



Irish National Cyclo-cross Championships 2016 Technical Guide (v5)

*Amendments from v4 have been **highlighted***

This is the technical guide to the 2016 Irish National Cyclo-cross Championships which will be hosted by Dromara Cycling Club at Tollymore Forest Park.



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Race date

The race will take place on Sunday 10 January 2016.

Venue location

The venue will be Tollymore Forest Park, Bryansford Road, Newcastle County Down, Northern Ireland BT33 0PW. Sat nav. co-ordinates: 54.225251, -5.934250
Map link: <http://bit.ly/1QXhY0Z>

Class of the race

National Championship.

Organiser's contact information

Race Director: Martin Grimley, martin@dromaracc.co.uk,
Telephone (uk) 078 999 138 65
Other contacts: committee@dromaracc.co.uk

Categories of riders (+ minimum numbers)

Category of licence held	Details of combined categories	Year of birth	Minimum number	Maximum number
Senior men	Elite & Espoir	1997 or older	12	50
Women	Junior, Senior	1999 or older	12	50
Junior men		1998-1999	6	50
M40 men		1967 – 1976	12	50
M50/M60 men	M50 & M60	1966 or older	6	50

- See Cycling Ireland Technical rules T10.1.11

Licence information

Riders must also have a UCI code which begins with "IRL". Riders must hold a 2016 licence either a Limited Competition (LC) or Full Competition (JR, A4, A3, A2, A1, A+). Licences must be presented at sign on. For non-Cycling Ireland licence holders, please ensure you have a 2016 licence from your federation then email a copy of your licence to the race director before pre-entry closes.

Pre-entry information

Pre-entry is run through the Cycling Ireland Azolve system. Opens Friday 18 December 2015 and closes at 23:59 on Sunday 3 January 2016. Riders need to pre-pay at the same time.

<https://cyclinqireland.azolve.com/portal/EventsBooking.aspx?EventId=215904>

Rider fees

Senior riders - £20 (sterling)

Junior riders - £10 (sterling)

Prize list / Points scale

Medals will be awarded for top 3 riders in each of the five categories (Senior men, Women, Junior Men, M40 men, M50/60 men).

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

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

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.

Team Prize

Team medals will be awarded only in the Senior men's race. A set of 3 team medals will be awarded to the winning team which must be affiliated to Cycling Ireland.

Team medals will only be awarded if a minimum of 3 teams have entered the race.

(See Cycling Ireland Technical rules T10.1.20,21)

Specific specifications for this event

The event is being run under Cycling Ireland rules. The technical rules can be found on <http://www.cyclinqireland.ie/page/events/technical-rules3/technical-rules> . There are no specific specifications for this event.

UCI points

The table below provides details of the UCI points that are awarded for national championships. Points are not awarded for M40 or M50/60 categories.

Finish	National Championships	
	Men/Women Elite	Men 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

Commissaire list

The race will be under the control of the PCP – Paul Watson (UCI). He will be working with Maurice Mayne and Maciej Staroniewicz. Riders are asked to show respect to the commissaires and all personnel involved with the event.

Clothing

Riders must wear their club kit or a plain kit. This includes on the podium.

(See Cycling Ireland Technical rules Article.1.1 and Appendix 4 Reg 3)

80% rule

At this stage it is not envisaged that the 80% rule will be enforced but this can be brought into play on the decision of the President of the Commissaire Panel (PCP). The 80% zone would be at the top of the tarmac climb at the marshal point near the scout camp changing area (Marshal Point M4).

Podium

The podium presentations will take place near the scout changing facility. 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. (see clothing note above).

Anti-doping

We have not been informed if anti-doping will be on site. It is the responsibility of all riders to ensure that they are not required for Drug Testing.

Equipment

Only bikes described in the UCI Equipment section as “Cyclo Cross bikes” may be used in the National Cyclo-Cross Championship.

Gridding

Riders will be gridded for the start of their race. Details of the gridding will follow closer to the race date.

