

Kinning Cycles Presents

Knocknagoney Cross

Sunday 7th January 2018

Knocknagoney Playing Fields, Belfast

Race Manual

Thanks for getting involved with Knocknagoney Cross. The race is run by Kinning Cycles. The race is an "open" event and we welcome all entries whether or not the riders are from Ulster. Entries cannot be accepted on the due to the late set up of this race.

Below is all the info you need for racing or spectating.

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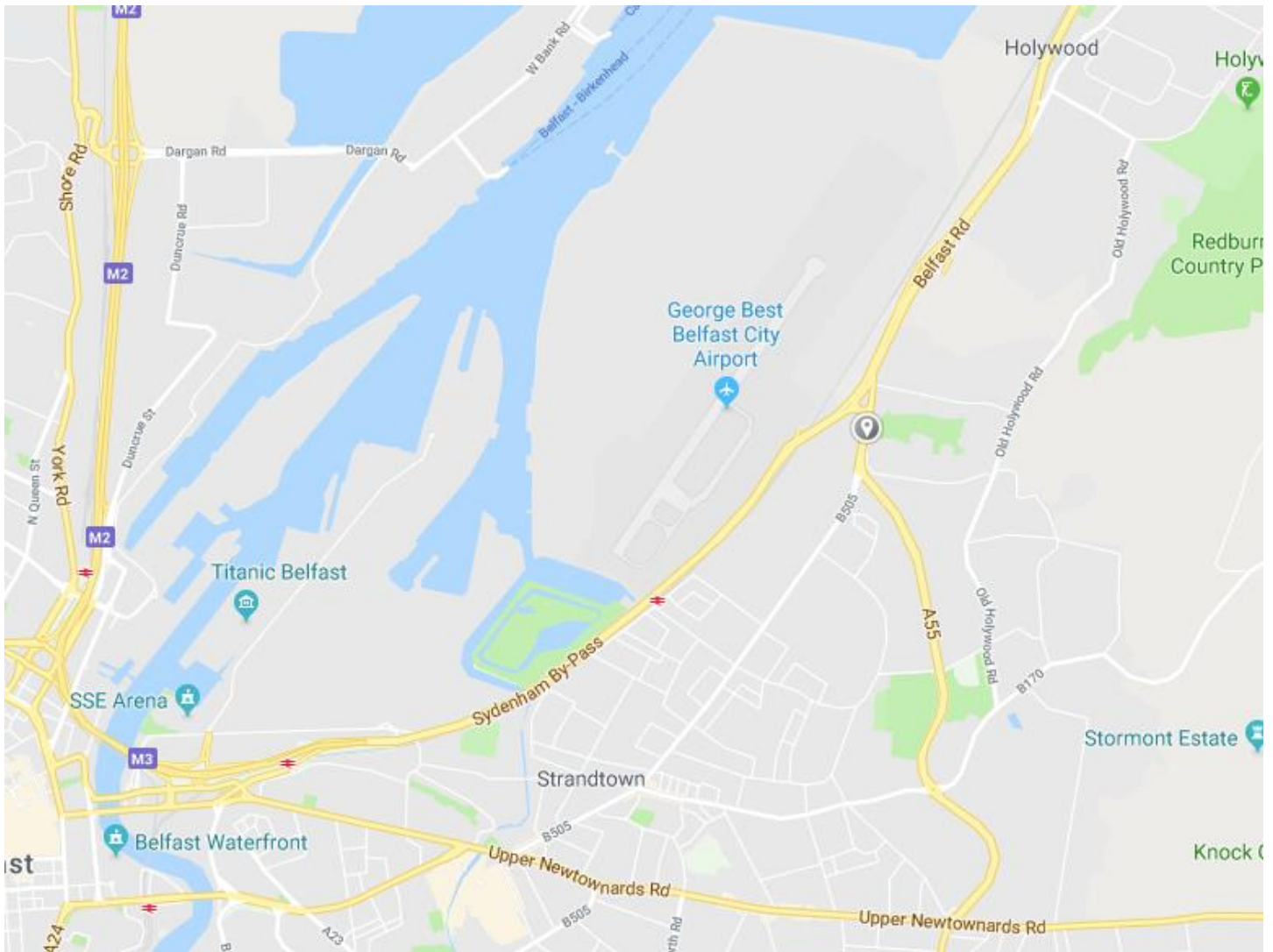
1.1 Race date

The race will take place on Sunday 7th January 2018.

1.2 Venue location

Knocknagoney Playing Fields is a park close to Knocknagoney Tesco. It is a small park on located on the outer road with close access to the Motorway.

Getting there. Google map link <https://goo.gl/maps/DLdtB6k5xLx>



From Sydenham bypass/ Belfast Road/ Hollywood exit onto the A55. After 100m the park is located on your left.

If you are coming using the A55 you will have to loop back on yourself at the Tesco Junction.

1.3 Class of the race

One day.

1.4 Organiser's contact information

Race Director: Glenn Kinning, (uk) 07739 709149 info@kinnincycles.com,

Race Organiser: Mark Harvey (uk) 07913 331373

1.5 Categories of riders

The table below shows the race categories.

