

Phoenix CC

Present

Phoenix Cyclocross Cup 2021

Sunday 26th September 2021

Sir Thomas and Lady Dixon Park

Race Manual (v1.5)

This document contains the information needed for racing or spectating.



Belfast
City Council



The race will be adhering to COVID 19 rules and regulations in accordance with Cycling Ireland and Belfast City council.

All riders MUST complete a self-assessment personal screening questionnaire prior to the event.

All riders' details will be taken for tracing when they register for the event.

Department of Health advice on Lateral Flow Testing for Events and Large Gatherings

Rapid COVID-19 tests – known as Lateral Flow Device (LFD) tests – have an important role in detecting asymptomatic cases. This means people who are infected but are showing no symptoms and may be unwittingly passing the virus on to others.

The use of LFD testing is important as an additional measure alongside the range of existing safety measures in place across workplaces and other settings including schools, healthcare settings and organised events. It is important to remember that, even with a negative LFD test, people should not change their behaviours and must continue to follow all other public health and safety measures in place.

It is strongly recommended that anyone participating in, or attending, any event which will bring them into close proximity with other people from outside their existing bubble should test themselves before they attend, and on days 2 and 8 after the event. The purpose of this testing is to identify any positive cases in advance of the event, and allow them to self-isolate. Post event testing will also help to identify any asymptomatic COVID-19 infections arising from the event, or social interactions that may occur before or after an organised event.

Attendees should be advised of the range of options that are available for people to access testing. Rapid COVID-19 tests can be obtained by anyone who requires them, free of charge. Rapid test packs can be ordered online for free delivery to your home.

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

You can also order them for collection in a number of locations across NI:

Find where to get rapid lateral flow tests - NHS (test-and-trace.nhs.uk)

If anyone has symptoms of COVID-19, they should self-isolate and book a PCR test immediately. PCR tests are available at testing sites across Northern Ireland and can be booked at:

<https://www.gov.uk/get-coronavirus-test>.

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1.1 Race date

The race will take place on Sunday 26th September 2021.

1.2 Venue location

The venue is Sir Thomas and Lady Dixon Park, Belfast. To get to the course:

From Belfast head southbound on the Malone Road and then onto Upper Malone Road (B103). Sir Thomas and Lady Dixon Park is on the right. The course entrance will be signposted.

From Lisburn, take the A1 towards Belfast. Turn right onto Lambeg Road (B103). Sir Thomas and Lady Dixon Park is on the left. The course entrance will be signposted.

Getting there. Google Link <https://goo.gl/maps/YQ7ZU9AhvV5c8g7H8>



1.3 Class of the race

One day.

1.4 Organiser's contact information

Race Director: Johnny Bagues - 07803 082803, jdbagues@gmail.com
Race Organisers: Johnny Bagues - 07803 082803, Stephen Moffitt - 07917 274425,
David Tweed - 07739 567606

1.5 Categories of riders

The table below shows the race categories.

Category of license held	Race Category	Year of birth
Under 6s /Under 8s #		2014 - 2018
Under 10s		2012 - 2013
Under 12s		2010 - 2011
Under 14s		2008 - 2009
Under 16s		2006 - 2007
Junior men	A or B Race	2004 or 2005
Senior men	A or B Race	1983 - 1999
M40 men	A or B Race	1973 - 1982
M50 men	A or B Race	1900 – 1972
Women (inc MTB)	Junior, Espoir, Senior	1900 – 2005

- See Cycling Ireland Technical rules T10.1.11
Parents NOTE: – The Under 6s race is just for fun. It is an introduction to off-road racing. There are no winners, no podium, no medals. It is all about the achievement of starting and finishing. If your child can complete the course with ease and is ready for the next challenge please have them try the Under 8s race instead. There is no lower age limit on the Under 8s race.

1.6 Licence information

In order to take part in off-road racing riders need to have cycling insurance. Cycling Ireland offers riders Full Competition, Limited Competition and Non-Competition licences. Riders who hold a current 2021 Limited Competition (LC) or Full Competition (JR, A4, A3, A2, A1, A+) licence can take part without any further charge for licences. Riders with Non-competition licences (LM) can 'upgrade' for the event by taking out an 'upgrade' licence (£9). Riders who do not have any current cycling licence can take out an event licence (£18).

Youth riders must have a current 2021 licence.

1.7 Pre-entry information

THE EVENT IS PRE-ENTRY.

There will be strictly no entries allowed on the day.

Pre-entry is on eventmaster.ie and will close on Friday 24th September 2021 at 8 pm.

1.8 Rider fees

Senior riders - £15 (sterling)

Junior riders - £10 (sterling)

Under 14s/16s - £5 (sterling)

Under 8s, 10s, 12s - £2 (sterling)

Under 6s - £1 (sterling)

1.9 Prize list

The following table provides a breakdown of the prizes for each category.

