



## Irish National Downhill (DH) Championships 2023 Technical Guide (v1.1)

This is the technical guide to the 2023 Irish National Downhill Championships which will be hosted by The GAP MTB club.

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## **1.1 Race date**

The race will take place on 22 and 23 July 2023.

## **1.2 Venue location**

The venue will be Glencullen Adventure Park (The GAP), Ballybrack Road, Glencullen, Dublin 18, D18 Y673.

Sat nav. co-ordinates: **53.223005, -6.225382**

Map link: <https://goo.gl/maps/rpb1qz6vDc3Rpi7q7>

## **1.3 Class of the race**

National Championship – Individual downhill (DHI).

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

Race Director: Lisa Davis

Telephone (ROI) 00 353 – (0) 1 2942782

Email address: [lisa@thegap.ie](mailto:lisa@thegap.ie)

## **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.

<b>Category of licence held</b>	<b>Details of combined categories</b>	<b>Year of birth</b>	<b>Minimum number</b>
Senior men	Elite & Espoir	2004 or older	12
Women	Senior & Junior	1940-2006	6
Junior men		2005-2006	6
M30 men		1984-1993	12
M40 men		1974-1983	12
M50 men	M50 & M60	1940-1973	6
Under 16 boys		2007-2008	6
Under 16 girls		2007-2008	6
Under 14 boys		2009-2010	6
Under 14 girls		2009-2010	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 2023 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 2023 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.

## **1.7 Pre-entry information**

Pre-entry is run through the Cycling Ireland EventMaster.ie system which closes at 23:59 on Sunday 16 July 2023. Link here – <https://eventmaster.ie/event/WvdQu65i0j>

NOTE: There is a limit of 200 riders for this event. This is due to the capacity of the uplifts.

## **1.8 Rider fees**

Women - €80

Under 14 and Under 16s (male and female) - €50

All other categories - €80

Event licence / One-day licence for non-championship categories (18+) - €20 for those with no licence and €10 for those with a leisure licence.

## **1.9 Non-championship race**

The event will have non-championship race categories:

Under 14 non championship

Under 16 non championship

Open women and men.

NOTE: Entry for the non-championship race will be after the championship categories have closed and will be subject to any remaining places based on the limit for the event (200 riders).

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

Championship medals will be awarded for top 3 riders in each of the 8 categories

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

Junior men	Senior men
Under 16 boys	M30 men
Under 16 girls	M40 men
Under 14 boys	M50 men
Under 14 girls	Women

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 the Senior men, Women, Junior men, M30 men, M40 men and M50 men categories - providing the rider and race meets the criteria set out in the Cycling Ireland Technical rules T10.1.15 (see below).

<p>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. 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.</p>
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## **1.11 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/about-us/documents/>. 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).

Finish	Elite
1	100
2	90
3	70
4	60
5	50
6	40
7	30
8	20
9	10
10	5

### **1.13 Commissaire list**

The race will be under the control of the Commissaire Benny Clerkin. (Tel number +44(0)7801979176 – [ceramic.tiling.tools@outlook.com](mailto:ceramic.tiling.tools@outlook.com)). 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. Bicycles cannot be taken onto the podium.

### **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.

It is required that Youth and Junior riders wear the following during both competition and official practice:

- Full Fingered Gloves along with Back, Elbow, Knee and Shoulder protection with a rigid surface.

### **1.18 Race format**

A seeding run, followed by a single run by all competitors based on the seeding run, with the fastest time winning - such as the World Championships system

### **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 22 July 2023**

<b>From</b>	<b>Event</b>	<b>Until</b>
08:30	Registration open	
09:00	Uplifts available	12:45
09:00	Course open for practice	13:00
13:00	Course closed for lunch	14:00
13:45	Uplifts available	
14:00	Seeding run start	Last rider finishes
	Course closed	

### **Sunday 23 July 2023**

<b>From</b>	<b>Event</b>	<b>Until</b>
08:30	Registration open	
09:00	Uplifts available	12:45
09:00	Course open for practice	13:00
13:00	Course closed for lunch	14:00
13:45	Uplifts available	
14:00	Race run start	Last rider finishes
	Course closed	
	Prize giving	

## **1.21 Opening times to venue**

<b>Day</b>	<b>Time</b>	<b>Activity</b>
Friday 21 July 2023	09:00 – 17:00	Track walk available
Saturday 22 July 2023	08:30 – 17:00	Practice starting at 09:00
Sunday 23 July 2023	08:30 – 17:00	Practice starting at 09:00

## **1.22 Minimum training period**

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

- Riders must commence all training runs at the beginning of the course at the official start gate. Commencing a training run below the official start line may result in disqualification from the competition.
- Riders must wear their front number plate while training. No training is permitted whilst a race is in progress.

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

The registration will be located in the GAP headquarters where riders can collect their race numbers. Signage will be in place to direct riders to registration. Riders must present themselves along with their 2023 licence cards or a PDF version of their 2023 licence. Registration opens at 9 am on Saturday 22 July 2023. All riders must be signed on before practicing the course. **NOTE: There are no entries on the day. All riders must be pre-registered.**

### **1.24 Riders briefing & location**

A rider briefing has been provisionally scheduled for 9:30 on Sunday 23 July 2023 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 Gravity BC.

### **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 grounds at The GAP. Signage will be in place. Please cooperate with the car park marshals.

### **1.29 Bike wash facilities**

A bike wash facility is available beside the race village

### **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 The GAP see Bus Eireann.

### **1.33 Accommodation links**

Details of local accommodation can be found on <https://www.thegap.ie/information/>

### **1.34 Event Sponsors**

The event sponsors are High 5, Cyclon & BBB.

### **1.35 Catering arrangements**

Food vendors will be present on site for competitors and spectators.

### **1.36 Toilets, showers**

Toilet facilities are on site. There are limited shower facilities on site.

### **1.37 First aid location**

The ambulance will be parked at the halfway point and at the bottom of the track.

### **1.38 Nearest hospitals**

The nearest hospitals are  
St Colmcille's (9.4 km)  
Loughlinstown, Co.Dublin, Ireland D18 E365 (01-211 5000)  
or  
St Vincent's (13.6 km)  
Elm Park, Nutley Lane, Dublin 4, Dublin, D04 T6F4 (01-221 4358).

### **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**

The map below shows the push up, up lift and track for this year's national championships.

Course map tbc

### **1.42 Video / Description of the course**

Course pre-video links – to follow