



2024 Cycling Ireland Cyclo-cross Championships Technical Guide (v1.0)

This is the technical guide to the above event which will be hosted by Greenmount Cycling Academy at Limerick Racecourse on 13 & 14 January 2024.



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1.1 Race dates

The Cycling Ireland Cyclo-cross Championships will take place on Saturday 13 January and Sunday 14 January 2024.

1.2 Venue location

The venue will be Limerick Racecourse, Greenmount Park, Patrickswell, Co.Limerick Eircode V94 K858

Map link: <https://maps.app.goo.gl/Q3NqMTRFNXWZTmpS6>

1.3 Class of the race

National Championship for Under 14s, Under 16s, Juniors, Seniors and Masters.

1.4 Organiser's contact information

Race Director: Vincent Gleeson

Telephone (ROI): +353 87 8037543

Email address: v.gleeson@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.

Race category	Year of birth	Minimum number
Senior	1985 – 2005	10
Women	1985 – 2007	5
Masters women	1940 – 1984	5
Junior men	2006 – 2007	5
M40	1975 – 1984	10
M50	1965 – 1974	5
M60	1940 – 1964	5
Under 16 boys	2008 – 2009	5
Under 16 girls	2008 – 2009	5
Under 14 boys	2010 – 2011	5
Under 14 girls	2010 – 2011	5

- See Cycling Ireland Technical rules T10.1.11

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 2024 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 2024 race licence from another UCI Affiliated National Federation. Email a copy of your licence to 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 18 December 2024 at 20:00 and closes at 23:59 on Sunday 7 January 2024. Link to register is given <https://eventmaster.ie/event/preview/wkdvtPySRQ>

If there are any difficulties in getting registered for the race, send an email to secretary@offroadcyclingireland.ie.

1.8 Non-championship race

On Saturday 13 January 2024 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 - €30

Junior riders - €15

Under 14s, Under 16s - €10

Support races / Non-championship categories

Under 8s, Under 10s, Under 12s - €5

Under 6s – €2

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

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	Women
Senior	Masters Women
M40	
M50	
M60	

A National Champion's Jersey 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) rider in the Senior 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, M40, M50, 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. In the event of a team prize, it shall be awarded to the team with the lowest sum of the riders' placings of its 3 best placed riders. In the event of a tie the winners will be the team with the first three riders home and if this cannot be established the decider will be the team with the highest placed finisher.

1.12 Specific specifications for this event

The event is being run under UCI 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	60
2	60	40
3	40	30
4	30	25
5	25	20
6	20	15
7	15	10
8	10	5
9	5	3
10	3	

*When promoted as standalone championships

1.14 Commissaire list

The race will be under the control of the President of the Commissaire Panel (PCP) - Martin Grimley (secretary@offroadcyclingireland.ie), who will be heading up a team of commissaires. 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

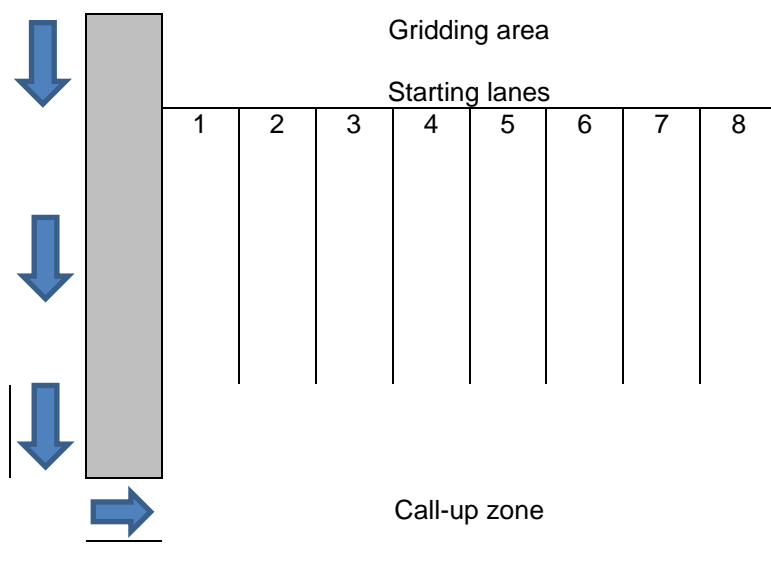
It is the responsibility of all riders to ensure that they are not required for Doping Control. If Doping Control is to take place, their set-up will be clearly marked on the day. More details about Anti-doping can be found on the Cycling Ireland website ([here](#)).

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) and the National Cyclo-cross series.

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.

