



Indoor Cyclo-Cross

E-Trax, Moira

Wednesdays 13, 20 and 27 October 2021
Race Manual (v1.5)



Thanks for getting involved with the Indoor Cross League at E-Trax. The race is run by Apollo CT along with the E-Trax site owners. Cycling Ireland rules and regulations will apply. The race is an "open" event and we welcome all entries.

The venue offers short course racing with exciting entertainment. There is a large, warm indoor café for spectating. The course welcomes itself to newcomers or those wanting to train.

Depending on numbers we might run a 2 tier race for the senior men.

If there are enough women we will run a women's only race.

All youth riders are welcome.

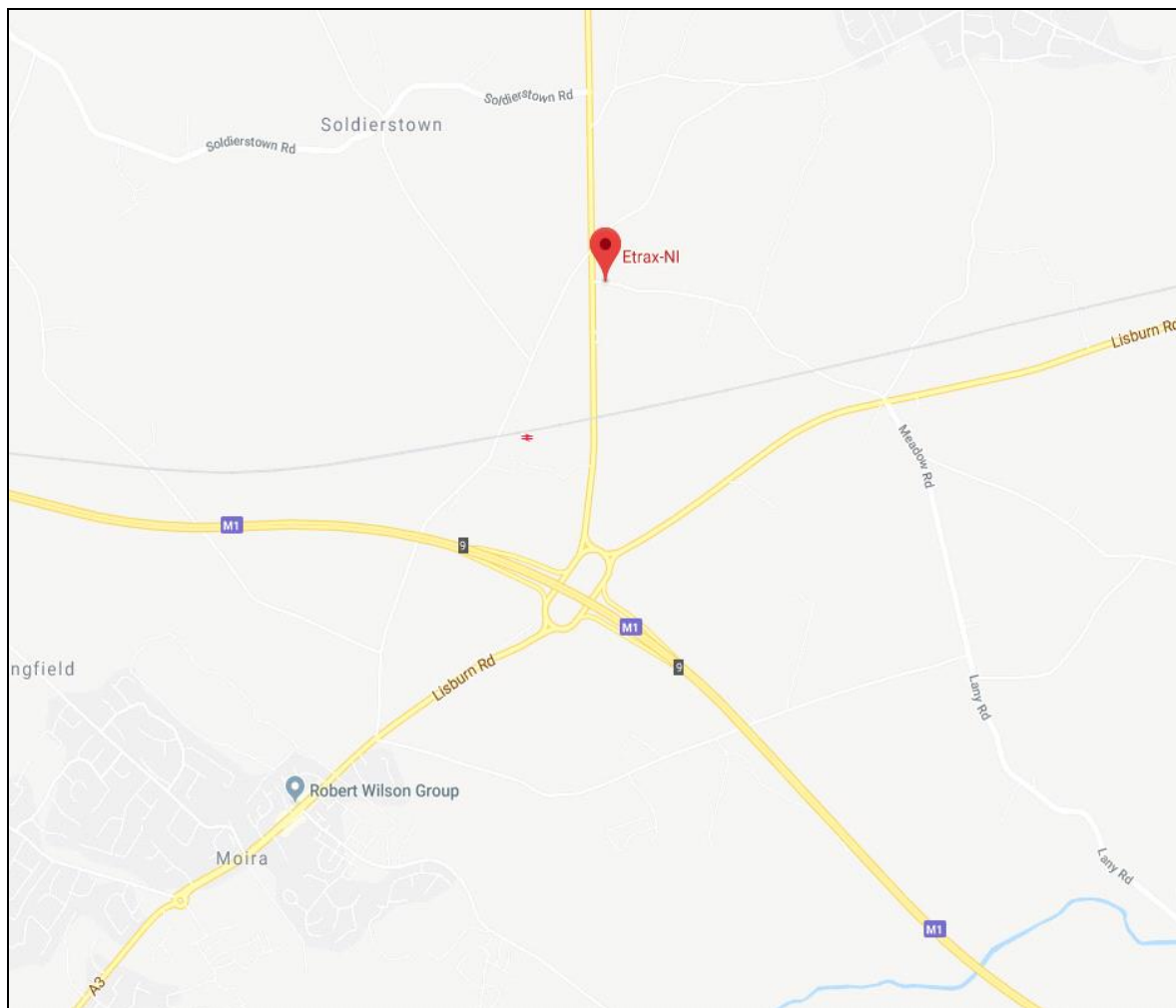
1.1 Race dates

The races will take place on 3 consecutive Wednesdays; 13th, 20th, 27th October 2021

1.2 Venue location

E-Trax is located near Moira. About 1 mile off the roundabout. See map below

Getting there. Google Link <https://goo.gl/maps/bEZ4tsjE5nFSZN1v6>



1.3 Class of the race

League

1.4 Organiser's contact information

<p>Race Organiser: Derek King Telephone: (UK) +44 (0)7988088003 Email address: dereking372@gmail.com</p>

1.5 Categories of riders

The table below shows the race categories.