Category	Prize positions	Prize type
Under 6s fun race	All riders receive a small gift	
Under 8s, 10s, 12s	Top 3 boys, Top 3 girls	Medals
Under 14s, Under 16s	Top 3 boys, Top 3 girls	Vouchers + medals
CX mens' B' race	Top 3 riders	£15 £20 £25
Women's CX race*	Top 3 riders *There is no separate prize for women MTB riders	£25 £30 £40 First unplaced Junior - £15 First unplaced Master - £15
CX mens' A' race	Top 3 riders, first unplaced Junior, first unplaced M40, first unplaced M50	£25 £30 £40 First unplaced Junior - £15 First unplaced Espoir (Under 23) - £15 First unplaced M40 - £15 First unplaced M50 - £15

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/downloads/TechnicalRules2021.pdf>. There are no specific specifications for this event.

1.12 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.

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

1.13 Equipment

- Only bikes described in the UCI Equipment section as “Cyclo Cross bikes” may be used in the CX men's B' race or CX men's A' race.
- Cyclocross bikes or mountain bikes may be used in the CX women's race.
- 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.
- Bicycles 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.

1.14 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.

Details of the gridding are given below.

Category	Gridding details
CX A Men's Race	First three rows based on previous CX race (GP Brian Kinning 2021). All other positions based on race registration date and time.
All other races (apart from the Under 6s Fun race)	First two rows based on previous CX race (GP Brian Kinning 2021). All other positions based on race registration date and time.

1.15 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 from the pit marshal/commissaire. Commissaries will be located in the pits to ensure that only authorised persons are allowed inside.

Pit crew must wear face masks and disposable gloves. Strictly no spectators in the pits. Any rule breaking will lead to rider's disqualification.

1.16 Double pit

A double pit will be in operation.

Double Pit Area

Race direction – Race lane ---→
Breakdown assistance lane ---→
Pit Area
←--- Breakdown assistance lane
←--- Race direction – Race lane

The race lane and pit lane (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. If a rider accidentally rides through the pit lane he/she must dismount, take at least 3 steps before remounting.

Once a competitor exits the pit lane, the competitor is not permitted to return against the direction of the course to the pits.

1.17 Race schedule (including practice times)

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

Time	Event	Approx. Race length
09:00	Registration opens	
10:00	Under 6s race	2 mins
10:15	Under 8s race	5 mins
10:30	Under 10s race	10 mins
10:50	Under 12s race	15-20 mins
10:30-11:20	Main course practice available (excluding area used for kids races)	50mins
11:10-11:20	Practice available (area of course used for kids races)	10 mins
11:15	Prize giving for U8, U10, U12	
11:20	Call up for gridding - U14 Boys, U16 Boys, Men's CX B	
11:30	Race start for U14 Boys, U16 Boys, Men's CX B <ul style="list-style-type: none"> U16 Boys - starts 11.30am U14 Boys - starts 11.31pm Men's CX B - starts 11.34am 	U14, U16 - 30 mins Seniors - 45 mins
12:15-12:35	Main course practice available	20 mins
12:30	Prize giving for U14 Boys, U16 Boys and Men's CX B	
12:35	Call up for gridding - U14 Girls, U16 Girls, Women	
12:45	Race start for U14 Girls, U16 Girls, Women <ol style="list-style-type: none"> Women - starts 12:45 U16 Girls - starts 12:46 U14 Girls - starts 12:47 Note: These 3 categories may all be started at 12:45, depending on numbers.	U14, U16 - 30 mins Seniors - 45 mins
13:30 - 13:50	Main course practice available	20 mins
13:45	Prize giving for U14 Girls, U16 Girls and Women	
13:50	Call up for gridding - Men's CX A	
14:00	Race start for Men's CX A	50-55 mins
15:15	Prize giving for CX A race	

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. The Under 8 – Under 12 riders will only be using half of the course. Practice will be permitted on the remaining part of the course. Riders are asked to arrive 60 min before their event and leave after their race.

1.18 Locations of registration and opening times

A registration tent will be present on the day at the start/finish area. Signage will be in place to direct riders to the sign on area.

1.19 Race numbers

Numbers will be collected from the registration tent. There will be a 1 way system in place. Social distancing must be adhered to. Race numbers will be supplied by Cycling Ulster. Race numbers must be returned to the bucket at the finish line. Any numbers not returned on the day will incur a fee.

1.20 Parking arrangements

There is ample parking in the upper and lower car parks at Sir Thomas and Lady Dixon park. Please follow signage and guidance from marshals.

Vendors and teams **MUST** be in place for 9:00am for course opening.

1.21 Bike wash facilities

Bike wash facilities are not provided by the organisers. The organisers will not be supplying high pressure hoses, hose pipes, buckets or water. Riders/pit crews must supply their own equipment. During the races, pit crews are asked to wash the bikes in the wash zone and not in the pit lane. Non-racing participants who are cleaning their bikes are asked to keep the water and mud off any tarmac and gravel paths.

1.22 Event Supporters

- DALY GARAGES
- POWERHOUSE SPORTS
- SANITY.IO
- BELFAST CITY PARKS DEPT
- McCONVEYS CYCLES
- CYCLING ULSTER

1.24 Catering arrangements

The Stables coffee shop is located in the lower car park.

1.25 Toilets, showers

Toilets are available in the park.

1.26 First aid location

First Aid will be located near the start/finish line.

1.27 Litter – use of bins

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

1.28 Description and a map of the course

The course is approximately 3km long and the number of laps will be communicated by the finish judge after the second passing over the finish line.

The course makes great use of the park and features.

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



Note: There is **NO** Bike Wash this year.