencullen Adventure Park (The GAP), Ballybrack Road, Glencullen, Dublin 18.

Sat nav. co-ordinates: **53.222827, -6.225541**

Map link: <https://tinyurl.com/y9qvvvng>

### **1.3 Class of the race**

National Championship.

### **1.4 Organiser's contact information**

Race Director: Robin Seymour,  
Telephone (ROI) 083 409 5992  
Email address: seymour.rob@gmail.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.

<b>Category of licence held</b>	<b>Details of combined categories</b>	<b>Year of birth</b>	<b>Minimum number</b>	<b>Maximum number</b>
Senior men	Elite & Espoir	1996-1999 1979-1995	12	90
Women	Junior, Espoir, Senior	2001 or older	6	40
Junior men		2000-2001	6	40
M40 men		1969 – 1978	12	90
M50 men		1900 – 1968	6	40
<del>M60 men</del>		<del>1958 or older</del>	<del>6</del>	<del>40</del>

- 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 2018 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 2018 race licence from another UCI Affiliated National Federation. Email a copy of your licence to the race director before pre-entry closes.

## **1.7 Pre-entry information**

Pre-entry is run through the Cycling Ireland Azolve system. Opens Tuesday 19 December 2017 and closes at 23:59 on Sunday 7 January 2018. Riders need to pre-pay at the same time. Link to pre-registration – <https://cyclingireland.azolve.com/workbench/public/events?ref=D494A087B71252C254D00415A71926398457F0B2>

## **1.8 Rider fees**

Senior riders - €25

Junior riders - €15

## **1.9 Non-championship race**

The non-championship race is aimed at "fun" riders and will allow non-IRL licence holders to compete. Registration for the non-championship race can be completed using this link: <https://fs25.formsite.com/twracing/form51/index.html>. Registration is open until Monday 8 January 2018. There will also be sign ups allowed on the day for the non-championship race.

## **1.10 Prize list / Points scale**

Medals will be awarded for top 3 riders in each of the **five** categories (Senior men, Women, Junior Men, M40 men and M50 men ~~and M60 men~~).

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

Championship medals will be awarded for top 3 riders in each of the **five** categories. Three team medals will be presented for the **Senior men's race** where the minimum numbers have been met (see details below)

(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
Junior men
M40 men
M50 men
<del>M60 men</del>

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 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.

**Additional prizes for unplaced riders** – The Cycling Ireland Off-road Commission will be providing prizes to the first unplaced junior woman, first unplaced Masters woman (40+) and first unplaced Espoir (Under 23) male rider in the Senior men's race. Unplaced prizes are for those outside of the top 3 riders.

These prizes are to recognize the achievements of these age categories. These prizes will not be in the form of an official championship medal.

### **1.11 Team Prize**

Team medals will be awarded in the Senior race provided a minimum number of 3 teams of 3 riders have entered the category. A set of 3 team medals will be awarded to the winning team which must be affiliated to Cycling Ireland. (See Cycling Ireland Technical rules T10.1.30.21).

**M40 team prize** – If the minimum number of 3 teams of 3 riders have entered the M40 category race then the Cycling Ireland Off-road Commission will provide prizes to the winning team. NOTE: These prizes will not be championship medals.

### **1.12 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.

### **1.13 UCI points**

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

Finish	National Championships	
	Men/Women Seniors	Men Juniors
1	100	30
2	60	20
3	40	15
4	30	12
5	25	10
6	20	8
7	15	6
8	10	4
9	5	2
10	3	1

### **1.14 Commissaire list**

The race will be under the control of the PCP – Paul Watson (UCI) – [paul.watson@philips.com](mailto:paul.watson@philips.com) – +44 (0) 77 1103 3779 who will be heading up a team of commissaires. Riders are asked to show respect to the commissaires and all personnel involved with the event.

### **1.15 Clothing**

Competitors MUST wear the clothing of their registered club/team as registered with Cycling Ireland or other UCI National Federation. No commercially sponsored clothing or national team clothing is permitted by any competitor.

Unattached members are permitted to wear plain clothing only without any form of advertising aside from the manufacturer's logo on the breast and on the leg of the shorts.

