

**CROSS-COUNTRY
NATIONAL
CHAMPIONSHIPS**



Cross Country National Championships 2024

Hosted by Team WORC
Co. Wicklow



20th and 21st of July 2024

Irish National Cross-country (XC) Championships 2024 Technical Guide (v1.2)

This is the technical guide to the 2024 Irish National Cross-country Championships which will be hosted by Team WORC at Tonygarrow, County Wicklow.



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1.1 Race date

The race will take place on Saturday 20 July 2024 and Sunday 21 July 2024.

1.2 Venue location

Directions: Private site off L1011 between Glencree and Curtlestown
Click here to view in google maps – <https://goo.gl/maps/tywDJsV2QTuifyBL9>
Co-ordinates: 53.187332, -6.262478

1.3 Class of the race

National Championship.

1.4 Organiser's contact information

Evan Ryan
Telephone (ROI) 086 049 2537
Email address: evryan@gmail.com

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 can take place but the category will be flagged for future events.

Note: some of the categories are set as non-championship events. This means there will be no national medal (or jersey) but there will be prizes. This is due to not meeting the criteria for entries for at least two previous years (or in the case of M60s, introducing a new race category).

Category of licence held	Year of birth	Minimum number	Comment
Senior men	2005 or older	10	Elite & Espoir riders
Women	1940-2007	5	Senior & Junior riders
Junior men	2006-2007	5	*Non championship
M30 men	1985-1994	10	
M40 men	1975-1984	10	
M50 men	1965-1974	5	
M60 men *	1940-1964	5	*Non championship
Under 16 boys	2008-2009	5	
Under 16 girls	2008-2009	5	*Non championship
Under 14 boys	2010-2011	5	
Under 14 girls	2010-2011	5	*Non championship

- See Cycling Ireland Technical rules T10.1.11

1.6 Licence information

Riders participating in the national championship categories must have “IRELAND” on their licence.

Cycling Ireland licence holders

Cycling Ireland riders must hold a 2024 race licence either a Limited Competition (LC) or Full Competition (U14, U16, JR, A4, A3, A2, A1, A+).

Non-Cycling Ireland licence holders

For non-Cycling Ireland licence holders, please ensure you have a 2024 race licence from another UCI Affiliated National Federation. Email a copy of your licence to secretary@offroadcyclingireland.ie before pre-entry closes.

1.7 Non-championship races

There will be non-championship races for Under 6s, Under 8s, Under 10s and Under 12s on Saturday afternoon. Registration for the youth support races is through the Eventmaster.ie website – [link](#).

1.8 Pre-entry information

Pre-entry is run through the Cycling Ireland EventMaster.ie system which closes at 23:59 on Sunday 14 July 2024. Link here – [link](#)

1.9 Rider fees

Category	Fee	Category	Fee
Senior/Masters	€30	Under 12s	€5
Juniors	€15	Under 10s	€4
Under 16s	€7	Under 8s	€3
Under 14s	€6	Under 6s	€2

1.10 Under 12s

RE: Riders born in 2012.

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.

1.11 Prize list / Points scale

Championship medals will be awarded for top 3 riders in each of the these categories (See Cycling Ireland Technical rules T10.1.14 in respect of number of starters in respect to the number of entries required)

Senior open	
Women	Under 16 boys
M30 open	
M40 open	Under 14 boys
M50 open	

A National Jersey will be presented to the winner of the Senior open, Women, M30 open, M40 open and M50 open categories - 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. 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).

National Championships		
Finish	Elite	Junior
1	100	40
2	90	30
3	70	20
4	60	10
5	50	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

The gridding will be based on UCI points then from the National Point Series.

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 2024

From	Event	Until
15:00	Main course open for practice	19:00
15:00	Race number collection for U6, U8, U10 and U12	16:35
15:00	Non-championship youth course practice	15:50
16:00	Non-championship Under 6s race	16:05
16:15	Non-championship Under 8s race	16:25
16:30	Non-championship Under 10s race	16:45
16:50	Non-championship Under 12s race	17:10
17:10	Main course open for practice	19:00
19:15	Course Closed	

Sunday 21 July 2024

Category	Call up	Gridding	Start time	Duration		End time
				Min	Max	
Sign on opens			09:00			
Practice time			09:00			09:50
Under 14s	09:50	09:55	10:00	00:30:00	00:40:00	10:40
Prize giving 1			10:40			
Practice time			10:40			11:10
Under 16s	11:10	11:13	11:20	00:50:00	01:00:00	12:25
Junior men	11:10	11:13	11:20	01:00:00	01:15:00	12:35
Women	11:10	11:13	11:20	01:00:00	01:15:00	12:35
M60	11:10	11:13	11:20	01:00:00	01:15:00	12:35
Prize giving 2			12:35			
Practice time			12:35			13:05
M40	13:05	13:08	13:15	01:00:00	01:15:00	14:30
M50	13:05	13:08	13:15	01:00:00	01:15:00	14:30
Prize giving 3			14:30			
Practice time			14:30			15:00
M30	15:00	15:03	15:10	01:15:00	01:30:00	16:40
Senior men	15:00	15:03	15:10	01:15:00	01:30:00	16:40
Prize giving 4			16:40			

1.22 Opening times to venue

- On Saturday 20 July 2024 the course will be fully taped by 3:00 pm. Riders can arrived from 2:45 pm.
- On Sunday 21 July 2024 the venue will be open from 8:30 am.

NOTE: There is no practice allowed at any other time. This is a privately owned site.

