



 **ROSTREVOR**
MOUNTAIN BIKE CLUB

IDMS

ROSTREVOR

NATIONAL | SAT & SUN
CHAMPS | JULY 20TH & 21ST
ROSTREVOR, CO. DOWN

 Comhairle Ceantair
an Iúir, Mhúrn
agus an Dúin
Newry, Mourne
and Down
District Council

 **ROSTREVOR**
MOUNTAIN BIKE CENTRE

 cyclingireland

 **NUKEPROOF**

ONLINE ENTRY CLOSES 17TH JULY 11:00PM

Irish National Downhill (DH) Championships 2019 Technical Guide (v1.0)

This is the technical guide to the 2019 Irish National Downhill Championships which will be hosted by Rostrevor MTB at Kilbroney Park, Rostrevor.

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1.1 Race date

The race will take place on 20 and 21 July 2019.

1.2 Venue location

The venue will be Kilbroney Park, Rostrevor, County Down.

Sat nav. co-ordinates: **N 54.094763, W 6.19174**

Map link: <http://tinyurl.com/y7o6acoc>

1.3 Class of the race

National Championship – Individual downhill (DHI).

1.4 Organiser's contact information

Race Director: Kieran Doyle

Telephone (NI) 07876 788225

Email address: kbdoyle2000@yahoo.co.uk

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	2000 or older	12
Women	Senior & Junior	1900-2002	6
Junior men		2001-2002	6
M30 men		1980-1989	12
M40 men		1970-1979	12
M50 men	M50 & M60	1900-1969	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 2019 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 2019 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 which closes at 23:59 on Sunday 14 July 2019. Riders can pre-pay at the same time otherwise payment will be taken on the day. Link here -

<https://cyclingireland.azolve.com/workbench/public/events?ref=CF458DE2FBC066C57BAE45534232C37C5F602B6D>

1.8 Rider fees

Hardtail, Junior, Senior women - €50

Under 14s (male and female) - €35

All other categories - €65

Event licence / One-day licence = €20

1.9 Non-championship race

There are non-championship races for

- a) Junior and Senior riders with licences that do not have IRL (Ireland).
- b) Youth races

The event will include the following list of categories:

Enduro Non-championship only

Hardtail Non-championship only

U14 Male Juvenile Championship and non-Championship available

U16 Male Youth Championship and non-Championship available

Senior Women Championship and non-Championship available

Masters 50 Championship and non-Championship available

Masters 40 Championship and non-Championship available

Masters 30 Championship and non-Championship available

Sports Non-championship only

Junior Men (U18) Championship and non-Championship available

Senior Men Championship and non-Championship available (this includes riders who normally compete as Seniors or Elites)

NOTE: One Day Licenses (ODL) will NOT be available for championship competitors but will be available for riders wishing to take part in the event as non-championship competitors. ODL prices - £9 / €10 for Juniors, £18/€20 for Seniors.

1.10 Prize list / Points scale

Championship medals will be awarded for top 3 riders in each of the 6 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
Senior women
Junior men
M30 men
M40 men
M50 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.

1.11 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.

1.12 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).

	National Championships		
Finish	Elite	U23	Junior
1	100	50	40
2	90	35	30
3	70	25	20
4	60	15	10
5	50	5	5
6	40		
7	30		
8	20		
9	10		
10	5		

1.13 Commissaire list

The race will be under the control of the Commissaire. 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.

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 for all riders to wear a protective full face helmet when racing or training on the course and such helmet must comply with the established safety standards.
- Full fingered gloves.
- Back, elbow, knee, shoulder protection for Juniors and Youth categories.

1.18 Race format

Seeded run then Race run.

1.19 Warning flags

A flag system must be applied as follows:

- All course marshals will have a yellow flag which will be used during training sessions only.
- If the yellow flag is held out stretched, riders must slow down since an accident ahead is being indicated.
- Designated marshals will hold red flags. The red flags will be used in training and racing. Riders observing a waving red flag during the race must STOP immediately since a serious accident ahead is being reported. A stopped rider should proceed calmly but promptly to the finish and request a re-start from the Commissaire and wait for further instruction.

1.20 Race schedule (including practice times)

Saturday 20 July 2019

From	Event	Until	Practice time
09:00	Course open for practice	1630	450 minutes

Sunday 21 July 2019

Sign on opens at 09:00
Schedule to be confirmed.

1.21 Opening times to venue

The venue will be open from 08:00 on Sunday 21 July 2019. On Saturday 20 July 2019 the venue will be open from 08:00 for practice which starts at 09:00.

NOTE: There is no practice allowed on Friday 19 July 2019. Foot inspection allowed only.

1.22 Minimum training period

- A bike marker system must be used to confirm that riders have completed a minimum two training runs.

1.23 Locations of registration and opening times

The sign on will take place in Kilbroney Park, in the main gazebo. Signage will be in place to direct riders to the sign on area. Riders must present themselves along with their 2019 licence cards or a PDF version of their 2019 licence. Sign on opens at 9 am on Saturday 20 July 2019. All riders must be signed on before practicing the course.

1.24 Riders briefing & location

A rider briefing has been provisionally scheduled for 9:30 on Sunday 21 July 2019 in the sign on location. The briefing will be held by the 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.

1.25 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.

1.26 Timing company information

Event timing provided by Cycling Ireland Off-Road Commission, in association with, and sponsored by Chain Reaction Cycles and Nukeproof.

1.27 Press/media information

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

1.28 Parking arrangements

Parking will be in the main caravan park. Signage will be in place. Please co-operate with the car park marshals.

1.29 Bike wash facilities

A bike wash facility is available in main car park.

1.30 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.

1.31 Crossing points

All spectators are asked to obey instructions from the marshals.

1.32 Transport links

For bus links to Kilbroney Park, Rostrevor see <http://www.translink.co.uk/>

1.33 Accommodation links

Camping is available on site. Other accommodation is available in Rostrevor and nearby.

1.34 Event Sponsors

The event sponsors are Nukeproof

1.35 Catering arrangements

Food vendors will be present on site for competitors and spectators. The site also has a café in the main car park.

1.36 Toilets, showers

Toilet facilities are on site as well as shower facilities.

1.37 First aid location

The ambulance will be parked in the top car park and at the half way point of the main track.

1.38 Nearest hospitals

The nearest hospital is Daisy Hill Hospital, Newry – 8 miles (13 km).

1.39 Emergency evacuation location

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

1.40 Litter – use of bins

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

1.41 Map of the course

2019 Irish National DH Champs Proposed Track.



1.42 Video / Description of the course

Course pre-video links

Main course:

1.43 Layout of event field

Please see image below of the event field.