Category of licence held	Race Category	Year of birth
Under 6s 'Fun'		2014-2020
Under 8s		2014-2020
Under 10s		2012-2013
Under 12s		2010-2011
Under 14s		2008-2009
Under 16s		2006-2007
Junior men	A	2004-2005
Senior men	A	1983-1999
M40 men	A	1973-1982
M50 men	A	1950-1972
Women	Junior, Espoir, Senior	1950-2005

- See Cycling Ireland Technical rules T10.1.11

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 either have a current 2021 licence (U8, U10, U12, U14, U16).

Licences must be presented at sign on.

For non-Cycling Ireland licence holders, please ensure you have a 2021 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.

There will be NO entries allowed on the day.

Pre-entry closes at 8 pm on the Monday before each race. Registration will be through Eventmaster.ie. Link to pre-registration will be on <http://www.ulstercyclocross.com>.

1.8 Rider fees

Senior riders - £10 (sterling)

Junior riders - £10 (sterling)

Under 14s and Under 16s - £2

Under 8s, Under 10s and Under 12s - Free

1.9 Prize List

The following table provides a breakdown of the prizes for each category. Prizes will be handed out on the final Wednesday.

Category	Prize positions	Prize type
Youth	All riders	Token gift/sweets
Women	Top 3 riders	Cash
Men	Top 3 riders	Cash

1.10 Team Prize

There will be no team prizes at this event.

1.11 Specific specifications for this event

The number of heats will depend on the number of entries. If there are enough women we will hold a women's only race. If there are enough in the Under 14s and Under 16s we will hold a race just for these categories. The maximum number of riders on the course at one time is 30.

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.

1.12 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.

Official kit must also be worn for the podium presentation.

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

1.13 Equipment

Cyclo-cross bicycles only for all race categories with the exception of the youth races where mountain bikes can be used. Only bikes described in the UCI Equipment section as "Cyclo Cross bikes" may be used in this event.

1.14 Gridding

There will be no gridding.

1.15 Accreditation and feed-zone passes

There will be no feed-zone.

1.16 Pits

A single pit will be in operation.

1.17 Podium

The podium presentations will take place near the start/finish area at the end of the third night's racing.

1.18 Race schedule (including practice times)

Sign on opens at 18:00. Course is open for practice once riders have signed on.

Time	Event	Approx. Race length
18:00	Sign on opens	
18:00	Course practice	30 min
18:30	Under 8, 10, 12 Race	5, 7, 10 mins
19:00 – 21:00	Heats of 20 minutes with 5 minutes between heats	20 min
21:00	Minor final	20 min
21:30	Major final	20 min

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.

1.19 Locations of registration and opening times

The sign on will take place in the reception. Signage will be in place to direct riders to the sign on area. Riders must present themselves along with their 2021 licence cards or a PDF version of their 2021 licence. Sign on opens at 18:00. Sign on will close 15 min before the start of each race.

1.20 Race numbers

Race numbers will be supplied. Chip timing will be in place for the Under 14/16 and senior heats.

1.21 Parking arrangements

There is limited parking at the track.

1.22 Bike wash facilities

There is no tap on site. During the races, bikes should not need cleaned.

1.23 Event Supporters

E-Trax <https://www.etrax-ni.co.uk>

UlsterCyclocross.com

1.24 Catering arrangements

There is a café on site.

1.25 Toilets, showers

Toilets & changing rooms will be available. Any rider caught using alternative toilet arrangements will not be allowed to race.

1.26 First aid location

There will be a first aider onsite.

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 map of the course

The circuit is approximately 1 min, 300m long. It is natural soil but kept well. All corners are wide and fast flowing. There are two long straights, so no excuse for not being able to pass. Races will be based on time. There will be a clock on display.