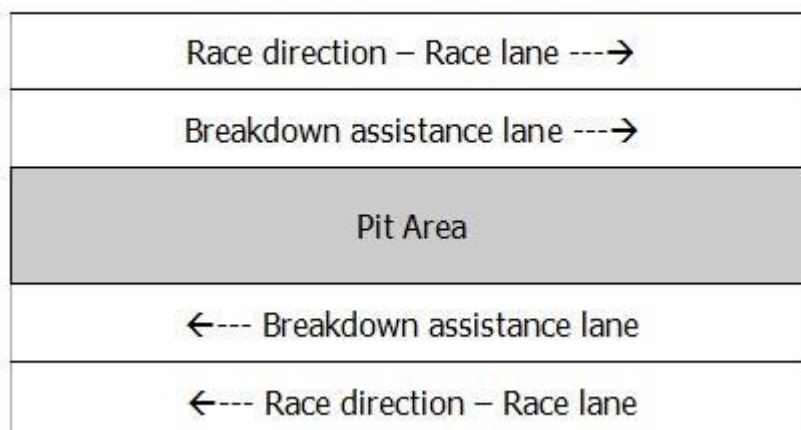
1.21 Accreditation and pit passes

Access to the pit zone will be by wrist band. Riders can request up to two wristbands for their pit crew. Wristbands 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, 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 13 January 2024

From	Event	Until	Time
09:30	Registration opens	13:25	
09:30	Course open for practice	10:15	45 minutes
10:20	Under 6s fun race	10:25	2 min race
10:30	Under 8s race	10:35	5 min race
10:45	Under 10s race	10:55	10 min race
11:05	Under 12s race	11:20	15 min race
11:30	Prize giving for Under 8s, 10s and 12s	11:40	10 minutes
11:30	Main course open for practice	11:50	20 minutes
11:50	U16, U14 girls called up to start grid	11:55	5 minutes
11:55	Gridding of riders begins	12:00	5 minutes
12:00	Under 16 girls start	12:30	30 min race
12:00	Under 14 girls start	12:30	30 min race
12:40	Prize giving for Under 14s and Under 16s	12:50	10 minutes
12:40	Main course open for practice	13:00	20 minutes
13:00	U16, U14 boys called up to start grid	13:05	5 minutes
13:05	Gridding of riders begins	13:10	5 minutes
13:10	Under 16 boys start	13:40	30 min race
13:11	Under 14 boys start	13:41	30 min race
13:50	Prize giving for Under 14s and Under 16s	14:00	10 minutes
14:00	Main course open for practice	14:20	20 minutes
14:20	M50, M60 riders called to start line	14:25	5 minutes
14:25	Gridding of riders begins	14:35	10 minutes
14:35	M50 start	15:15	40 minutes
14:37	M60 start	15:17	40 minutes
15:30	Prize giving for M50, M60	15:40	10 minutes
15:30	Main course open for practice	16:00	30 minutes
16:30	Site closes		

Sunday 14 January 2024

From	Event	Until	Time
09:00	Registration opens	14:00	
09:00	Course open for practice	09:25	25 minutes
09:25	Riders called up to start grid	09:30	5 minutes
09:30	Gridding of riders begins	09:40	10 minutes
09:40	M40 start time	10:30	50 min race
10:40	Prize giving for M40	10:50	10 minutes
10:40	Course open for practice	11:00	20 minutes
11:00	Riders called up to start grid	11:05	10 minutes
11:05	Gridding of riders begins	11:10	5 minutes
11:10	Junior men's start time	11:50	40 min race
12:00	Prize giving for Junior men	12:10	10 minutes
12:00	Course open for practice	12:30	30 minutes
12:30	Riders called up to start grid	12:35	5 minutes
12:35	Gridding of riders begins	12:40	5 minutes
12:40	Women's start time	13:25	45 min race
12:42	Masters women start time	13:27	45 min race
13:35	Prize giving for Women	13:45	10 minutes
13:35	Course open for practice	14:00	25 minutes
14:00	Riders called up to start grid	14:05	5 minutes
14:05	Gridding of riders begins	14:15	10 minutes
14:15	Senior start time	15:15	60 min race
15:25	Prize giving for Senior	15:35	10 minutes
16:30	Site closes		

1.25 Opening times to venue

The venue will be open from 09:00 am on Saturday 13 January and 08:30 am on Sunday 14 January 2024.

1.26 Locations of registration and opening times

The sign on will take place behind the timing shed 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 2024 licence cards or a PDF version of their 2024 licence. Sign on closes 15 minutes before the start of each race.

1.27 Riders briefing & location

A rider briefing has been provisionally scheduled for 15:00 on Saturday 13 January 2024 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 and timing chips will be supplied by the organiser. (Note Timing chips are being supplied for national championship category races on both days.).

Shoulder 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 (<https://www.elitetiming.co.uk/contacts.html>). Start Lists and results at www.offroadcyclingireland.ie

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. See the map below. There will be two main areas to park. Teams who are using the pit area can park across from the pits.

