



**2020 Cycling Ireland Youth Cyclo-cross
Championships
and
2020 Cycling Ireland Cyclo-cross Championships
Technical Guide (v1.1)**

This is the technical guide to the above events which will be hosted by Ballina Cycling Club at Castlefield, Enniscrone, County Sligo.



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1.1 Race dates

The Cycling Ireland Youth Cyclo-cross Championships will take place on Saturday 11 January 2020. The Cycling Ireland Cyclo-cross Championships will take place on Sunday 12 January 2020.

1.2 Venue location

The venue will be Castlefield, Enniscrone, County Sligo, Ireland
Sat nav. co-ordinates: 54.2165892,-9.0893744
Map link: <https://goo.gl/maps/Fy3u5sCtgVHS2dSY7>

Nearest Eircode
F26 E060

1.3 Class of the race

National Championship.

1.4 Organiser's contact information

Race Director: Bernard Twomey
Telephone (ROI) +353 (0) 86 0884717
Email address: bernardtwomeydenal@gmail.com

1.5 Categories of riders (+ minimum numbers)

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 - 2001 1981 – 1997 | 12 |
| Women | Junior, Espoir, Senior | 1981 – 2003 | 6 |
| Masters women# | | 1900 – 1980 | 6 |
| Junior men | | 2002 – 2003 | 6 |
| M40 men | | 1971 – 1980 | 12 |
| M50 men | | 1961 – 1970 | 6 |
| M60 men | | 1900 - 1960 | 6 |

- See Cycling Ireland Technical rules T10.1.11
Demonstration event – not a national championship category

| Category of licence held | Year of birth |
|--------------------------|---------------|
| Under 16 boys and girls | 2004/2005 |
| Under 14 boys and girls | 2006/2007 |

1.6 Licence information

Riders participating in the national championship must have a UCI Nationality of “Ireland” on their licence.

Cycling Ireland licence holders

Cycling Ireland riders must hold a 2020 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 2020 race licence from another UCI Affiliated National Federation. Email a copy of your licence to the race director before pre-entry closes.

NOTE: There are no event licences (one-day licences) available for any of the championship categories.

1.7 Pre-entry information

Pre-entry is run through the Cycling Ireland Azolve system. Opens Tuesday 17 December 2019 and closes at 23:59 on Sunday 5 January 2020. Riders need to pre-pay at the same time. Link to pre-registration below:

| | |
|--|---|
| Youth National Cyclo-cross championships | https://cyclingireland.azolve.com/workbench/public/events?ref=41E682EE4DBA6D40FDCCC40B563991475D554A90 |
| Junior/Senior National Cyclo-cross championships | https://cyclingireland.azolve.com/workbench/public/events?ref=06F849829A3C6F976BC0B49E1DDC071625A5C83A |

1.8 Non-championship race

On Saturday 12 January 2020 there will be a series of youth non-championship races for Under 6s, Under 8s, Under 10s and Under 12s. Registration will take place on the day. See schedule in section 1.23 below.

1.9 Rider fees

Championship categories

Senior riders - €25

Junior riders - €15

Under 14s, Under 16s - €10

Support races / Non-championship categories

Under 8s, Under 10s, Under 12s - €5

Under 6s – free

1.10 Prize list / Points scale

Championship categories - medals

Cycling Ireland championship medals will be awarded for top 3 riders in each of the following categories. There are also team medals available see next paragraph.

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

| | | | |
|------------|---------|----------------|----------------|
| Senior men | M40 men | Under 14 boys | Under 16 boys |
| Women | M50 men | Under 14 girls | Under 16 girls |
| Junior men | M60 men | | |

Championship categories - jerseys

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

| | |
|------------|---------|
| Senior men | M40 men |
| Women | M50 men |
| Junior men | M60 men |

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.

Championship categories - Additional prizes for unplaced riders

The Cycling Ireland Off-road Commission will be providing prizes to the first unplaced junior woman 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.

Demonstration event

For 2020 the Masters Women category will be a demonstration event. Prizes will be provided by the Cycling Ireland Off-road Commission. This category is not entitled to national championship medals or jerseys.

Non-championship categories

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

| | | |
|---------------|----------------|----------------|
| Under 8 boys | Under 10 boys | Under 12 boys |
| Under 8 girls | Under 10 girls | Under 12 girls |

The Under 6s will all get a gift at the finish line.

