

**Cycling Ireland National
Road Cycling
Championships
28th June – 1st July 2018
Handbook**

Promoted by

Éire Óg Cycling Club

Promoted under the rules and regulations of the following bodies



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1. Welcome Message

Message From The Éire Óg chairman.

It gives me great pleasure as Chairman of the Éire Óg Cycling Club to welcome all riders, officials & supporters to Sligo for the 2018 Irish Cycling Championships. The first time the club staged the national championships was in 1975 when Shay O Hanlon beat Noel Clarke in an exciting sprint Finish.

The years have moved on & the club is back in the limelight again with the promotion of the blue riband event on the Irish cycling calendar. This time around however there will be a number of professional riders in the fray as well as the cream of home based Irish riders. A number of past champions will be on the start line for the mens road race including Nicolas Roche, Matthew Brammeier & 2010 U-23 winner Sam Bennet who was victorious when Éire Óg last staged the event. Bennet is in super form at the moment having won 3 stages in this years Giro and will certainly be in the mix after 10 laps of the Hungry Rock circuit. It is looking to be an exciting race and I hope to see you all out supporting the riders on June 30th for the Ladies & Junior races & July 1st for the Junior Ladies & Elite Mens race.

I would like thank all those involved with the races from the gardai, ambulance services, marshals, moto marshals, commissaries and other race officials. Also thanks to our sponsors and partners.

Good luck to all involved and ride safely.

Yours In sport

Tony Mooney

2. List of Race Officials

Race Director	Daire Mooney
Asst. Race Director	Martin O Hara
Commissaire Panel	Paul Watson, Jack Watson, Ray Staunton, Denis Toomey, Eddie Campbell, John Breen, Melisande Reade, Aaron Wallace, Henry Whitston
Moto Commissaires	Peter Flanagan, Loch Miwa
Chief Judge/Timekeepers	Ian Barfoot Ian Gourley Gordon Parker Alicja Černák
Accommodation Officer	Karen Kelly
IT & Website	BM Systems
Chief Marshal	Turlough Mooney
Radio Technical Manager	Denis Middleton
Event Doctors	Des Casey
Anti-Doping Officer	Brien Sexton
Public Announcer	John O Halloran
Neutral Service Manager	Noel Mulroy
Moto Marshals	BikeMarshals.ie
Photo Finish	Frank Gibson
Route Markers	Alex Carey
Treasurer	Karen Kelly
Sign On	Tony Mooney
Podium & Finish manager	Jesse
Ambulance	Sligo Civil Defense, Sligo Order Of Malta

3. Important Locations

Hospital:

Sligo General Hospital
The Mall
Sligo
07191 71111

Race Doctor

Des Casey: 087 276 3144

Race Headquarters:

Teeling Centre
Collooney
Sligo

TT Sign On:

Teeling Centre
Collooney
Sligo

4. Dates & Times of Races

Event Timetable Summary

Thursday 28th June 2018

National Time Trial

Distance 17.5km, C1-C5 Solo Bikes & H1-H5 Hand Cycles

35km, all other riders

Sign On: 11pm

Bikes checks: 11pm

Toilets: Within the Centre

First Rider off at 1:30pm

Order:

H1-H5

C1 – C5

Tandem

Junior Men

Elite Women

Senior Men

The Time trial will be run on a wave basis with starting times published on the Eire Og Club FaceBook page & www.irishcyclingchamps.info when available

Riders will be seeded in accordance with Article 5 below.

Prizes will be awarded at 6pm approx. that evening at the race HQ.

Food and drinks will also be served at prize giving.

Officials:

Commissaire President

Jack Watson

Commissaire Panel

Ray Stanton, Peter Flanagan, Denis Toomey

Holder

Jesse Mooney

Spotter

Martin O Hara

Time Keeper

Gordon Parker

Assistant Time Keeper

Saturday 30th June 2018

Junior Men

Distance: 117km

7 Laps. On lap 7 at the bottom of the climb riders will take a 1km dog leg to the finish.

On passing this point on the first lap riders will be shown the lap board indicating 6 laps to go.

This will also be the point where they will get the bell signifying 1 lap to go.