1.23 Locations of registration and opening times

The sign on will take place in the race village.

Non-championship races: The registration desk opens at 15:00 on Saturday 20 July 2024.

Championship races: The registration desk opens at 09:00 on Sunday 21 July 2024.

Riders must collect their race numbers no later than 15 minutes before the start of each race.

1.24 Riders briefing & location

A rider briefing has been provisionally scheduled for 9:30 on Sunday 21 July 2024 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 and results

Riders will be timed on laptop for the non-championship races on Saturday. Chip timing will be provided for championship races on Sunday. Results will be available on <http://www.offroadcyclingireland.ie> with links on the Facebook page.

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 within [Tonygarrow](#). 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. Spectators and supporters need to be at their 'viewing spots' in the wood before each race start as the main course (single track) will be close to where spectators are walking.

1.31 Crossing points

All spectators are asked to obey instructions from the marshals.

1.32 Transport links

For bus & rail links to Louth see Bus Eireann.

1.33 Accommodation links

Camping is not allowed on site. Accommodation options are available in and around the area.

1.34 Event Sponsors

TBC

1.35 Catering arrangements

There will be a mobile coffee van on site.

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 near the registration and catering area.

1.38 Nearest hospitals

[VHI Swiftcare Carrickmines](#)
[Beacon Hospital, Sandyford](#)

1.39 Emergency evacuation location

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

1.40 Litter – use of bins

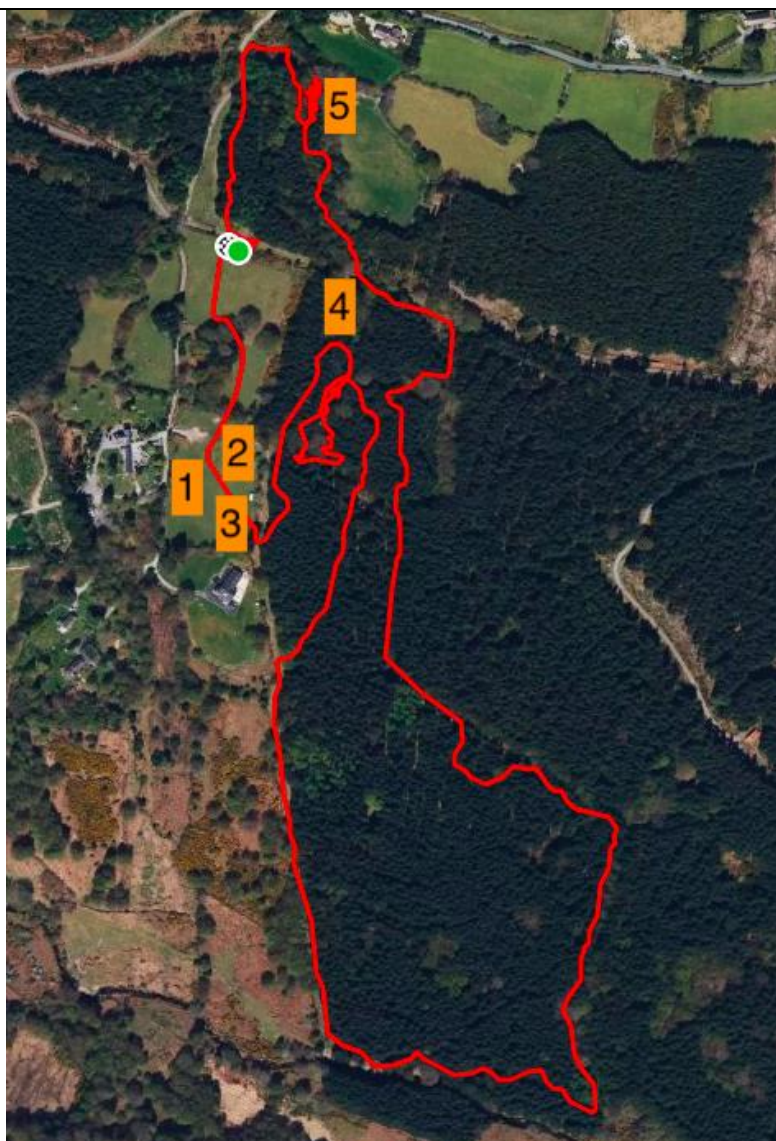
Please dispose of your rubbish in the bins provided or take your rubbish home. Please do not burden the host club to have to walk the site picking up rubbish left by riders or spectators. Rubbish left on site could jeopardise the club getting to use the site next year.

1.41 Access to the site

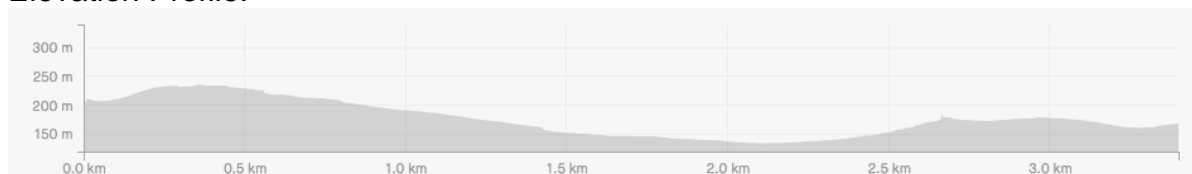
Map to follow.

1.42 Map of the course

1. Parking
2. Start Area
3. Pit Area
4. Spectator Zone 1
5. Korn Zone



Elevation Profile:



1.43 Video / Description of the course

TBC