Failure to comply with the above may result in prohibition from starting the event.

The official kit must also be worn for the podium presentation.

(See Cycling Ireland Technical rules Article.1.1 and Appendix 4 Reg 3)

### **1.16 80% Rule**

At this stage it is not envisaged that the 80% rule will be enforced but this can be brought into play on the decision of the President of the Commissaire Panel (PCP). The 80% zone would be at the entry to the start finish.

### **1.17 Podium**

The podium presentations will take place near the start/finish area. The first three of every category have to present themselves for the award ceremony as soon as the last rider has crossed the finish line in their race. There will be a gazebo for the athletes to sit in before the ceremony. The ceremony should not take more than 10 minutes (see clothing note above).

### **1.18 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](#)).

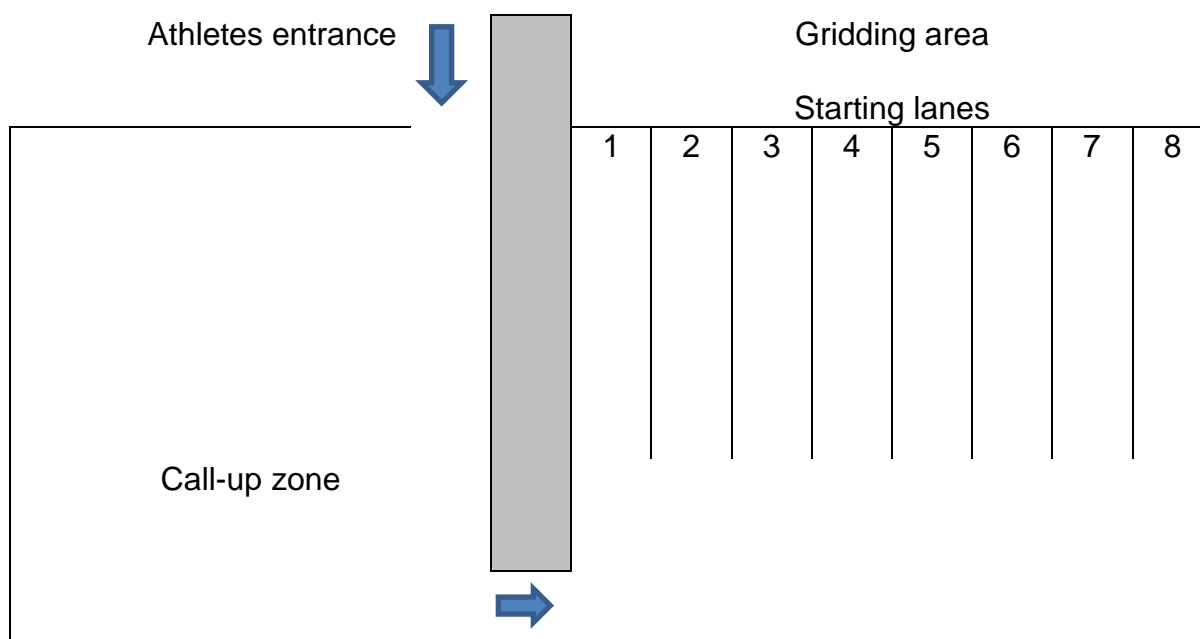


## **1.19 Equipment**

- Only bikes described in the UCI Equipment section as “Cyclo Cross bikes” may be used in the National Cyclo-Cross Championship.
- 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.
- Bar plugs are compulsory.
- Bicycle shall be propelled solely through a chain set, 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.

## 1.20 Gridding

Riders will be gridded for the start of their race. Competitors will be called 15 minutes before the start of the race. At 10 minutes to the start the gridding will begin from the holding area. Any competitor not present when the gridding commences will forfeit their grid and start from the rear of the race. Spaces cannot be held for riders who are not present when their name is called. Access to the starting grid is via the call-up zone.



The gridding of riders is decided by the Cycling Ireland Off-road Commission.