Sign On: 8.00 to 9.00am

Managers Meeting: 9.10am

Race departs: 10am

Race Start: Rolling start from KM 0

Officials:

Commissaire Ray Stanton, Eddie Campbell, Peter Flanagan

Photo Finish Frank Gibson

Time Keeper Ian Gourlay

Chief Judge Ian Barfoot

Women Elite

Ladies Elite: Distance 102km

6 Laps. On lap 6 at the bottom of the climb riders will take a 1km dog leg to the finish.

On passing this point on the first lap riders will be shown the lap board indicating 5 laps to go.

This will also be the point where they will get the bell signifying 1 lap to go

Ladies Sign On: 11.00 – 12:00am

Managers meeting: 12:10

Race departs: 13:30

Race starts :Rolling start from KM 0

Toilets: In Race HQ

Officials:

Commissaire President John Breen

Commissaire 2 Milly Reade

Moto Commissaire Loch Miwa

Photo Finish Frank Gibson

Time Keeper Ian Gourlay

Chief Judge Ian Barfoot

Sunday 1st July 2018

Junior Ladies

Junior Ladies: Distance 65km

4Laps. On lap 4 at the bottom of the climb riders will take a 1km dog leg to the finish.

On passing this point on the first lap riders will be shown the lap board indicating 3 laps to go.

This will also be the point where they will get the bell signifying 1 lap to go

Ladies Sign On: 08:30 – 09:30

Managers meeting: 09:40

Race departs: 10:00

Race starts :Rolling start from KM 0

Toilets: In Race HQ

Officials:

Commissaire President TBC

Commissaire 2 TBC

Moto Commissaire TBC

Photo Finish Frank Gibson

Time Keeper Ian Gourlay

Chief Judge Ian Barfoot

Senior Men incorporating U23

Distance 170km

10Laps. On lap 10 at the bottom of the climb riders will take a 1km dog leg to the finish.

On passing this point on the first lap riders will be shown the lap board indicating 9 laps to go.

This will also be the point where they will get the bell signifying 1 lap to go

Senior Men Sign On: 10:30 – 12:00

Managers meeting: 12:10

Race departs: 13:00

Race starts :Rolling start from KM 0

Toilets: In Race HQ

Officials:

Commissaire President Paul Watson

Commissaire 2 Aaron Wallace, Henry Whitston

Moto Commissaire: Loch Miwa, Peter Flanagan

Photo Finish Frank Gibson

Time Keeper Ian Gourlay

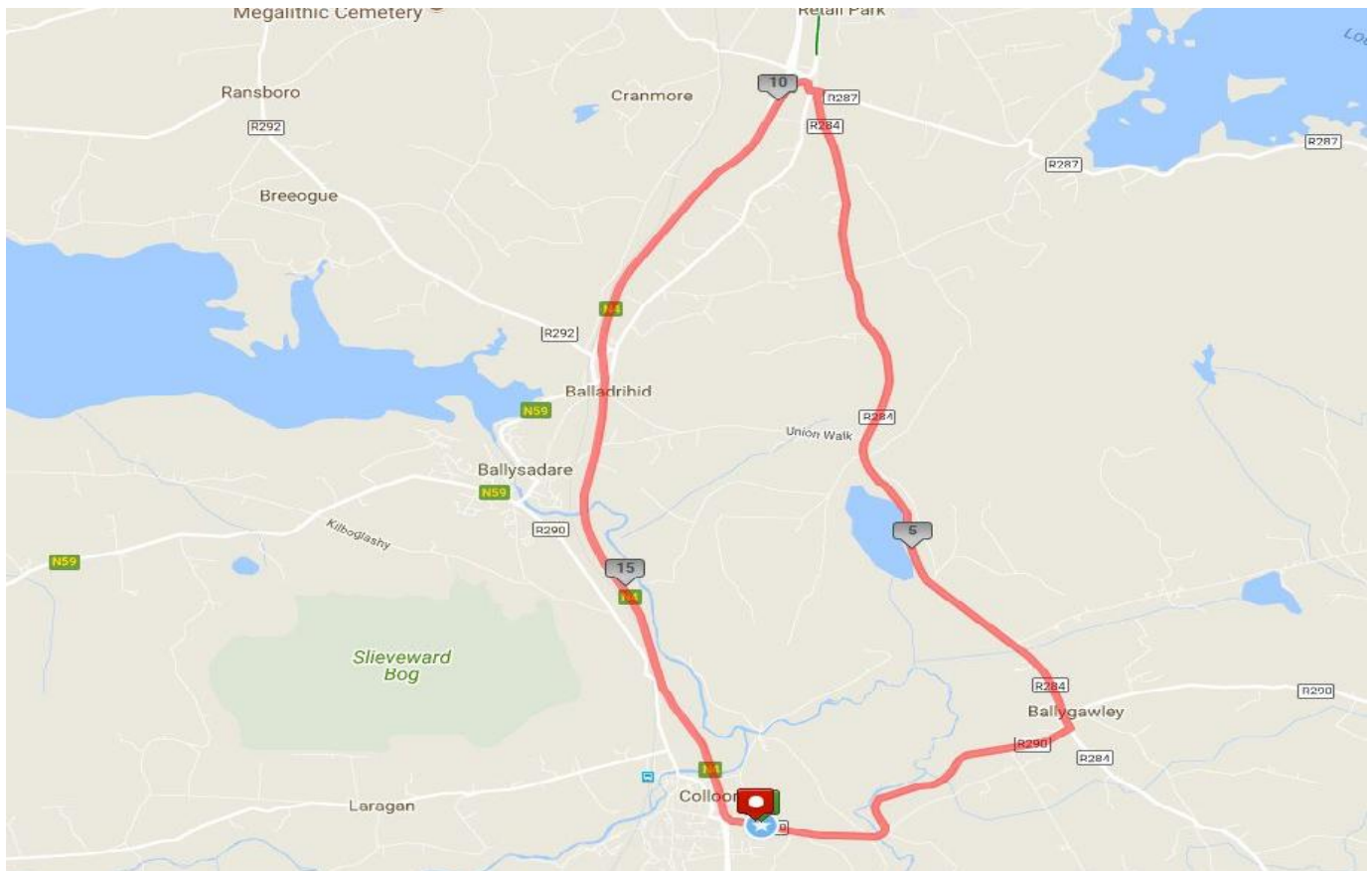
Chief Judge Ian Barfoot

Radio Tour Susan O Mara

Prizes will be awarded at podium approx. 