



# Downhill Conference

Rider Development and World Championships Criteria

December 2022

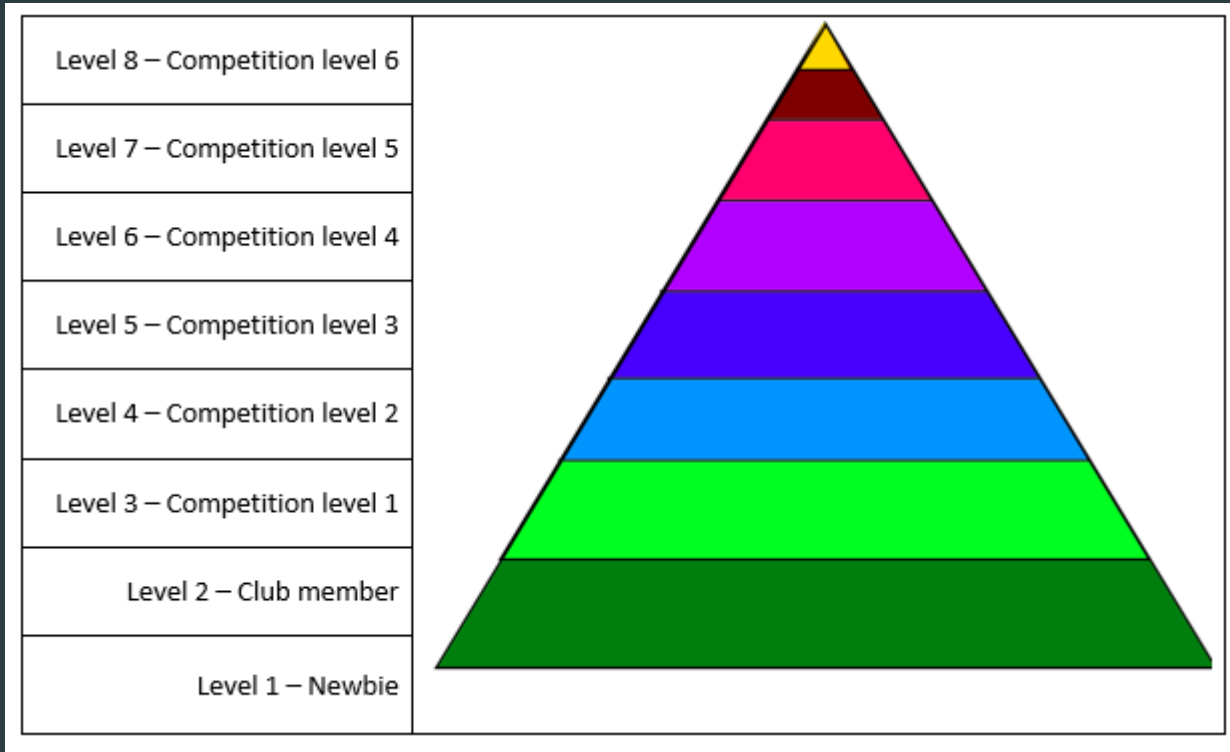
Thursday 15 December 2022

7:30 pm

# Agenda

- ▶ Rider development across all levels
- ▶ World Championships criteria
- ▶ Review motions from CIORC AGM

# Rider's journey



The higher up the pyramid, the less people are in the levels

# Rider's journey - Level 1 - Newbie

- ▶ Has an entry level bike. Is heading to trail centres.
  - ▶ Not a Cycling Ireland member.
  - ▶ Is going riding alone or with family or friends.
  - ▶ They are simply enjoying the activity of cycling.
  - ▶ Their likely sources of information are the local bike shop, internet, friends and family.
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- ▶ All riders start at Level 1, this is the gateway to the sport.
- ▶ Difficult to gauge how many people are in this group (counts at trail centres may help)
- ▶ How do they find out about Cycling Ireland, local clubs, competitions?
- ▶ Not all newbies take the step to join a club. Clubs can be seen as Elitist.

# Rider's journey - Level 2 - Club member

- ▶ Rider has either met a member of a cycling club on the trails, went along to a local race and got chatting to a club member, or has done some research to find a local club. Rider likes what they see and joins the club through Cycling Ireland.
- ▶ They are now going out on spins with the club. The spins are becoming more regular. Fitness is improving.
- ▶ They are getting advice and guidance from more experienced members.
- ▶ They are being introduced to more technical riding. Shared travel or arrangements to meet up at different trails centres / forests.

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- ▶ If a newbie is looking to join a club, how does he/she find a suitable club?
  - ▶ What factors are they taking into consideration? Club location, what day they go out for their club spins, what coaches they have, the colour of their kit...?
  - ▶ This is a key development stage and an opportunity to open doors to competition.