1.32 Club gazebos

Club gazebos can be erected beside vans near the pit area. These will be allocated on a first come basis.

1.33 Bike wash facilities

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

During the races, pit crews **must** wash the bikes in the wash zone and not in the pit lane. The organisers will supply operators and petrol power washers.

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. Dogs must be kept on a leash within the racecourse at all times.

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. 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

See <https://www.buseireann.ie/>. <https://www.irishrail.ie/en-ie/>

1.37 Accommodation links

There are a wide range of hotels, B&B's and AirBnB options available in the local area.

1.38 Catering arrangements

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

1.39 Toilets, showers

There are toilets on site at the parade ring. See map for details. Any rider caught using alternative toilet arrangements will not be allowed to race.

There are showers on site at the parade ring.

1.40 First aid location

The ambulance will be parked beside the pits (see map at 1.44 below).

1.41 Nearest hospital

University Hospital Limerick St Nesson's Road, Dooradoyle, Co. Limerick, V94 F858

<https://maps.app.goo.gl/jRtjukT2KVgeooSy6>

St. John's Hospital St, John's Square, New Rd, Irishtown, Limerick, V94 H272

<https://maps.app.goo.gl/SGssHTqeF5U1m5mY9>

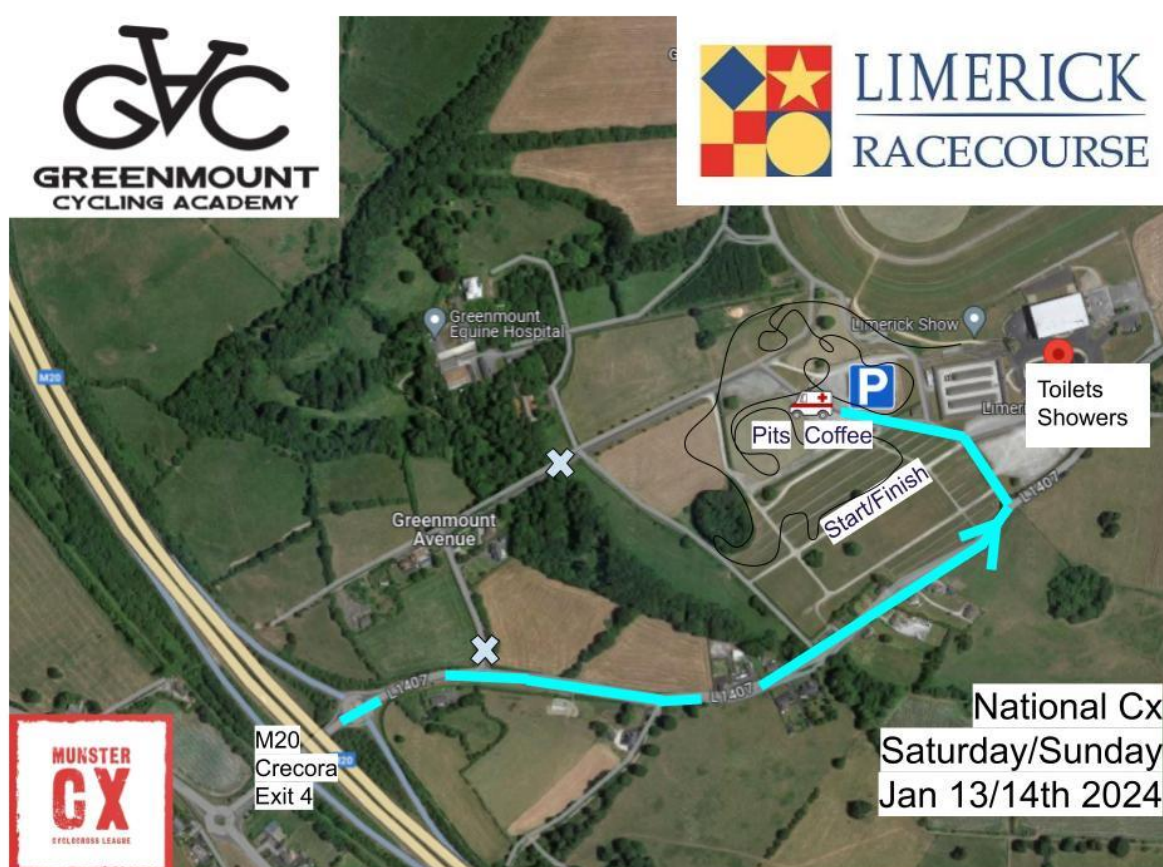
1.42 Emergency evacuation location

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

1.43 Litter – use of bins

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

1.44 Map and description of the course



Exact Course Map will be available in early January.