1.11 Team Prize

Team medals will be awarded in the Senior men's and M40 men's races 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. Eligible members of a team must be attired in identical jerseys of their team registered with Cycling Ireland. (See Cycling Ireland Technical rules T10.1.30.21).

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, M60 or Youth categories.

| Finish | National Championships | |
|--------|------------------------|-------------------|
| | Men/Women Seniors | Men/Women 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 President of the Commissaire Panel – Gary McIlroy who will be heading up a team of commissaires. The Commissaires Panel consists of Martin Grimley, Lisa Millar, Jim Adams and Loch Miwa. 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

The 80% rule may be implemented if required by the President of the Commissaires Panel (PCP). If implemented, the 80% rule will 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. The ceremony should not take more than 10 minutes (see clothing note above).

Note: Presenting rider's bike on the award ceremony's podium is not allowed, nor on the scene, nor in front of the scene.

1.18 Doping Control

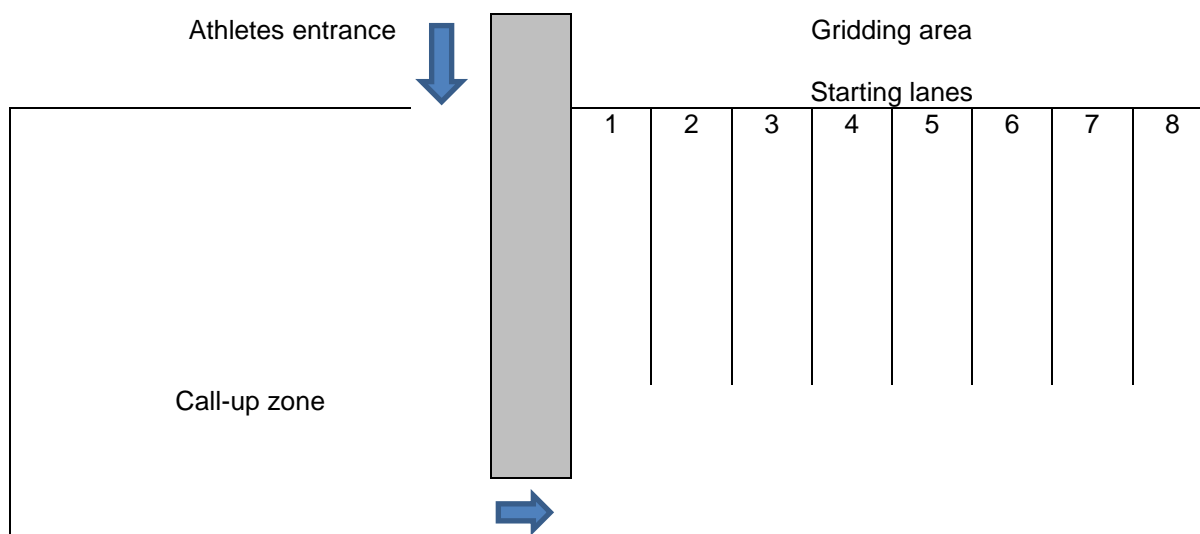
It is the responsibility of all riders to ensure that they are not required for Doping Control. If Doping Control is to take place, their set-up will be clearly marked on the day. More details about Anti-doping can be found on the Cycling Ireland website ([here](#)).

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 maximum inflated tyre width shall not exceed 33mm. Tyre checks will take place in the call up zone with spares checked in the pits.
- 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 only.



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 provincial championships
 Points based on the number of entries in the particular age category