# Rider's journey - Level 3 - Competition level 1 (local races)

- ▶ Through encouragement from the club, the rider starts to attend local races.
- ▶ They need to learn the rules of the event, get the correct kit (full face helmet, protection etc.)
- ▶ More emphasis on bike maintenance, bike preparation and bike repairs. Knowledge is building.
- ▶ The bike gets upgraded

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- ▶ The key here is for the rider to get a good experience of attending races. The host clubs need to provide the information in advance to the rider, be friendly and helpful on the day to point the rider in the right direction and to answer their questions.
  - ▶ Race experience should be fun. They should love attending and competing.

# Rider's journey - Level 4 - Competition level 2 (local + national)

- ▶ The rider is trying harder at the local races.
- ▶ They are still having fun with the sport but also getting a kick out of doing well. Perhaps aiming to beat other members of the club. Starting some friendly rivalry.
- ▶ They are starting to set their own targets, aiming for top half, then top third, then top 10.
- ▶ The club spins take on more emphasis and are becoming more geared to improvements.
- ▶ They are attending the national championships.

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- ▶ Does the club have trained coaches? Are there enough other riders in that club to encourage this newcomer?

# Rider's journey - Level 5 - Competition level 3 (GB)

- ▶ When the rider starts getting good results, they start looking for bigger and better races.
- ▶ This may involve going with club or mates to races in Great Britain.
- ▶ They are getting more experience of racing in bigger fields and on different types of courses. They are riding more challenging courses.
- ▶ The aim is still to finish faster than his/her mates.
- ▶ The competition level is local or C2 level races.
- ▶ They are enjoyable weekends away but the challenge is to get themselves and their bikes ready for a race weekend. Race prep.

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- ▶ At this stage the rider has found friends within the sport to travel with. They may not be with the same club as before, but all are focused on the next steps to development.
  - ▶ Peer learning.



# Rider's journey - Level 6 - Competition level 4 (GB targeted)

- ▶ The rider is now looking to improve their National standing via the National Series and aiming for higher finishing positions in National Championships.
- ▶ The rider starts looking more at C1 level races in GB.
- ▶ Trying to gather up UCI points.
- ▶ Trying to make their mark on the sport. Becoming a more respected rider. Getting the opportunity to ride with stronger, faster riders locally.

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- ▶ Level 6 is where the rider starts to believe that he/she has what it takes to succeed in the sport. There is more focus on coaching, physical fitness and conditioning. They need to plan their season, target events, become critical of their performance, push their limits.
  - ▶ How do they get support to do this?
  - ▶ National coaching sessions? See later slide

# Rider's journey - Level 7 - Competition level 5 (GB and Europe)

- ▶ The rider is now planning a season, looking at C1 races in GB and in C2/C1 races in Europe.
- ▶ Looking for good finishes, top half, top third, top 10 etc.
- ▶ Still trying to gather up UCI points.
- ▶ Looking to get close to the finish time of the winner.
- ▶ Looking to see if they can get picked up by a trade team.