Grid position	Details
1	For last year's winner (if applicable)
2-12	Riders with cyclo-cross UCI points (if applicable for the age category)
13+	Based on points awarded from the provincial cyclo-cross championships (Ulster, Leinster, Munster, Connacht)

Points awarded to riders in the provincial cyclo-cross championships are based on the number of riders competing in the age category. Points would then be based on the table (below). Where there is a tie on points, preference is given to the region of last year's winner.

Points awarded per age category at regional championships

Position	Band 1	Band 2	Band 3	Band 4
1	40	20	6	3
2	34	16	4	2
3	30	12	3	1
4	26	9	2	0
5	23	7	1	0
6	20	5	0	0
7	18	4	0	0
8	16	3	0	0
9	14	2	0	0
10	12	1	0	0
11	10	0	0	0
12	9	0	0	0
13	8	0	0	0
14	7	0	0	0
15	6	0	0	0
16	5	0	0	0
17	4	0	0	0
18	3	0	0	0
19	2	0	0	0
20	1	0	0	0

Band 1	20 or more riders
Band 2	10-19 riders
Band 3	5-9 riders
Band 4	1-4 rider

Details of the gridding lists will follow closer to the race date.

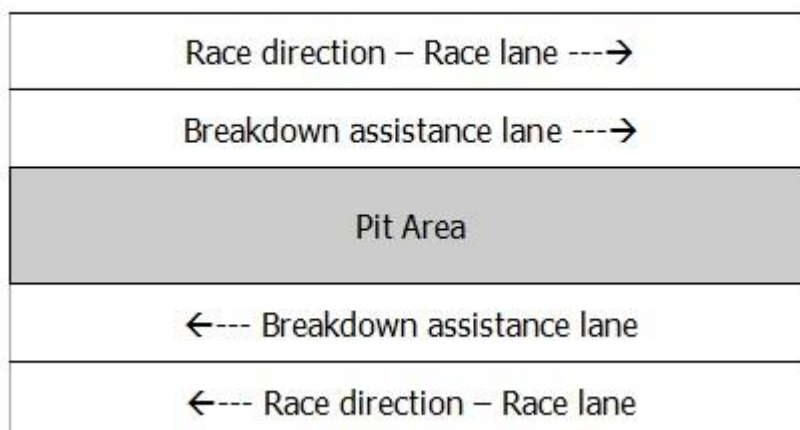
### **1.21 Accreditation and feed-zone passes**

Access to the pit zone will be by wrist band. Riders can request up to two wrist bands for their pit crew. Wrist bands will be available at registration. Commissaires will be located in the pits to ensure that only authorised persons are allowed inside.

## **1.22 Double Pit**

A double pit will be in operation at the national championships.

### **Double Pit Area**



The race lane and pit (breakdown assistance) will be marked with a yellow flag. Details of the use of the pit lanes are shown in the Cycling Ireland Technical Regulations (Chapter T9, Article 2, paragraphs 15-22).

A competitor can only enter the pit lane for an exchange of bike. A competitor is not permitted to race through the pit lane for a cleaner line to gain an advantage. Once a competitor exits the pit lane, the competitor is not permitted to return against the direction of the course to the pits.

## **1.23 Race schedule (including practice times)**

**Saturday 13 January 2018**

<b>From</b>	<b>Event</b>	<b>Until</b>	<b>Practice time</b>
09:00	Youth registration & practice	10:00	60 minutes
10:00	Youth racing – Under 6s	10:05	
10:10	Youth racing – Under 8s	10:15	
10:20	Youth racing – Under 10s	10:30	
10:35	Youth racing – Under 12s	10:55	
11:00	Main course practice for non-championship riders	11:50	
12:00	Non-championship race – Senior + Under 14s / Under 16s	12:45	
13:00	Course open for practice	15:30	150 minutes

**Sunday 14 January 2018**

<b>From</b>	<b>Event</b>	<b>Until</b>	<b>Practice time</b>
09:00	Sign on opens	13:30	
09:00	Course open for practice	10:00	60 minutes
10:00	Riders called up to start grid & course cleared	10:15	
10:15	M40 men's start time	45-55 minute race	
10:16	M50 men's start time	45-55 minute race	
11:15	Course clear and open for practice	12:00	45 minutes
12:00	Riders called up to start grid & course cleared	12:15	
12:15	Junior's start time	40-50 minute race	
12:16	Women's start time	40-50 minute race	
12:17	M60 men's start time	40-50 minute race	
13:15	Course clear and open for practice	13:45	30 minutes
13:45	Riders called up to start grid & course cleared	14:00	
14:00	Senior men's start time	50-60 minute race	
15:15	Course clear and ready to be pulled down		

## **1.24 Opening times to venue**

The venue will be open from 8:30 am on Sunday 14 January 2018. On Saturday 7 January 2018 the venue will be open from 09:00 am for youth and non-championship practice. Youth racing starts at 10:00 am.

