



## **Irish Cross-country (XC) National Points Series 2017 Round 2 Slade Valley Technical Guide**

This is the technical guide to the 2017 Irish XC NPS Rd 2 which will be hosted by IMBRC at Slade Valley on the 21st of May 2017.



*Irish Mountain Bike Racing Club*



## **Race date**

The race will take place on Sunday 21 May 2017.

## **Venue location**

The venue will be Slade Valley, Brittas, County Dublin, Ireland.

Sat nav. co-ordinates: 53.24313, -6.482534

Map link: <https://tinyurl.com/mbxqut9>

## **Class of the race**

National Points Series

## **Organiser's contact information**

Race Director: Davey Dunne

Telephone (ROI) 0863281991

## **Categories of riders**

Category	Age	Comment
Senior (Men) 1	16+	Elite riders and top 5/6 U23/Masters/Vets – [4-6 laps]
Senior (Men) 2	16+	Strong riders – [3-5 laps]
Senior (Men) 3	16+	Seasoned/experienced riders – [3-4 laps]
Senior (Men) 4	16+	Introductory category for men starting racing (Sports) – [2-3 laps]
Senior Women 1	16+	Elite women [4-6 laps]
Senior Women 2	16+	Introductory category for women starting racing (Sports) – [2-3 laps]
Juniors	16-17	Those born in 1999 or 2000
Under 16		Those born in 2001 or 2002
Under 14		Those born in 2003 or 2004
Under 12		Those born in 2005 or 2006
Under 10		Those born in 2007 or 2008
Under 8 / Under 6s		Those born in 2009 or earlier

### **Under 6 race:**

The Under 6s race is just for fun. It is an introduction to off-road racing. 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.

## **Licence information**

Riders participating in the event must have a valid Cycling Ireland licence. The Event Licence can be purchased on the day if the rider does not have a Cycling Ireland membership.

## **Pre-entry information**

Pre-entry is run through the Off-road Commission system. Opens Monday 1st May 2017 and closes **at 19:59 on Friday 19th May 2017**. Riders can pre-pay at the same time otherwise payment will be taken on the day.

<http://www.offroadcyclingireland.ie/wordpress/nps-xc-event-entry-page/>

To see who has entered already click here

<http://tinyurl.com/n4ucryu>

use the password "IMBRC"

## **Rider fees**

Seniors: €25 if you pre-register  
€30 if you turn up on the day.

Juniors: €10  
Under 14s & Under 16s: €5  
Under 8s, 10s & 12s: €2  
Under 6s fun race: €0

## **Prize list / Points scale**

Medals / Trophies will be awarded for top 3 riders in each category with exception of U6 category in which all participants shall receive a medal.

## **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.

## **Commissaries list**

The race will be under the control of the PCP – Martin Grimley. He will be working with Davey Dunne. Riders are asked to show respect to the commissaries and all personnel involved with the event.

## **Clothing**

Riders must wear their official club kit or a plain kit. This includes on the podium.  
(See Cycling Ireland Technical rules Article.1.1 and Appendix 4 Reg 3)

Winners of each Senior and Junior category will be presented with the Winners Jersey (sponsored by Kellys Bikes / Spin11) which they will be required to wear for the trophy presentation (there will be opportunity to take photographs with a club jersey too)

## **Podium**

The podium presentations will take place once the last rider has crossed the line. 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**

- The bicycle must meet UCI standards
- 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.
- During MTB races no traditional road handlebars may be used.
- The handlebars extensions of a triathlon or time trial type are forbidden, but traditional bar-ends are authorized.
- Bar plugs are compulsory.
- Bicycle shall be propelled solely through a chainset, by the legs moving in a circular movement, without electric or other assistance.

## **Gridding**

As per Round 1 results ([http://irishxcnps.ie/?page\\_id=16](http://irishxcnps.ie/?page_id=16))

## **Race schedule (including practice times)**

**Sunday 21 May 2017**

Race Timetable:

09:00 – Sign on opens  
10:00 – Under 6s fun race  
10:15 – Under 8s  
10:30 – Under 10s  
10:45 – Under 12s  
11:10 – Prize giving for U8s, U10s and U12s  
12:00 – Under 16s, Senior 4 men, Senior 2 women, Under 14s  
13:30 – Prize giving for U14s, U16s, S2 women and S4 men  
14:00 – Senior 1 men, Juniors, Senior 1 women, Senior 2 men, Senior 3 men  
15:45 – Prize giving for S1, S2 and S3 men, Juniors and S1 women

### **Practice times**

For the main course

09:00 – 11:45

13:15 – 13:45

Practice time will also be available from 2pm on Saturday afternoon.

**NO PRACTICE ALLOWED ON COURSES WHICH HAVE RACES GOING ON**

### **Opening times to venue**

The venue will be open from 8:30 a.m. on Sunday 21 May 2017. **Note: Saturday Practice is at riders own risk as there will be no first aider assistance on site for this time.**

### **Locations of registration and opening times**

The sign on will take place in the parking field opposite the race location. Signage will be in place to direct riders to the sign on area. Riders must present themselves along with their 2017 licence cards or a PDF version of their 2017 licence. Sign on opens at 9:00 am on Sunday 21 May 2017. Sign on closes 15 minutes before the start of the call up for each race.

### **Race numbers**

Race numbers will be supplied by the organiser which should be placed secured onto the handlebars in a way which makes it clear for timekeepers to read. Riders must not cut, fold or mutilate race numbers.

### **Timing company information**

Chip timing provided by Elite Timing.

### **Parking arrangements**

Parking will in the field across from the Slade valley Woods entrance. Signage will be in place. Please co-operate with the car park marshals.

[Parking Location Here](#)



### **Spectator access and information**

Spectators will be allowed to stand outside the course along any point. A course map will be displayed on the day. No spectators will be allowed into the pit area. It is recommended that all spectators wear appropriate clothing and footwear.

### **Crossing points**

All spectators are asked to obey instructions from the marshals.

## **Event Sponsors**

The event sponsors are Kellys Bikes, Spin11 and Elite Timing



## **Catering arrangements**

There will be a mobile coffee van on site.

## **Toilets, showers**

Toilet facilities are on site (portaloos) but there are no shower facilities

## **First aid location**

The ambulance will be parked at the Start Finish area.

## **Nearest hospitals**

The nearest hospital is the Tallaght Hospital  
<http://www.tallaghthospital.ie/>

## **Emergency evacuation location**

In the event of an emergency all riders, spectators and organisers should gather at the parking field across the road 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.

Please do not discard empty gel or energy bar wrappers onto the course, what came out of the jersey pocket can get back in!

## **Video / Description of the course**

Course preview video links

Main course: [https://youtu.be/lDKik0e\\_li8](https://youtu.be/lDKik0e_li8)



## Map of the course