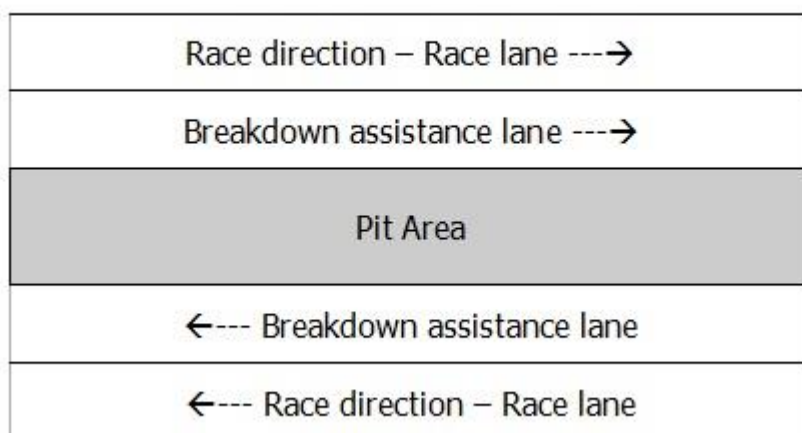
Accreditation and feed-zone passes

Access to the pit zone will be by wrist band. Riders **will receive** 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.

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)

Race schedule (including practice times)

Saturday 9 January 2016

From	Event	Until	Practice time
14:00	Course open for practice	16:00	120 minutes

Sunday 10 January 2016

From	Event	Until	Practice time
09:00	Sign on opens	13:30	
09:00	Course open for practice	10:00	60 minutes
10:00	Riders called up to start grid & course cleared	10:15	
10:15	Junior's start time	40-50 minute race	
10:17	Women's start time	40-50 minute race	
10:19	M50/M60 men's start time	40-50 minute race	
11:15	Course clear and open for practice	12:00	45 minutes
12:00	Riders called up to start grid & course cleared	12:15	
12:15	M40 men's start time	50-60 minute race	
13:15	Course clear and open for practice	13:45	30 minutes
13:45	Riders called up to start grid & course cleared	14:00	
14:00	Senior men's start time	50-60 minute race	
15:15	Course clear and ready to be pulled down		

Opening times to venue

The venue will be open from 8:30 am on Sunday 10 January 2016. On Saturday 9 January 2016 the venue will be open from 1:30 pm for practice which starts at 2:00 pm.

Locations of registration and opening times

The sign on will take place in the former café beside the car parks.



This is an indoor facilities with ample room for sign on. Signage will be in place to direct riders to the sign on area. Riders must present themselves along with their 2016 licence cards or a PDF version of their 2016 licence. Sign on opens at 9 am on Sunday 10 January 2016. Sign on closes 30 minutes before the start of the call up for each race.

Riders briefing & location

A rider briefing has been provisionally scheduled for 9:30 on Sunday 10 January 2016 in the sign on location. The briefing will be held by the PCP, event organiser and other relevant parties.

Race numbers

Race numbers will be supplied by the organiser.

Timing company information

Chip timing provided by Elite Timing

Press/media information

An area will be set aside in the old café for press/media.

Parking arrangements

All event attendees must enter the forest through the main gate. The forest has ample car park spaces on wide tarmac areas. They are marked on the event map. A limited number of vehicles will be allowed to park in one of the event fields close to

the pits. The vehicle owners will have to pay a fee for access to this parking area (see details below).

VIP parking close to the pit area

There is a limited amount of parking in the field where the double pit will be located. Riders can gain a VIP pass to drive their vehicle down to this field. Those with VIP parking must have their vehicle in place before 9 am on race day and will not be allowed to leave until the final race is over. There is a fee for the VIP pass which is £25. Please contact the race organiser to be sent a link for payment.

Bike wash facilities

There is a tap beside the pit lane and another a short distance away in the same field. There are two further taps beside the scout facilities which can be used for bike washing.

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. Non-racing participants who are cleaning their bikes are asked to keep the water and mud off the tarmac road and tarmac surfaces.