20 minutes after the first rider has crossed the line in the Senior MenRace. Anti-Doping control station will be at the Podium for all events. Food and drinks will also be served at the race HQ after the prize giving.

5.Route Maps

Time Trial Course



Download a link to the TT route here:

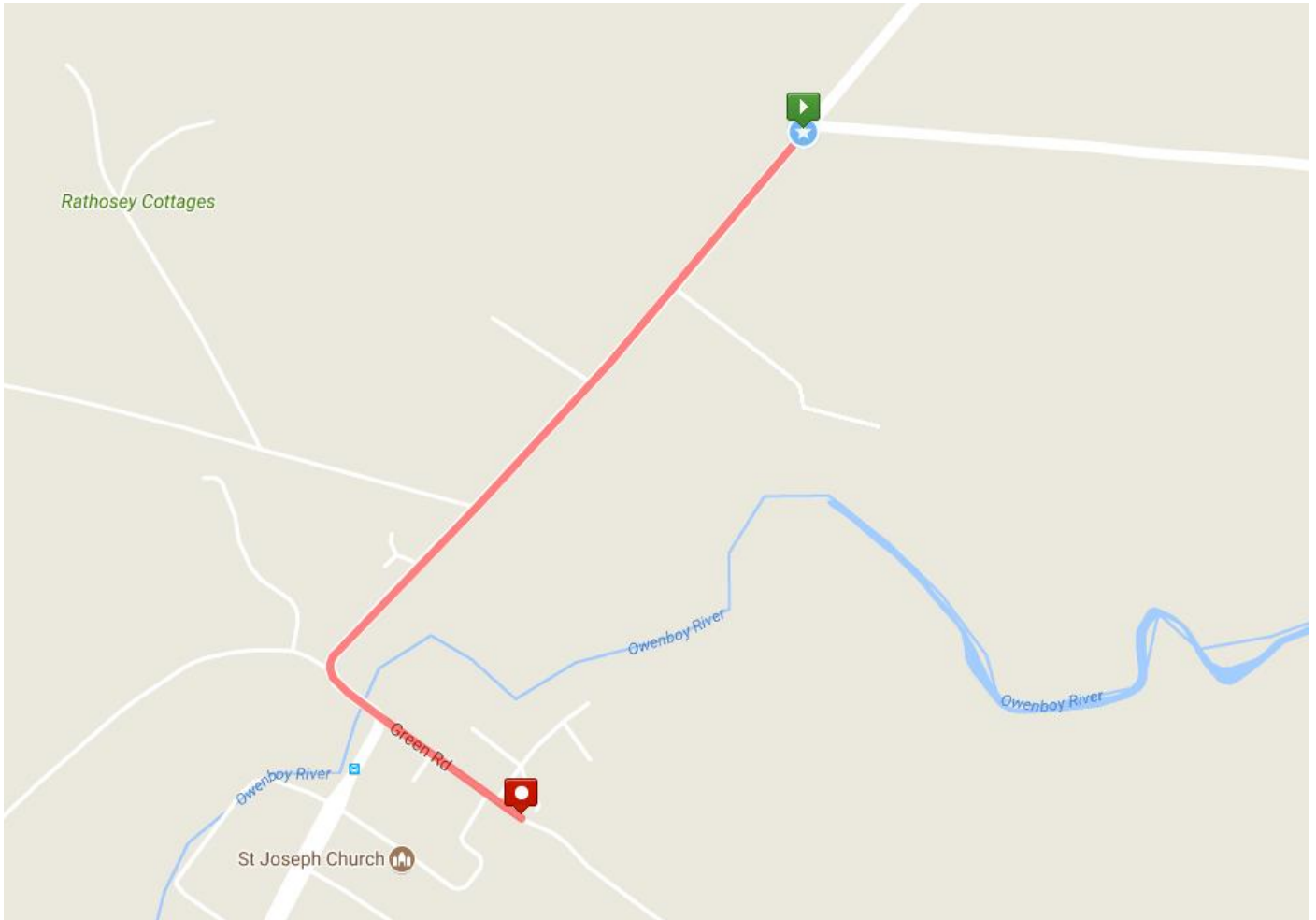
<http://www.mapmyride.com/routes/fullscreen/2092642288/>

