



## **2022 Cycling Ireland Youth Cyclo-cross Championships and 2022 Cycling Ireland Cyclo-cross Championships Technical Guide (v1.3)**

This is the technical guide to the above events which will be hosted by Square Wheels Cycling Club at Palace Demesne, Armagh.



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### **COVID-19 Precautions**

- If you have any symptoms of Covid-19 please do not attend the event.
- If you have tested positive in the last 10 days, please do not attend the event.
- Where possible, you should maintain social distancing, as well as good hand and respiratory hygiene practices.
- Wear facemasks in indoor settings
- You are strongly recommended to take a Rapid Lateral Flow (Antigen) test before travelling to the event.

## **1.1 Race dates**

The Cycling Ireland Youth Cyclo-cross Championships will take place on Saturday 8 January 2022. The Cycling Ireland Cyclo-cross Championships will take place on Sunday 9 January 2022.

## **1.2 Venue location**

The venue will be Palace Demesne, Armagh, Co. Armagh, Northern Ireland  
Sat nav. co-ordinates: 54.34394, -6.65401

Map link: <https://goo.gl/maps/BwikRkU5TaiHZXWq8>

## **1.3 Class of the race**

National Championship.

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

Race Directors: Stephen McNally      Aidan McCool  
Telephone (UK): +44 (0) 7411 508391      +44 (0) 7879 695486  
Email addresses: [sd.mcnally@gmail.com](mailto:sd.mcnally@gmail.com)      [aidanmccool@hotmail.com](mailto:aidanmccool@hotmail.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 can take place but the category will be flagged for future events.

Category of licence held	Details of combined categories	Year of birth	Minimum number
Senior men	Elite & Espoir	2000 - 2003 1983 – 1999	12
Women	Junior, Espoir, Senior	1983 – 2005	6
Masters women		1900 – 1982	6
Junior men		2004 – 2005	6
M40 men		1973 – 1982	12
M50 men		1963 – 1972	6
M60 men		1900 – 1962	6

- See Cycling Ireland Technical rules T10.1.11

Category of licence held	Year of birth
Under 16 boys and girls	2006/2007
Under 14 boys and girls	2008/2009

## **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 2022 race licence either a Limited Competition (LC) or Full Competition. Licences must be presented at sign on.

### Non-Cycling Ireland licence holders

For non-Cycling Ireland licence holders, please ensure you have a 2022 race licence from another UCI Affiliated National Federation. Email a copy of your licence to [secretary@offroadcyclingireland.ie](mailto:secretary@offroadcyclingireland.ie) 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 Eventmaster.ie system. Opens Monday 13 December 2021 at 10:00 and closes at 23:59 on Sunday 2 January 2022. Riders need to pre-pay at the same time. Link to pre-registration is given <https://eventmaster.ie/event/7mGGSyeFdv>.

## **1.8 Non-championship race**

On Saturday 8 January 2022 there will be a series of youth non-championship races for Under 6s, Under 8s, Under 10s and Under 12s. Pre-registration using the link above. See schedule in section 1.23 below.

## **1.9 Rider fees**

### Championship categories

Senior riders - £20

Junior riders - £10

Under 14s, Under 16s - £5

### Support races / Non-championship categories

Under 8s, Under 10s, Under 12s - £2

Under 6s – £1

## **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)

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

### **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).

Junior men	M40 men
Senior men	M50 men
Women	M60 men
Masters Women	

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 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 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.

### **U13, U15 prizes**

For the Under 14 and Under 16 race the host club will be awarding the first unplaced 13 and 15 prize for both male and female.

### 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, M40 men's, Under 14s and Under 16s 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 <https://www.cyclingireland.ie/downloads/technicalrules2021.pdf> . 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

\*When promoted as standalone championships

## **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, Jim Adams, Loch Miwa and Henry Whitston. 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 as outlined in the map. 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](#)).