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

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

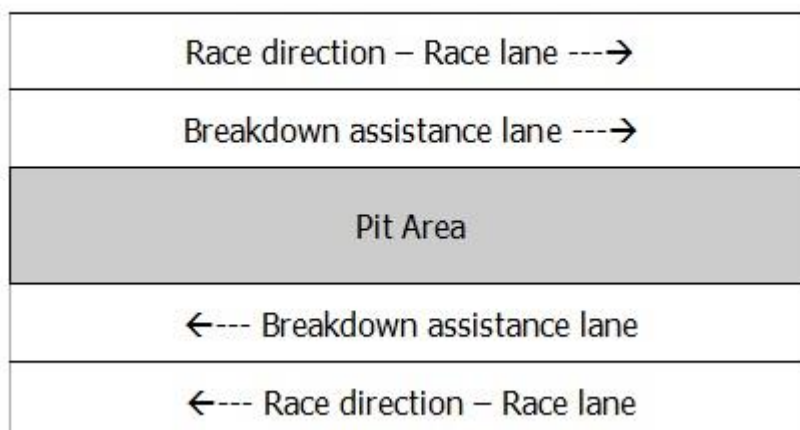
1.21 Accreditation and pit passes

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 11 January 2020

| From | Event | Until | Practice time |
|-------|--|-------------|---------------|
| 09:00 | Registration opens | 12:15 | |
| 09:00 | Course open for practice | 09:50 | 50 minutes |
| 10:00 | Under 6s fun race | 10:05 | |
| 10:10 | Under 8s race | 10:20 | |
| 10:30 | Under 10s race | 10:40-10:45 | |
| 10:50 | Under 12s race | 11:05-11-10 | |
| 11:10 | Prize giving for Under 8s, 10s and 12s | 11:20 | |
| 11:10 | Course open for practice | 11:50 | 40 minutes |
| 11:50 | Riders called up to start grid | 12:00 | |
| 12:00 | Under 16 girls start | 12:30 | |
| 12:01 | Under 14 girls start | 12:30 | |
| 12:35 | Riders called up to start grid | 12:45 | |
| 12:45 | Under 16 boys start | 13:15 | |
| 12:46 | Under 14 boys start | 13:15 | |
| 13:30 | Prize giving for Under 14s and Under 16s | 13:40 | |
| 14:00 | Course open for practice | 15:30 | 90 minutes |
| 16:30 | Park closes | | |

Sunday 12 January 2020

| From | Event | Until | Practice time |
|-------|--------------------------------|-------------------|---------------|
| 09:00 | Registration opens | 14:00 | |
| 09:00 | Course open for practice | 09:30 | 30 minutes |
| 09:30 | Riders called up to start grid | 09:45 | |
| 09:45 | Junior men's start time | 40-50 minute race | |
| 10:35 | Prize giving for Junior men | 10:45 | |
| 10:35 | Course open for practice | 11:00 | 25 minutes |
| 11:00 | Riders called up to start grid | 11:15 | |
| 11:15 | M40 men's start time | 40-50 minute race | |
| 11:16 | M50 men's start time | 40-50 minute race | |
| 11:17 | M60 men's start time | 40-50 minute race | |
| 12:05 | Prize giving for M40, M50, M60 | 12:15 | |
| 12:00 | Course open for practice | 12:30 | 30 minutes |
| 12:30 | Riders called up to start grid | 12:45 | |
| 12:45 | Women's start time | 40-50 minute race | |
| 12:46 | Masters women start time | 40-50 minute race | |
| 13:35 | Prize giving for Women | 13:45 | |
| 13:35 | Course open for practice | 14:15 | 40 minutes |
| 14:15 | Riders called up to start grid | 14:30 | |
| 14:30 | Senior men's start time | 50-60 minute race | |
| 15:35 | Prize giving for Senior men | 15:45 | |
| 16:30 | Park closes | | |

1.24 Opening times to venue

The venue will be open from 8:30 am on both Saturday 11 January and Sunday 12 January 2020.

1.25 Locations of registration and opening times

The sign on will take place at the tented village near the Podium / Stage location. Signage will be in place to direct riders to the sign on area. Riders must present themselves along with their 2020 licence cards or a PDF version of their 2020 licence. Sign on opens at 9 am on both days. 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 11 January 2020 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. Briefing will take place at the Tent village.

1.27 Race numbers and timing chip

Race numbers will be supplied by the organiser and timing chips by the timing company. (Note Timing chips are only being supplied for all races on Sunday 12 January 2020).

Race numbers must be positioned on the front of the (left / right – TBC) shoulder only. They must not be cut or modified in any way. For all races both race number and timing chip (where applicable) 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 event village.

1.30 Parking arrangements

There is one main entrance which vehicles can enter through and three pedestrian entrances. There will be limited parking available in the Event Village for club officials and volunteers. Some spaces will be also be allocated for vans and club gazebos. A pass will be required to enter with a vehicle to the Event Parking Section.

Gazebos can also be erected on grass adjacent to the course in an allocated area. There is ample on street parking very near to the event course (see map below).

All riders and event visitors must follow the instructions of the marshals and strictly follow all traffic and parking instructions.

1.31 Bike wash facilities

There is a bike wash area just outside the pit lane where there will be a water source.

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.

There are designated “gates” where spectators can cross the course. These are marked with an ORANGE FLAG. Crossing the course should only happen at these points taking due care and attention. Crossing the course at any other point is not permitted.

