



Irish Cross-country (XC) National Points Series 2019 Round Three – Ticknock Technical Guide

This is the technical guide to the 2019 Irish XC NPS Rd 3 which will be hosted by the Mountain Biking Association of Dublin (MAD MTB) on the 2nd of June 2019.



Race date

The race will take place on Sunday 2nd June 2019.

Venue location

The venue will be Ticknock Mountain Bike Trails, Dublin, Ireland.

Sat nav. co-ordinates: 53.2510878, -6.2478346

Map link: <https://goo.gl/maps/yDNghgRG4zp>

Class of the race

National Points Series

Organiser's contact information

Race Director: Steve Donnellan

Telephone: +353 (0)86 228 2382

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+	Seasoned/experienced riders – [2-3 laps]
Senior Women 3	16+	Introductory category for women starting racing (Sports) – [2-3 short laps]
Juniors	16-17	Those born in 2002 or 2003
Under 16		Those born in 2004 or 2005
Under 14		Those born in 2005 or 2006
Under 12		Those born in 2007 or 2008
Under 10		Those born in 2009 or 2010
Under 8 / Under 6s		Those born in 2011 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 Competition licence. An Event Licence can be purchased on the day if the rider does not have a Cycling Ireland Competition Licence.

Pre-entry information

Pre-entry is run through the Off-road Commission system. Opens Sunday 26th May 2019 and closes **at 19:59 on Friday 31st May 2019**. Riders can pre-pay at the same time otherwise payment will be taken on the day.

http://irishxcnps.ie/?page_id=1190

To see who has entered already click here

https://fs17.formsite.com/res/resultsReportTable?EParam=B6fiTn-RcO5M_7N0oHpENIo7PSJIfGHA2CO-cxzjberwHdXJOFrNz08leyANpc3k6G_7nD1akwXOIQJnCcOeq

use the password "Ticknock"

Rider fees

Race Fees: NPS XC (€)		
	Register and	Turn up on
Fees	Pre-pay	the day
Senior men (S1, S2, S3)	€25	€30
Senior men (S4)	€20	€25
Women (S1, S2)	€25	€30
Women (S3)	€20	€25
Junior men & women	€10	€10
Under 16s	€5	€5
Under 14s	€5	€5
Under 12s	€2	€2
Under 10s	€2	€2
Under 8s	€2	€2
Under 6s	€1	€1

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 Steve Donnellan. Riders are asked to show respect to the commissaries and all personnel involved with the event.

Podium

The podium presentations will take place once the last rider has crossed the line. The first three of every category must 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.

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.

Race schedule (including practice times) – Sunday 2nd June 2019

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

NO PRACTICE ALLOWED ON COURSE WHEN ANY RACING IS IN PROGRESS

Opening times to venue

SATURDAY: The course will be taped and available for practice from 2pm.

SUNDAY: The venue will be open from 9:00am on Sunday 2nd June 2019.

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

Sign on will take place at the race village, at the turning circle area on the first fire road on reaching the upper car park area. Signage will be in place to direct riders to the race village and sign on area. Riders must present themselves along with their 2019 licence cards, a PDF version of their 2019 licence or by presenting their phone with the Cycling Ireland app, showing their 2019 licence. Sign on opens at 9:00 am on Sunday 2nd June 2019.

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. **Race numbers must be handed back at the completion of your race.**

Timing company information

Laptop timing provided by Cycling Ireland Off Road Commission.

Parking arrangements

Please use the marked car park spaces provided and **do not park where access for emergency vehicles could be impeded**. 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.

Catering arrangements

There will be a mobile catering van on site, providing hot/cold drinks and fresh food.

Toilets, showers

Toilet facilities are on site (portaloos). There are no shower facilities.

First aid location

An ambulance will be parked on course, a first aid kit will be available at sign on.

Nearest hospital / injury unit

St. Columcille's Injury Unit, Loughlinstown, Co Dublin (12km)
<http://www.hse.ie/eng/services/list/3/injuryunits/>

Tallaght Hospital (11km) <http://www.tallaghthospital.ie/>

Private clinics – Affidea, Tallaght <https://www.affidea.ie/tallaght/>
VHI Swiftcare, Dundrum <https://www.vhi.ie/swiftcare>

Emergency evacuation location

In the event of an emergency all riders, spectators and organisers should gather at the Ticknock car park road (approach road to race village) 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 go back in!

Video / Description of the course

Course Description: http://irishxcnps.ie/?page_id=1190

Course preview video link – Main course: <https://youtu.be/rVpT-2ptCJA>

Course map

