



Irish National Cross-country (XC) Championships 2019 Technical Guide (v1.0)

This is the technical guide to the 2019 Irish National Cross-country Championships which will be hosted by Mountain Bike Club Cork (MBCC) at Tracton Woods, Co. Cork.

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1.1 Race date

The race will take place on Sunday 21 July 2019.

1.2 Venue location

Directions: Tracton Woods

L3210, Tubbrid, Co. Cork, Ireland.

Click here to view in google maps – <https://tinyurl.com/y8enlvb7>

Co-ordinates: N51.761574, W8.392463

1.3 Class of the race

National Championship.

1.4 Organiser's contact information

Race Director: Brian McCarthy

Telephone (ROI) 0879490080

Email address: brianmac30@live.ie

1.5 Categories of riders (+ minimum numbers)

National Championship Categories are shown in the table below. Note the minimum number of entries required for each category. If the minimum number of entries is not reached for a particular category then that race category will not take place on the day.

Category of licence held	Details of combined categories	Year of birth	Minimum number
Senior men	Elite & Espoir	2000 or older	12
Women	Senior & Junior	1900-2002	6
Junior men		2001-2002	6
M30 men		1980-1989	12
M40 men		1970-1979	12
M50 men	M50 & M60	1900-1969	6
Under 16		2003-2004	N/A
Under 14		2005-2006	N/A
Under 12		2007-2008/9 (see note below)	N/A

- See Cycling Ireland Technical rules T10.1.11

1.6 Licence information

Riders participating in the national championship categories must have a UCI code which begins with "IRL".

Cycling Ireland licence holders

Cycling Ireland riders must hold a 2019 race licence either a Limited Competition (LC) or Full Competition (U12, U14, U16, JR, A4, A3, A2, A1, A+). Licences must be presented at sign on.

Non-Cycling Ireland licence holders

For non-Cycling Ireland licence holders, please ensure you have a 2019 race licence from another UCI Affiliated National Federation. Email a copy of your licence to the race director before pre-entry closes.

1.7 Pre-entry information

Pre-entry is run through the Cycling Ireland Azolve system which closes at 23:59 on Sunday 14 July 2019. Riders must pre-pay before race day. Link here - <https://tinyurl.com/y6bovbcq>

1.8 Rider fees

Senior riders - €25

Junior riders - €10

Under 16s, Under 14s - €5

Under 12s - €2

1.9 Under 12s

RE: Riders born in 2009.

Riders would receive an Under 10s licence card if they took out a Cycling Ireland licence before their 10th birthday.

Riders who took out a licence on or after their 10th birthday would have received an Under 12s licence card.

Riders who were provided with an Under 10s licence, but who have now turned 10, can apply for an Under 12s licence directly from the Cycling Ireland Office via email. This must be done before the closing date for entries. The office is only available during office hours Monday to Friday. Once the rider has the Under 12 licence code he/she can then register to ride in the Under 12s category.

1.10 Non-championship race

There will be non-championship races for Under 6s, Under 8s and Under 10s on the Saturday evening. There will not be any other non-championship races at this event. Sign on for the non-championship races opens at 4 pm. Race start times are:

17:00 for Under 6s,
17:15 for Under 8s and
17:30 for Under 10s.

Sign on closes 15 minutes before the start of each race. Prizes will be in the form of goodie bags for all riders.

1.11 Prize list / Points scale

Championship medals will be awarded for top 3 riders in each of the 13 categories

(See Cycling Ireland Technical rules T10.1.14 in respect of number of starters in respect to the number of entries required)

Senior men	Under 16 boys
Women	Under 16 girls
Junior men	Under 14 boys
M30 men	Under 14 girls
M40 men	Under 12 boys
M50 men	Under 12 girls

A National Jersey will be presented to the winner of each championship category providing the rider and race meets the criteria set out in the Cycling Ireland Technical rules T10.1.15 (see below).

15. A National Champion's Jersey or Skinsuit will be presented to all National Champions, however no rider may be awarded more than one such jersey in any year.
No jersey will be awarded to the winner of a Championship where the number of starters are as described in table T10 A1.14 above.
No jersey will be awarded in a Championship event where there are less than 3 Open events held in any one year in that discipline.
The National Champions jersey will have the Cycling Ireland logo and name inscribed in an area not exceeding 64 square cms. on the left breast.
The jersey must not be covered during the presentation ceremony.

1.12 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.

1.13 UCI points

The table below provides details of the UCI points that are awarded for national championships. Points are not awarded for youth or masters categories (M30, M40 and M50).

Finish	National Championships		
	Elite	U23	Junior
1	100	50	40
2	90	35	30
3	70	25	20
4	60	15	10
5	50	5	5
6	40		
7	30		
8	20		
9	10		
10	5		

1.14 Commissaire list

The race will be under the control of the Chief Commissaire Martin Grimley. (+44 7899913865 – secretary@offroadcyclingireland.ie). He will be working with other commissaires. Riders are asked to show respect to the commissaires and all personnel involved with the event.