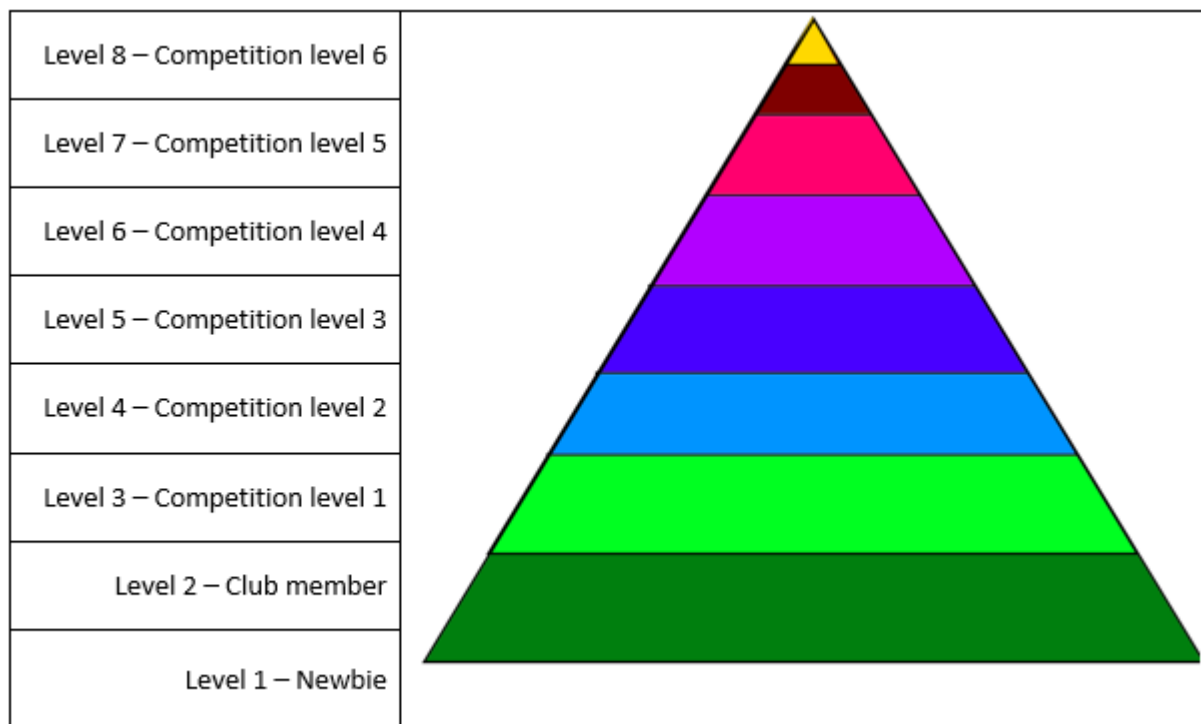
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- ▶ This is the full commitment stage. This requires a large budget, advance planning and mechanical support. Sources of funding need to be explored - local councils, local businesses, product sponsors etc.
  - ▶ The rider needs to get their cycling CV in order, ready to hand out to potential funders. They need to be able to sell themselves, explain their plans for the year, detail what the costs will be.

# Rider's journey - Level 8 - Trade team

- ▶ For the rider who is looking to take the sport to the highest level, they need to be picked up by a trade team.
  - ▶ This will give them the opportunity to race in World Cups both in Europe and further afield.
  - ▶ The trade team would provide the mechanical support, arrange transport, coaching, nutrition as well as accommodation. Effectively they will be “living the dream” of spending their life riding their bikes at the best venues.
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- ▶ What are trade teams looking for in a rider? Is it just potential or are they looking for...
    - ▶ Someone who will ‘fit’ into the team. Someone who will encourage their team mates, muck in to get unpacked and packed up, be a team player
    - ▶ Someone who has an open, positive mind-set, hungry to learn and enthusiastic to develop and progress
    - ▶ Social media presence, an ambassador for sponsors, can speak well on TV/Radio interviews, diplomatic, respectful, knowledgeable

# Rider's journey summary

Level 8	Competition Level 6 – Trade team – racing at World Cups
Level 7	Competition Level 5 – Planning a season. Looking at C1 races in Europe. Trying to gather up UCI points. Finish time within X% of the winner.
Level 6	Competition Level 4 – Targeting races. Looking for good results. Looking to place well. (Top X?). Looking at C1 races in GB. Trying to gather up UCI points.
Level 5	Competition Level 3 - Looking for bigger and better races – going with club / mates to GB to race – getting more experience. Riding more technical courses, aiming to finish faster than his/her mates. C2 level races. Enjoyable weekends away.
Level 4	Competition Level 2 – working harder for the local races. Attending the national championships. Aiming for top half, then top third, then top 10. The club spins take on more emphasis.
Level 3	Competition Level 1 – Attending local races, upgrading bike, getting kit, learning rules, bike maintenance, repairs etc.
Level 2	Club member – has joined Cycling Ireland and is now going out on spins with the club. They are getting advice and guidance from more experienced members. The spins are becoming more regular. They are being introduced to more technical riding. This is the development stage.
Level 1	Newbie – heading to trail centres. Not a Cycling Ireland member. Going riding alone or with friends. Simply enjoying the activity of cycling.



# Race levels

- ▶ World Championships
- ▶ European Championships
- ▶ World Cups
- ▶ European Class 1 (C1) races (Crankworx / ixs)
- ▶ European Class 2 (C2) races (ixs)
- ▶ British Class 1 (C1) races
- ▶ British Class 2 (C2) races
- ▶ Irish Downhill Series / Irish National Championships

# National coaching

- ▶ Whereas Level 2, 3 and 4 comes under rider development within the club structure, Level 5 is a group effort with similar ability riders, Levels 6 and 7 should be looked at, at a national level.
- ▶ Bringing together those riders at these levels to provide more focused training.
- ▶ Look to the commission for organised training sessions with specialised coaches. Development areas: strength and conditioning, bike mechanics, bike skills, nutrition, racing mind-set.