Spectator access and information

Spectators will be allowed to stand outside the course along any point. Access to the lower fields is via the tarmac road that will form part of the race so spectators will be asked to use the grass verge along the side of the road. No spectators will be allowed into the pit area. It is recommended that all spectators wear appropriate clothing and footwear.

Crossing points

The main access to the course will be along the tarmac road. There will be marshalling in place to control pedestrian access at the crossing point. Access to the lower fields will be via the tarmac road which is part of the course. There is a grass verge that pedestrians will be asked to use. All spectators are asked to obey instructions from the marshals.

Transport links

For bus links to Newcastle see www.translink.co.uk.

Accommodation links

Newcastle in County Down is only 2 miles away from Tollymore Forest Park. There are many links to accommodation in the area which can be found using popular internet search engines. Here are some of those links.

<https://www.holidaylettings.co.uk/newcastle,-northern-ireland/>

<http://www.discovernorthernireland.com/Bed-and-Breakfast-in-Newcastle-T15690-L64>

<http://www.bedandbreakfastsearcher.co.uk/county-down/newcastle.asp>

http://www.tripadvisor.co.uk/Hotel_Review-g186478-d191955-Reviews-s1-Slieve_Donard_Resort_and_Spa-Newcastle_County_Down_Northern_Ireland.html

<http://www.carlingfordandmourne.com/newcastle/where-to-stay>

<http://www.newcastlebandb.com>

Event Sponsors

ChainRection Cycles is supporting the event.

Catering arrangements

A chip van will be on site in front of the scout changing building. Riders and officials will be provided with food by the race organisers. Others can purchase food from this van. Tea & coffee will also be available in the sign on area.

Toilets, showers

There are toilets on site in the car park as well as beside the course in the scout camp facilities. Showers are also available for males and females at the scout camp building.

First aid location

The ambulance will be parked beside the scout camp facilities.

Nearest hospitals

- Downe Hospital, 2 Struell Wells Road, Downpatrick, BT30 6RL (12.04 miles) 028 4483 8191
- Daisy Hill Hospital, 5 Hospital Road, Newry, BT35 8DR (17.66 miles) 028 3083 5000
- Lagan Valley Hospital, 39 Hillsborough Road, Lisburn BT28 1JP (20.46 miles) 028 9260 4643

Emergency evacuation location

In the event of an emergency all riders, spectators and organisers should gather at the forest ranger's hut near the car parks and await further instruction.

Litter – use of bins

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

Description of the course

The circuit is 2.8km long and the number of laps will be communicated by finish judge after the second passing over the finish line.

The majority of the course is located within four event fields. Two of the fields are used for scout camping and have water points located close by. Field 1 is located next to the scout changing facility. Field 2 has the double pit. The two scout fields are connected by a short section of forest in which riders will have to negotiate a route between the trees. Once out of the forest, the riders will enter the pit area. To the left of the pit is a grass slope which will be fully utilized. The course then runs along the side of the dividing fence before entering the lowest field (Field 3) through a newly created hole in the fence. This field has good drainage and is expected to be quite firm. The riders will complete a loop in this field before returning to Field 2 to complete another loop. The riders pass through the pit lane again before heading down the grass section, out the gate and onto the tarmac road (190 metres long). The road climbs up towards the scout camp changing area before turning left into a newly cut section through the forest. There is a log obstacle to negotiate before a short run up a slope which will also have the plank obstacles. At the top of the slope the riders will enter the monument field (Field 4). In this field the riders will ride along the bottom of the slope, turn up the hill and return along the top of the ridge and pass through the finish line. The riders head around the back of the scout changing area, drop onto the tarmac road, then turn sharply back into Field 1 to complete the lap. The call up area will be just off the course in Field 4.

Map of the course

A map of the course ~~will not be available until Friday 8 January 2016~~ is shown below. Riders are asked not to pre-ride the course before the official practice times. Riders using the course before the official time will put the event at risk of being cancelled by the landowner, Northern Ireland Forestry Service.



A full size map appears at the end of this document.