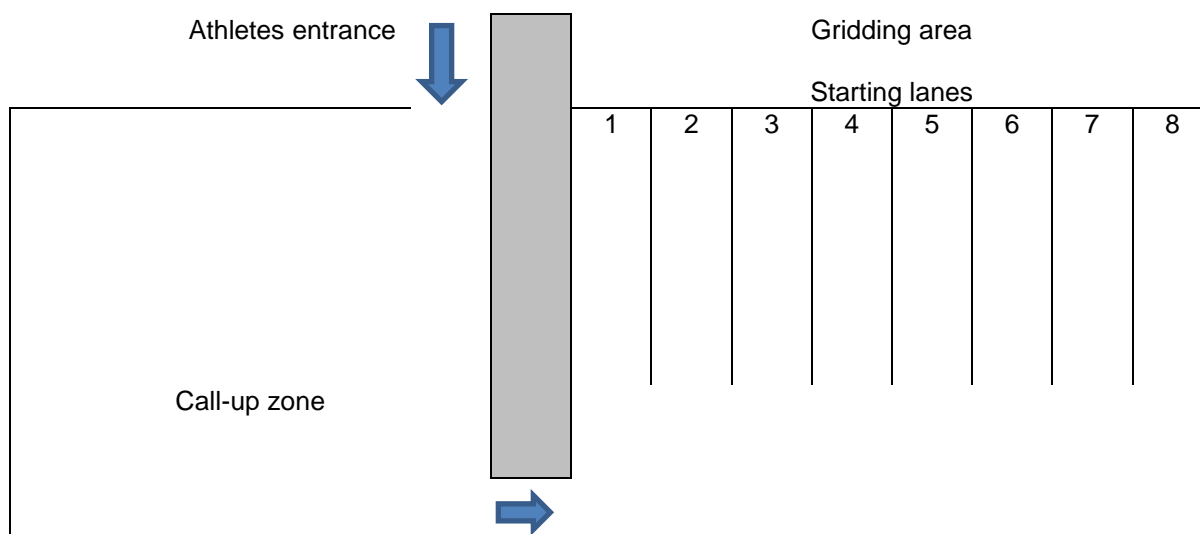


## **1.19 Equipment**

- 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. Register for pit passes [here](#). 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**

Race direction – Race lane ---→
Breakdown assistance lane ---→
Pit Area
←--- Breakdown assistance lane
←--- Race direction – Race lane

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, stopping to fix a mechanical problem or stopping to collect a water bottle or other refreshment (see note about feeding below). 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.

The pits is a busy area during a cyclo-cross race. There should be no dogs in this area and no small children. Pit crew – don't step out into the pit lane until you see your rider approaching. Stay behind the line.

## **1.23 Feeding**

A reminder, in a cyclo-cross race no feeding is allowed. Feeding is where someone hands the rider a bottle, gel or other refreshment anywhere on the course. A rider can stop in the pits and pick up his/her own bottle. A bottle can be carried on your bike, gels/snacks can be carried on your person. The key point is that you are not "fed" by another person. The penalty for this is disqualification.

**1.24 Race schedule (including practice times)**

Saturday 8 January 2022

From	Event	Until	Time
10:15	Registration opens	13:25	
10:15	Youth course open for practice	10:55	40 minutes
10:15	Main course open for practice	12:30	135 minutes
11:00	Under 6s fun race	11:05	2 min race
11:10	Under 8s race	11:20	5 min race
11:30	Under 10s race	11:45	10 min race
11:50	Under 12s race	12:10	15 min race
12:10	Prize giving for Under 8s, 10s and 12s	12:20	10 minutes
12:30	U16, U14 girls called up to start grid	12:40	10 minutes
12:40	Under 16 girls start	13:20	30 min race
12:40	Under 14 girls start	13:20	30 min race
13:25	Prize giving for Under 14s and Under 16s	13:35	10 minutes
13:40	U16, U14 boys called up to start grid	13:50	10 minutes
13:50	Under 16 boys start	14:30	30 min race
13:50	Under 14 boys start	14:30	30 min race
14:35	Prize giving for Under 14s and Under 16s	14:45	10 minutes
14:30	Main course open for practice	16:00	90 minutes
16:30	Park closes		

Sunday 9 January 2022

From	Event	Until	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	15 minutes
09:45	Junior men's start time	10:30	40 min race
10:35	Prize giving for Junior men	10:45	10 minutes
10:30	Course open for practice	11:00	30 minutes
11:00	Riders called up to start grid	11:15	15 minutes
11:15	M40 men's start time	12:10	45 min race
11:16	M50 men's start time	12:10	45 min race
11:17	M60 men's start time	12:10	45 min race
12:15	Prize giving for M40, M50, M60	12:25	10 minutes
12:10	Course open for practice	12:35	25 minutes
12:35	Riders called up to start grid	12:50	15 minutes
12:50	Women's start time	13:45	45 min race
12:50	Masters women start time	13:45	45 min race
13:50	Prize giving for Women	14:00	10 minutes
13:45	Course open for practice	14:15	30 minutes
14:15	Riders called up to start grid	14:30	15 minutes
14:30	Senior men's start time	15:40	50-60 min race
15:45	Prize giving for Senior men	15:55	10 minutes
16:30	Park closes		

**1.25 Opening times to venue**

The venue will be open from 10:15 am on Saturday 8 January and 08:30 am on Sunday 9 January 2022. Note: There is a parkrun on Saturday morning which starts at 09:30 am. Participants will be leaving the park after 10:00 am.