# World Championships

The pinnacle of racing



# How should riders prepare for a World Championships?

- ▶ Riders should have had both the experience of riding at top level races and of producing results at those races.
- ▶ To do this, riders need to have targeted high level races in the season leading up to the World Championships.



# World Championships

- ▶ Rider categories:
  - ▶ Elite men,
  - ▶ Elite women,
  - ▶ Junior men,
  - ▶ Junior women
- ▶ The UCI would allocate between 3 to 7 entries for each of the above categories for all nations.
- ▶ The allocation is described on the next page.

# World Championships

## ► Rider allocations - details from the UCI below

**9.2.034** For the Men Elite, Women Elite, Men Under 23 and Men Junior XCO events and the Men Elite and Men Junior DHI events, the maximum number of riders (apart from reserves) for each team is determined on the basis of the classification by nation of the previous year's world championships, as per the table below:

Nations ranked	Maximum number of riders (except reserves)
1 to 10 and the host nation	7
11 to 20	6
21 to 30	5
31 or after	4
Unranked nations	3

**9.2.036** The ranking by nations for the mountain bike world championships is calculated by adding the points scored by the 3 best placed riders of each nation. The system for awarding points is based on the total number of rider starting in each category, with a maximum of 300. If 100 riders start, the winner will score 100 points while the 100th placed rider would score 1. Should some starters not be given a finishing position, the last rider to be classified shall score the points for his or her position without taking account of the unclassified riders. Example: if 100 riders start and 80 riders are classified, the last of them will score 21 points.

# Criteria for World Championships

- ▶ Riders must have IRELAND on their licence
- ▶ Results window would be from **1 February to 3 weeks before the World Championships**. This would allow for periods of injury.
- ▶ Irish results would not factor in the selection criteria - this includes the national championships.
- ▶ Race times and seeding times to be considered
- ▶ Just because a rider achieves the criteria, it does not mean they are guaranteed an entry. It is not an automatic selection.
- ▶ However, if a rider does not achieve the criteria, they will not be considered for selection.
- ▶ There is **no obligation** to send riders just because they are national champions
- ▶ There is **no obligation** to fill all available spaces
- ▶ There is **no obligation** to send females or juniors if they don't achieve the criteria

# Fastest time in category

- ▶ The FTC calculation is a tool for selection
- ▶ Example: If the fastest rider in the category takes 3 minutes (180 seconds) to descend the hill, and rider X takes 3m 30 seconds (210 seconds), then rider X is 17% slower
- ▶  $\frac{210}{180} = 1.16666 = 117\%$
- ▶ The higher the level of race, the wider the margin of FTC that would be considered
- ▶ The advantage of this system is that the strength and depth of the competition is removed as a factor. So it doesn't matter if a rider finishes 57<sup>th</sup> out of 100 or 17<sup>th</sup> out of 30 or 4<sup>th</sup> out of 10, the important information is how quick they were compared to the rider who won the category.
- ▶ Some examples of the times from international races in 2022 is given on the next slide.

# 2022 international results

<b>World Cup - Lourdes</b>		<b>Rider</b>	<b>26-27 March 2022</b>	<b>Results</b>	<b>Result</b>	<b>FTC</b>	<b>% &gt; FTC</b>
Elite men DH	Jacob Dickson	MS Mondraker Team	27/60	02:57.1	02:47.7	5.6%	
Elite men DH	Oisin O'Callaghan	YT RACING DUDES	39/60	02:59.0	02:47.7	6.7%	
<b>World Cup - Fort William</b>		<b>Rider</b>	<b>21-22 May 2022</b>	<b>Results</b>	<b>Result</b>	<b>FTC</b>	<b>% &gt; FTC</b>
Elite men DH	Ronan Dunne	CONTINENTAL NUKEPROOF FACTORY	30/60	04:49.7	04:37.1	4.5%	
Elite men DH	Jacob Dickson	MS Mondraker Team	36/60	04:51.7	04:37.1	5.2%	
Junior men	Daniel Lappin		18/24	05:08.8	04:38.5	10.9%	
<b>World Cup - Leogang</b>		<b>Rider</b>	<b>10-12 June</b>	<b>Results</b>	<b>Result</b>	<b>FTC</b>	<b>% &gt; FTC</b>
Elite men DH	Jacob Dickson	MS Mondraker Team	14/64	03:35.8	03:28.8	3.4%	
Elite men DH	Henry Kerr	Propain Factory Racing	45/64	03:45.4	03:28.8	8.0%	
Elite men DH	Oisin O'Callaghan	YT RACING DUDES	49/64	03:46.5	03:28.8	8.5%	
<b>C1 - Crankworx Innsbruck</b>		<b>Rider</b>	<b>Results</b>	<b>Result</b>	<b>FTC</b>	<b>% &gt; FTC</b>	
Elite men DH	Ronan Dunne	CONTINENTAL NUKEPROOF FACTORY	7/149	02:44.1	02:39.6	2.8%	
Elite men DH	Henry Kerr	Propain Factory Racing	19/149	02:47.2	02:39.6	4.8%	
Elite men DH	Christopher Cumming	CONTINENTAL NUKEPROOF FACTORY	37/149	02:52.0	02:39.6	7.8%	
<b>World Championships 24-28 Aug - Les Gets</b>				<b>Results</b>	<b>Result</b>	<b>FTC</b>	<b>% &gt; FTC</b>
Elite men DH	Henry Kerr	Propain Factory Racing	9/80	03:25.4	03:20.5	2.4%	
Elite men DH	Ronan Dunne	CONTINENTAL NUKEPROOF FACTORY	16/80	03:27.5	03:20.5	3.5%	
Elite men DH	Jacob Dickson	MS Mondraker Team	25/80	03:30.1	03:20.5	4.8%	