1.15 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)

1.16 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). Bicycles cannot be taken onto the podium.

1.17 Anti-doping

It is the responsibility of all riders to ensure that they are not required for Drug Testing. If Drug Testing is to take place, their set-up will be clearly marked on the day. More details about Anti-doping can be found on the Cycling Ireland website ([here](#)).

1.18 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 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.

1.19 Gridding

Riders will be gridded for the start of their race. Riders must be in the holding area 10 minutes before the start of their race for gridding to take place. Riders who are not in the holding area will not be gridded. Details of the gridding will be published closer to the race date.

1.20 Accreditation and feed-zone passes

Access to the pit zone will be restricted to only those who are servicing or feeding riders in the race that is currently taking place. Marshals will be located in the pits to ensure that only authorised persons are allowed inside.

1.21 Race schedule (including practice times)

Saturday 20 July 2019

From	Event	Until	Practice time
14:00	Course open for practice	16:00	120 minutes
16:00	Non-championship youth practice	17:00	60 minutes
17:00	Non-championship Under 6s race	17:05	
17:15	Non-championship Under 8s race	17:25	
17:30	Non-championship Under 10s race	17:45	
17:45	Course open for practice	18:45	60 minutes

Sunday 21 July 2019

Category	Call up	Start time	Duration Min	Duration Max	End time
Sign on opens		09:00			
Under 12s	10:00	10:10	00:15:00	00:20:00	10:30
Prize giving 1		10:40			
Practice time		10:30			11:00
Under 14s	11:00	11:10	00:30:00	00:40:00	11:50
Under 16s	11:00	11:10	00:50:00	01:15:00	12:25
Junior men	11:00	11:10	01:00:00	01:15:00	12:25
Senior women	11:00	11:10	01:15:00	01:15:00	12:25
Prize giving 2		12:35			
Practice time		12:25			13:10
M40	13:10	13:20	01:10:00	01:30:00	14:50
M50	13:10	13:20	01:00:00	01:15:00	14:35
Prize giving 3		15:00			
Practice time		14:50			15:15
M30	15:15	15:30	01:15:00	01:30:00	17:00
Senior men	15:15	15:30	01:15:00	01:30:00	17:00
Prize giving 4		17:10			

1.22 Opening times to venue

The venue will be open from 8:30 am on Sunday 21 July 2019.

On Saturday 20 July 2019 the course will be fully tapped by 2:00 pm.

Riders wishing to come down to practice on the Saturday will do so at their own risk as there will not be marshals or first aid on site.

NOTE: There is no practice allowed on Friday 20 July 2019.

1.23 Locations of registration and opening times

The sign on will take place in Tracton Woods at 'The Quarry' which is approximately 100 metres into the woods. Signage will be in place to direct riders to the sign on area. Riders must present themselves along with their 2019 licence cards or a PDF version of their 2019 licence.

Non-championship races: Sign on opens at 4 pm on Saturday 20 July 2019.

Championship races: Sign on opens at 9 am on Sunday 21 July 2019.

Sign on closes 15 minutes before the start of the call up for each race.

1.24 Riders briefing & location

A rider briefing has been provisionally scheduled for 9:30 on Sunday 21 July 2019 in the sign on location. The briefing will be held by the Chief Commissaire, event organiser and other relevant parties. This briefing will only take place if four or more riders request this meeting to go ahead. This is a provisional time slot and will not be compulsory for all riders to attend.

1.25 Race numbers

Race numbers will be supplied by the organiser and should be placed securely 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 returned to the organisers at the end of the race.

1.26 Race timing

Riders will be timed on laptop.

1.27 Press/media information

An area will be set aside in the sign on area for press/media.

1.28 Parking arrangements

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

1.29 Bike wash facilities

There are no bike wash facilities on site.

1.30 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.

1.31 Crossing points

All spectators are asked to obey instructions from the marshals.

1.32 Transport links

For bus links to Tracton Woods see <http://www.buseireann.ie/>

1.33 Accommodation links

Link to accommodation options - <https://tinyurl.com/yxgkc79p>

1.34 Event Sponsors

Event sponsor: TBC

1.35 Catering arrangements

There will be a mobile coffee and a chip van on site. There is also an excellent pub 'The Overdraft' next to the Tracton Woods entrance.

1.36 Toilets, showers

Toilet facilities are on site but there are no shower facilities.

1.37 First aid location

The ambulance will be parked in the turning circle.

1.38 Nearest hospitals

The nearest hospitals is the Cork University Hospital
<https://goo.gl/maps/bsyNh51Wpxp>

1.39 Emergency evacuation location

In the event of an emergency all riders, spectators and organisers should gather at the car park and await further instruction.

1.40 Litter – use of bins

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

1.41 Map of the course

To follow.

1.42 Video / Description of the course

To follow.