



Irish Cross-country (XC) National Points Series 2017 Round 5 Union Wood , Sligo Technical Guide

This is the technical guide to the 2017 Irish XC NPS Rd 5 which will be hosted by NorthWest MTB at Union Wood, Sligo on the 9th July 2017.



Race date

The race will take place on Sunday 9th July 2017.

Venue location

The venue will be Union Wood, Glennagoolagh, Co. Sligo, Ireland.

Sat nav. co-ordinates: 54.213478, -8.471213

Map link: [Union Wood Carpark](#)



R284

Glennagoolagh, Co. Sligo

54.213478, -8.471213



Class of the race

National Points Series

Organiser's contact information

Race Director: Damien McGuinn

Telephone (ROI) 087 6795890

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

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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 26th June 2017 and closes **at 19:59 on Friday 7th July 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

<https://tinyurl.com/irishxcnps>

use the password "NWMTB"

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.

Commissaire list

The race will be under the control of the PCP – Maciej Staroniewicz. He will be working with Damien McGuinn. Riders are asked to show respect to the commissaires 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 authorised.
- 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 the updated League Table (http://irishxcnps.ie/?page_id=18)

Race schedule (including practice times)

Sunday 9 July 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 9 July 2017. On Saturday 8 July 2017 the venue will be open from 2:00 p.m. until 5:00 p.m.

Locations of registration and opening times

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 9 July 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

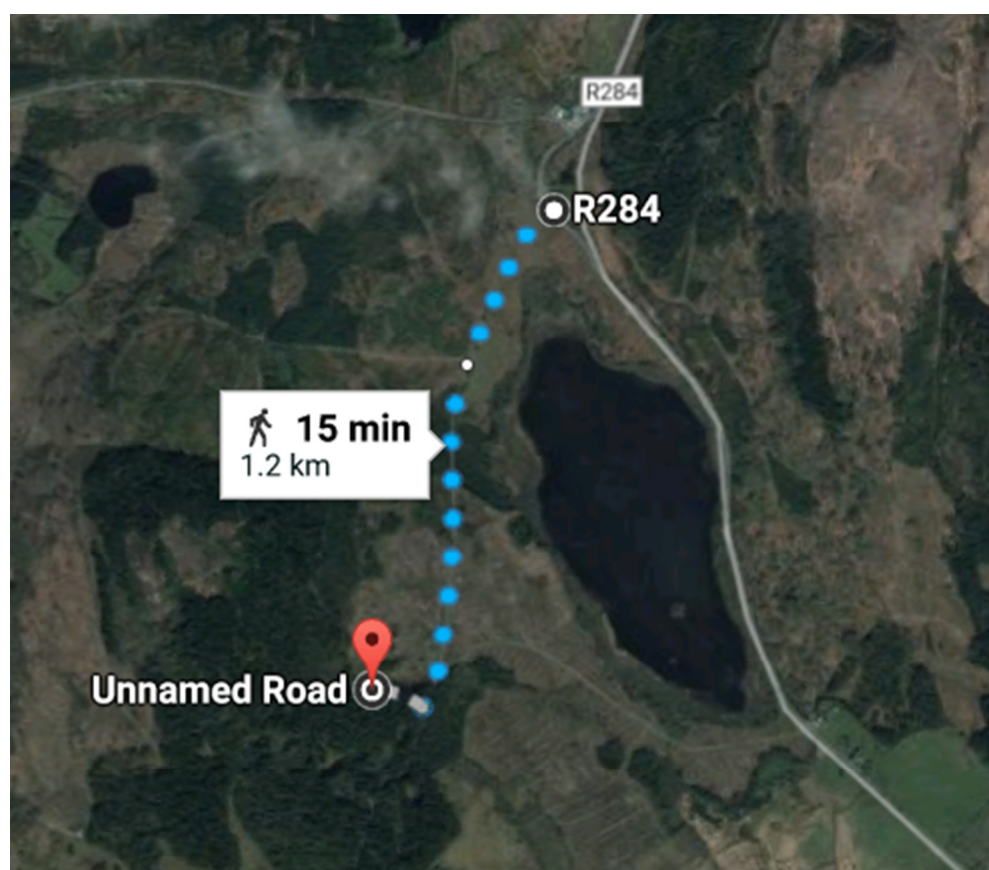
Chip timing provided by Elite Timing.

Parking arrangements

Parking will be in the Carpark (Indicated by R284 on the Map) beside sign on and is approx. 1.2km from the race start finish line. Signage will be in place. Please co-operate with the car park marshals. An overflow carpark will be in place on the other side of the R284 road , but parking space is limited (please car pool if possible)

Note: Sligo Stages Rally 2017 is taking place on the same date , care should be taking when Parking or crossing the R284

Please approach the venue from the Balisadare (via Union walk) or from Carraroe (via R284) , avoid the R290 from Collooney as this will clash with Rally Traffic



Camping

No Camping facilities exist on or near site but there are some good campsites in Strandhill for example <http://www.sligocaravanandcamping.ie/>

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 line.

Nearest hospitals

Sligo General Hospital . Full A & E 2017

11mins or 8.9km from the carpark area .

Map here: [Sligo General Hospital](#)

Emergency evacuation location

In the event of an emergency all riders, spectators and organizers should gather at the Carpark 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

Link to the You Tube course preview video: [2016 course Preview](#)

The Start is a 300m fire road Climb from the start into the tricky entrance drop of the infamous 'Fence' section (newly felled) this is open fast and rooty.

Exiting onto the fire road link (plenty of overtaking opportunities) to "the field" (overtaking section) and fast rocky "Lemonade" segments (Storm Doris has provided some new features) but the enjoyable wall crossing is retained.

Joining up with 'Grays' through flowing beech lines to the dreaded double drop (B line provided).

Exiting again on to a long section of fire road which is this year broken in two by a short snappy section of 'dirty deeds' single track **NEW**
Entering 'wildlife' technical climb **NEW** which replaces the fire road climb in the video this brings you to the highpoint of the course

The downhill section is fast and tricky with some subtle new features and corners and the more than occasional roots and tight turns

Exiting close to the finish area there is another short section of fire road before the fast descend of 'tunnel vision' with its multiple drops , bridges and quick corners a real racers favourite

Short 200m fire road sprint climb to the finish line for one complete Lap of the course
The Pit Zone area is just after the finish line