Category of license held	Race Category	Year of birth
Senior men	A or B Race	1996-1999 1979-1995
Women	Junior, Espoir, Senior	2001 or older
Under 14s		2004 or 2005
Under 16s		2002 or 2003
Junior men	A or B Race	2000-2001
M40 men	A or B Race	1969 – 1978
M50 men	A or B Race	1900 – 1968

- See Cycling Ireland Technical rules T10.1.11

1.6 Licence information

Cycling Ireland riders must hold a 2018 licence either a Limited Competition (LC) or Full Competition (JR, A4, A3, A2, A1, A+). Youth riders must have a current 2018 licence.

Licences must be presented at sign on.

For non-Cycling Ireland licence holders, please ensure you have a 2018 licence from your federation then email a copy of your licence to the race director before pre-entry closes.

1.7 Pre-entry information

THE EVENT IS PRE-ENTRY ONLY.

There will be no entries allowed on the day.

Pre-entry opens Sunday 24 December 2017 at 8 pm and closes at 8 pm on Friday 5 January 2018. Riders need to pre-pay at the same time. Link to pre-registration will be on www.ulstercyclocross.com.

1.8 Rider fees

Senior riders - £15 (sterling)

Junior riders - £10 (sterling)

Youth riders - £5 (sterling)

1.9 Specific specifications for this event

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

1.10 Competition 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)

1.11 Equipment

Cyclo-cross bicycles only for all race categories with the exception of the Under 14s and Under 16s races where mountain bikes can be used.

1.12 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. Gridding is based on Ulster Cross League standings

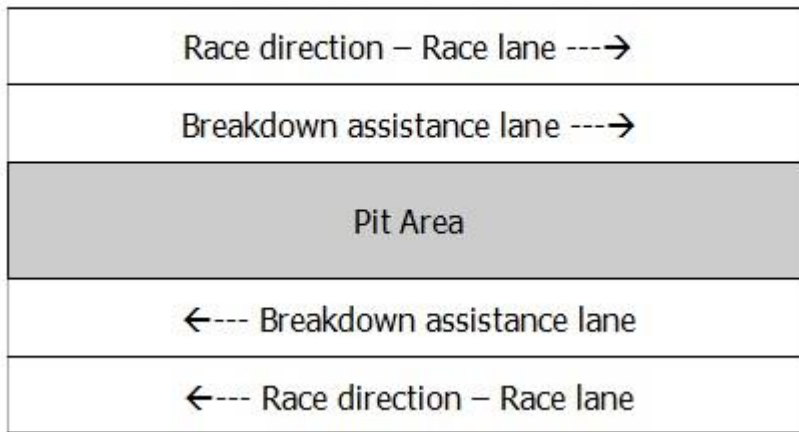
1.13 Accreditation and feed-zone passes

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

1.14 Double pit

A double pit will be in operation.

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. 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.

1.15 Race schedule (including practice times)

Sign on opens at 9:00. Course is open for practice once riders have signed on.

Practice session 9:00 -10:00

RACE 1:Women, Under 14s, Under 16s

9:45 Riders will be called forward for gridding

10:00 Race start

Race length: 40-50 minutes - Under 14s and Under 16s 25-35 minutes

Practice session 11:00 - 11:30

RACE 2: B Race

11:15 Riders will be called forward for gridding

11:30 Race start

Race length: 45-55 minutes

Practice session 12:30 - 13:00

RACE 3: A Race

12:15 Riders will be called forward for gridding

13:00 Race start

Race length: 50-60 minutes

Practice: There will be ample time to practice in between races. There will be **no** toleration for riders practicing on course while there are races in progress.

1.16 Locations of registration and opening times

The sign on will take place at the start/finish area. Signage will be in place to direct riders to the sign on area. Riders must present themselves along with their 2018 licence cards or a PDF version of their 2018 licence. Sign on opens at 9 am on Sunday 7 January 2018. Sign on will close 15 min before the start of each race.

1.17 Race numbers

Race numbers will be supplied by Cycling Ulster. Race numbers must be returned at the end of the race.

1.18 Parking arrangements

There is ample parking at the playing fields, follow signage and guidance from marshals.

1.19 Bike wash facilities

There is no tap on site. 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.

1.20 Event Supporters

Kinning Cycles – Title sponsor www.kinningcycles.com
Charm Wedding Studio -Graphic Design & Transport charmweddingstudio.com
[Greenscape NI](#) - Support and machinery
[Belgian Project](#) – commentary, Video, Pics
[Bio-Racer – Equipment sponsor.](#)
Cycling Ulster

1.21 Catering arrangements

There will be a hot food van on site. There will be refreshments for riders and marshals

1.22 Toilets, showers

Toilets & changing rooms will not be available on site. The nearest toilets are at Tesco Knocknagoney.

1.23 First aid location

The ambulance will be parked near the start/finish line.

1.24 Litter – use of bins

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

1.25 Description and map of the course

The circuit is approximately 1.5/2km long and the number of laps will be communicated by finish judge after the second passing over the finish line. The map below shows the entrance and rough course plan.

The course take on great use of the park. The park is a small valley with large banks to each side. It will be a good spectator friendly course.

Please remember that the park is open to the public. Please ride and race in a respectable manner.