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

The sign on will take place in the stable yard, indicated on the course map. Signage will be in place to direct riders to the sign on area. Riders must present themselves along with their 2022 licence cards or a PDF version of their 2022 licence. Sign on closes 30 minutes before the start of each race.

### **1.27 Riders briefing & location**

A rider briefing has been provisionally scheduled for 15:00 on Saturday 8 January 2022 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 in the stable yard (see map).

### **1.28 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 9 January 2022).

Race numbers must be positioned on the front of the left 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.

### **1.29 Timing company information**

Chip timing provided by Elite Timing.

### **1.30 Press/media information**

An area will be set aside in the event village.

### **1.31 Parking arrangements**

There is one main entrance which vehicles can enter through. There are three pedestrian entrances. There will be limited parking available in the Event Village for club officials and volunteers. Two small, dedicated car parks will be for participating club vans and another for participating club cars close to the event village. These spaces will be allocated on a 1<sup>st</sup> come basis. Get there early to reserve your space.

### **1.32 Club gazebos**

Club gazebos can be erected in the stable yard of the event village for participating clubs only. These will be allocated on a first come basis. Gazebos can be left erected overnight on Friday and Saturday, locked within the stable yard. **Gazebos must be erected before 9am on each competition day.** Use this [booking form](#) to reserve your space.

### **1.33 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 **must** 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.

### **1.34 Spectator access and information**

The event is free for spectators. Spectators will be allowed to stand outside the course along any point. Spectators must cross the course at the designated crossing points. No spectators will be allowed into the pit area. It is recommended that all spectators wear appropriate clothing and footwear. The safest/driest spectator points have been marked **A–E** on the course map. Dogs must be kept on a leash within the park at all times.

#### Wheelchair access

Spectating points A, B, C & E are wheelchair accessible.

### **1.35 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.

### **1.36 Transport links**

Road links to Armagh city are excellent. Estimated journey times are shown below:

Dublin: 1 hour 50 minutes

Cork: 4 hours 14 minutes

Galway: 3 hours 30 minutes

Belfast: 55 minutes

L/Derry: 1 hour 50 minutes

### **1.37 Accommodation links**

There are a wide range of hotels, B&B's and Air BnB options available

<https://visitarmagh.com/accommodation/>

### **1.38 Event Sponsors**

The event is being sponsored by Armagh, Banbridge & Craigavon Borough Council.

### **1.39 Catering arrangements**

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

### **1.40 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, changing facilities are available at Armagh City Hotel Health and Fitness Club <https://www.armaghcityhotel.com/healthandfitnessclub>

### **1.41 First aid location**

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

### **1.42 Nearest hospital**

The nearest hospital is:

Craigavon Area Hospital, 69 Lurgan Road, Portadown, BT63 5QQ

Telephone: 028 3833 4444

Distance: 13 miles

### **1.43 Emergency evacuation location**

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

### **1.44 Litter – use of bins**

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



### **1.45 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.

**Main course:** The senior course features steep gradients, muddy conditions and technical wooded areas.

The map shows the course labelled **A–E**.

**A–B:** The Start/finish area in section A is at the top of the course in terms of elevation. Riders enter a wooded and muddy area, leading down into a technical grass area with the 1<sup>st</sup> set of steps.

**C–D:** is a transitional flat section featuring a double pit area, this area offers riders some recovery.

**E:** This is the bottom of the course in terms of elevation. Features a muddy descent into another wooded section. The riders then enter another technical section featuring a 2<sup>nd</sup> set of steps before climbing again toward the pit area.

**Finish:** the final climb to the finish line is approx. 60 m at a 20% gradient.

**Pits and bike wash:** A double pit is situated at approx. 0.4 km & 1.2 km in the centre of the park. See map. Spares should be left in the pits during practice and between races. No spectators or pets allowed in the pit area. No Under 10s as pit crew. Maximum of two pit crew per rider. A bike wash area is adjacent to the pits – all bikes **MUST** be washed here **NOT** the pits. **No water will be provided** in the wash area – pit crew should bring their own.

**Gridding area for main course** – this is shown close to the top of the car park – follow signage.

**Youth course:** A separate youth course will be located adjacent to the glasshouse in the Palace gardens (see map). This will be for the youth support races – Under 6s, Under 8s, Under 10s and Under 12s. This will be a mix of wooded slopes and flat grass. The Under 12s course will be extended to take in more of the wooded slopes.