### **1.25 Locations of registration and opening times**

The sign on will take place in the at the GAP coffee shop.

This is an indoor facilities with ample room for sign on. Signage will be in place to direct riders to the sign on area. Riders must present themselves along with their 2018 licence cards or a PDF version of their 2018 licence. Sign on opens at 9 am on Sunday 14 January 2018. Sign on closes 30 minutes before the start of each race.

### **1.26 Riders briefing & location**

A rider briefing has been provisionally scheduled for 15:00 on Saturday 13 January 2018 in the sign on location. The briefing will be held by the PCP, event organiser and other relevant parties. The briefing will only be held when 5 or more riders have requested the meeting through the event organiser or PCP.

### **1.27 Race numbers and timing chip**

Race numbers will be supplied by the organiser and timing chips by the timing company. Both race number and timing chip must be returned at the end of the race. Riders will be charged for failing to return either the race number or timing chip.

### **1.28 Timing company information**

Chip timing provided by Elite Timing.

### **1.29 Press/media information**

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

### **1.30 Parking arrangements**

All event attendees must enter the site through the main gate. The site has ample car park spaces. They are marked on the event map.

**Team Parking.** There is some limited parking close to the course which has been reserved for teams. There will be room for a vehicle and gazebo. The fee for one of these positions is €25. You can book a team parking spot using this link.  
<https://fs25.formsite.com/twracing/teampark/index.html>

### **1.31 Bike wash facilities**

There is a bike wash area behind the main building in site, the pit lane and another a short distance away in the adjoining field. Water is available here for pressure washers.

During the races, pit crews are asked to wash the bikes in the wash zone and not in the pit lane. The organisers will not be supplying high pressure hoses, hose pipes or buckets. Riders/pit crews must supply their own equipment.

### **1.32 Spectator access and information**

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

### **1.33 Crossing points**

There will be marshalling in place to control pedestrian access at the crossing point. All spectators are asked to obey instructions from the marshals.

### **1.34 Transport links**

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

### **1.35 Accommodation links**

The GAP is 20 minutes from Dublin city. There are a wide range of hotels, B&B's and Air BnB options available. Use your internet search engine and the location of the event.

### **1.36 Event Sponsors**

The event is being sponsored by Bike 7.

### **1.37 Catering arrangements**

On site catering at the GAP coffee shop

### **1.38 Toilets, showers**

There are toilets on site in the Gap coffee chop and additional portable toilets in the start area. See map for details.

Any rider caught using alternative toilet arrangements will not be allowed to race.

There are no showers on site.

### **1.39 First aid location**

The ambulance will be parked beside the GAP coffee Shop

### **1.40 Nearest hospital**

The nearest hospital is St Columcille's Hospital, Loughlinstown, Co. Dublin, D1 +353  
1 282 5800

### **1.41 Emergency evacuation location**

In the event of an emergency all riders, spectators and organisers should gather at the main entrance to the GAP.

### **1.42 Litter – use of bins**

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



### **1.43 Map and description of the course**

The circuit is approximately 2.8 km long and the number of laps will be communicated by the finish judge after the second passing over the finish line. The map below shows the entrance and exit to the GAP from the Ballybrack Road, the location of the car parks and the event fields.



The course starts in a hard pack grass area and exits to the former gold course fairway. The course climbs along the boundary and a series of hairpins traverse through the sandpits and head to the highpoint of the course. From the highpoint a fast off camber decent brings riders back to the pits and another technical off camber section heading back into the start field.

### 1.44 Layout of event field

Please see image below of the event field.