1.34 Transport links

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

1.35 Accommodation links

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

TBC

1.37 Catering arrangements

On site catering in the event village. Please dispose of all rubbish properly and carefully.

1.38 Toilets, showers

There are toilets on site. See map for details.

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

There are no showers on site, however, the local Leisure Centre has agreed to allow riders to use their showers. <http://www.waterpoint.ie/>

1.39 First aid location

The ambulance will be parked in a prominent location near the centre of the course. See event map.

1.40 Nearest hospital

The nearest hospital is: Sligo University Hospital, Emergency Clinics

1.41 Emergency evacuation location

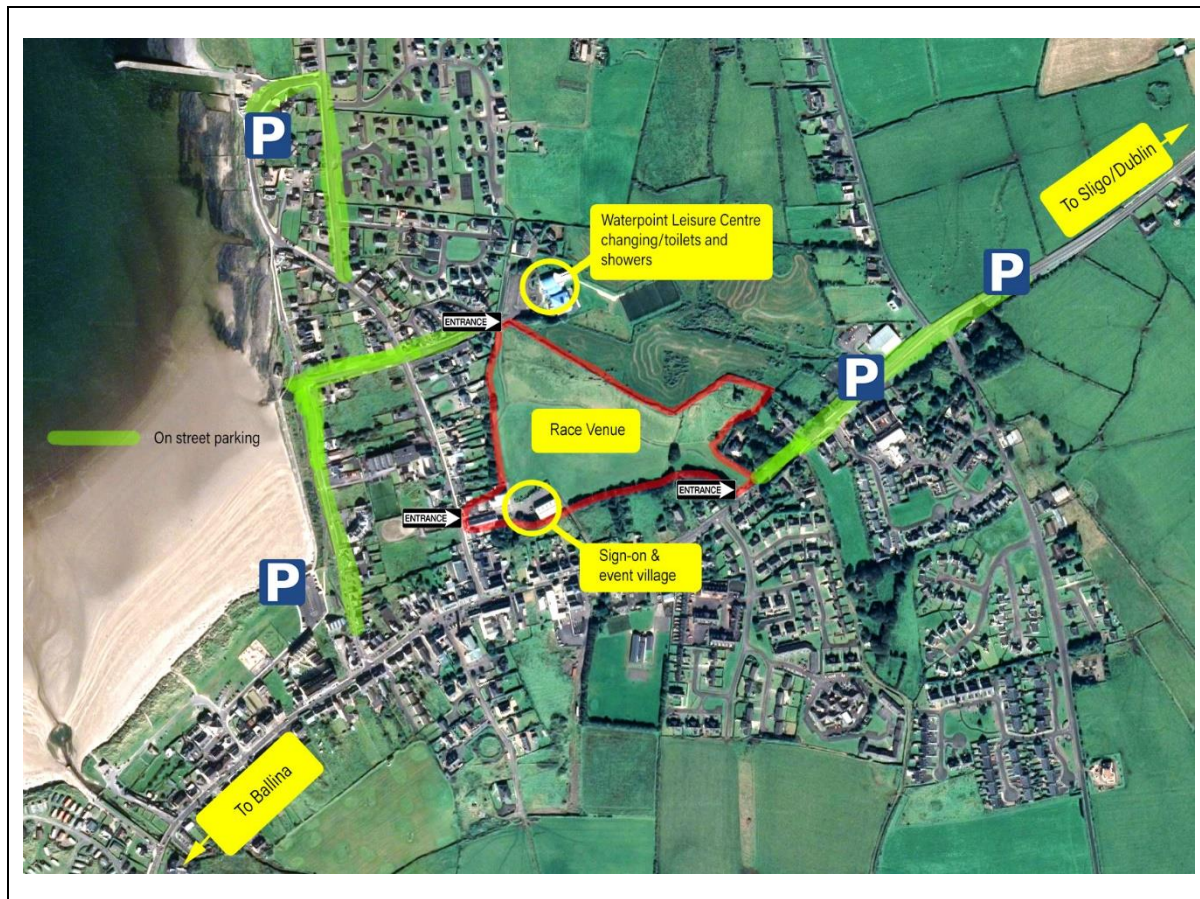
In the event of an emergency all riders, spectators and organisers should follow the instruction from the marshals.

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 2.75 km long and the number of laps will be communicated by the finish judge after the second passing over the finish line.





1.44 Layout of event Map

Please see image below of the event field.

TBC