# Suggested FTC

- ▶ The table below gives the suggested FTC targets for British C2 races up to World Cups.
- ▶ This is the first year that these targets are being introduced. Each year these will be reviewed.

Level of race	FTC	Winner's time example	Target time
World Cups	15%	3:30	4:01
European Class 1 (C1) races (Crankworx / ixs)	12%	3:30	3:55
European Class 2 (C2) races (ixs)	10%	3:30	3:51
Fort William	12%	3:30	3:55
British Class 1 (C1) races	8%	3:30	3:47
British Class 2 (C2) races	6%	3:30	3:43

# Including FTC for the IDMS

- ▶ In order to help spread the awareness of the FTC measure, we suggest adding this to all the IDMS results going forward. For all age categories.
- ▶ Some examples of how this would look from last year's national championships is given below.

Rank	No	Category	Forename	Surname	Result	Gap	FTC
1	45	Junior men	Daniel	LAPPIN	1:49.822		
2	64	Junior men	Brendan	CONROY	1:51.865	2.043	102%
3	47	Junior men	Max	SCHONE	1:54.047	4.225	104%
4	69	Junior men	Jack	MOLLOY	1:54.444	4.622	104%
5	52	Junior men	Jamie	WALL	1:56.088	6.266	106%
6	51	Junior men	Josh	GALLAGHER	1:57.270	7.448	107%
7	60	Junior men	Scott	ROBERTS	1:57.377	7.555	107%
8	50	Junior men	Tadhg	QUIRKE	1:58.904	9.082	108%
9	68	Junior men	Daragh	O'SEALBHAIGH	2:01.489	11.667	111%
10	53	Junior men	Mel	WALSH	2:03.338	13.516	112%
11	66	Junior men	Conor	SMITH	2:07.403	17.581	116%
12	75	Junior men	Michael	MCCAN	2:07.556	17.734	116%
13	73	Junior men	Jamie	O'CALLAGHAN	2:08.226	18.404	117%
14	74	Junior men	Luca	JOYCE-NIGHTINGALE	2:12.914	23.092	121%
15	59	Junior men	Alex	GILES	2:15.135	25.313	123%

Rank	No	Category	Forename	Surname	Result	Gap	FTC
1	2	Senior Men	Ronan	DUNNE	1:42.910		
2	33	Senior Men	Daniel	WOLFE	1:45.576	2.666	103%
3	8	Senior Men	Drew	ARMSTRONG	1:48.517	5.607	105%
4	6	Senior Men	Niall	CLERKIN	1:48.720	5.81	106%
5	21	Senior Men	Joel	HAMILTON	1:50.171	7.261	107%
6	5	Senior Men	Ross	ENNIS	1:50.781	7.871	108%
7	29	Senior Men	Chris	MURPHY	1:50.837	7.927	108%
8	30	Senior Men	Cian	O'CONNELL	1:52.966	10.056	110%
9	10	Senior Men	Cathal	FITZPATRICK	1:53.023	10.113	110%
10	40	Senior Men	Ruairí	MCKEOWN	1:54.106	11.196	111%
11	23	Senior Men	Ross	CALLAGHAN	1:54.707	11.797	111%
12	9	Senior Men	Shea	ROONEY	1:55.626	12.716	112%
13	7	Senior Men	Emmet	CALLAGHAN	1:56.413	13.503	113%
14	32	Senior Men	Daniel	FEOKRYTOV	1:57.311	14.401	114%
15	35	Senior Men	Darragh	WALSH	1:58.006	15.096	115%