Road Race Route



Download a link to the RR route here:
<http://www.mapmyride.com/routes/view/2050341313>

The last 1km

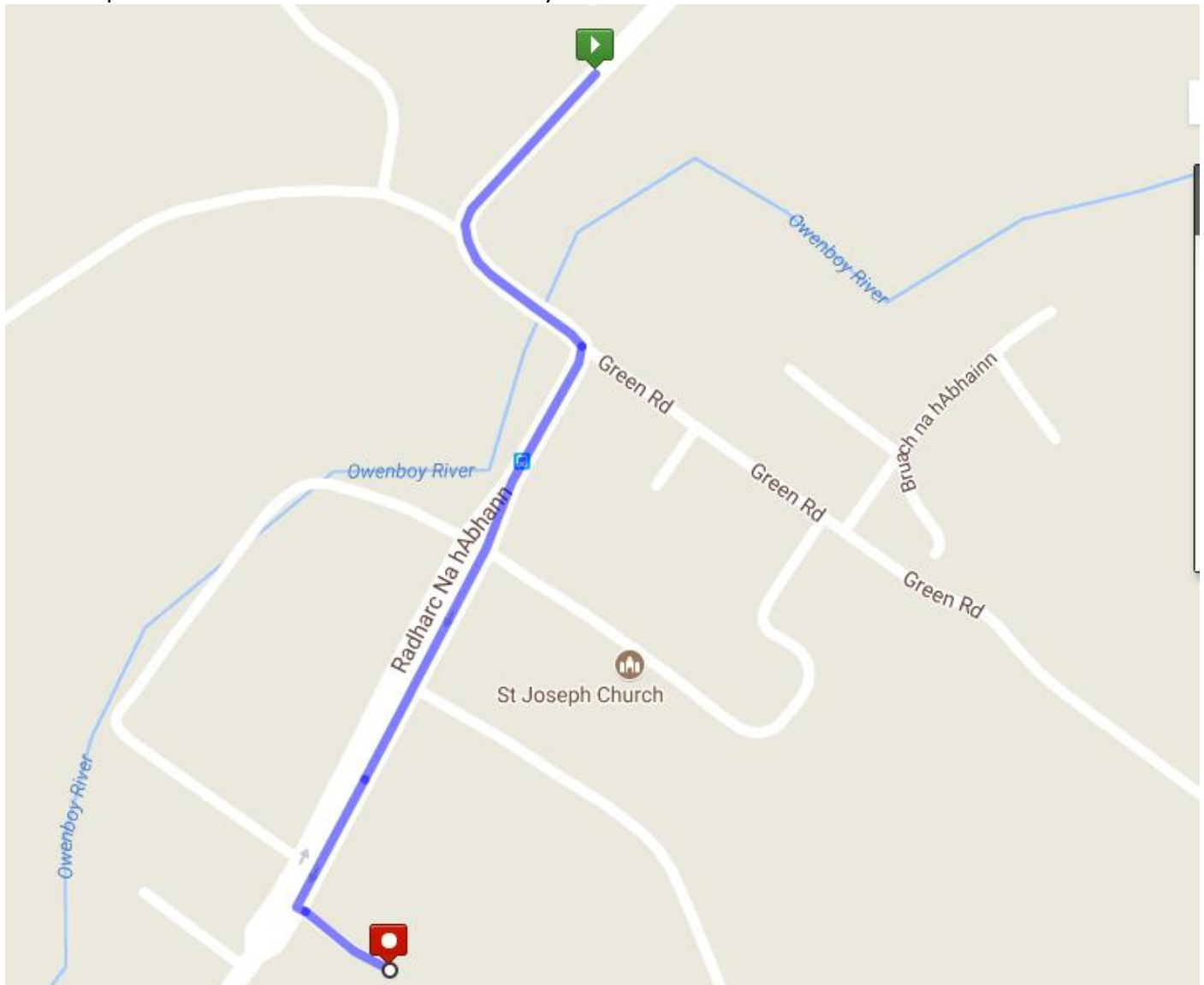


Finish Line last 200 Metres



Team Car Deviation

On turning into the finish straight the team cars will take an immediate right turn and proceed 200m to the team car park on the left-hand side as directed by route marshals.



6. Race Rules and Regulations

ARTICLE 1. ORGANIZATION

The National Cycling Road Race & Time Trial Championships are organized by Éire Óg Cycling Club. They are to be promoted under the regulations of the International Cycling Union and Cycling Ireland. It is to be held on 28th&30th June& 1st July 2018

ARTICLE 2. TYPE OF EVENT

The National Senior Men incorporating the Under 23 and Elite Women Championships in respect of road and time trial are entered on the UCI calendar.

For the Time Trial/Senior Men/Elite Women's Championships, UCI points will be allocated as per UCI Technical Regulations.

For all championships, points are awarded as follows as per Cycling Ireland Technical Regulations.

Place	Men TT	Elite Women TT	Junior Men TT	Sen Men	Junior Men	Elite Women	Junior Women
1	6	6	6	24	12	12	12
2	5	5	5	22	11	11	11
3	4	4	4	20	10	10	10
4	3	3	3	18	9	9	9
5	2	2	2	16	8	8	8
6	1	1	1	14	7	7	7
7				12	6	6	6
8				10	5	5	5
9				8	4	4	4
10				6	3	3	3
11				4			
12				2			

* The above is subject to T3.1e whereby a minimum of 20 riders must be in the race.

ARTICLE 3. PARTICIPATION

The events are open to athletes as follows:

Licence holders with an **IRL** UCI code issued by Cycling Ireland or another UCI affiliated National Federation.

Time Trial- 28th June 2018:

- Senior men incorporating U23 (open to A+, A1, A2, A3& A4 licence holders with "Senior" or "espoir" designation)
- Elite women (open to A+, A1, A2, A3 & A4 licence holders with Senior designation)
- Junior men
- Junior women
- Tandems including Para cycling tandems (open to A1, A2, A3 & A4 licence holders who are at least Junior Age including Para Cyclists)

- Para Cycling – excluding Tandems (open to A1, A2, A3 & A4 licence holders who are at least Junior Age)

Road Races 30th June 2018 & 1st July 2018:

- Senior men incorporating U23 (open to A+, A1 and A2 licence holders with “Senior” or “espoir” designation)
- Elite women (open to A+, A1, A2, A3 and A4 licence holders with “Senior” or “Masters” designation)
- Junior men
- Junior women

A minimum of three riders are required for a team to be eligible to compete for a set of team medals.

A minimum of three teams entered are required for a set of team medals to be awarded.

Teams must be registered with Cycling Ireland to qualify for team medals.

A team prize shall be awarded to the team with the lowest sum of the rider’s placings of its 3 best placed riders who are members of that club/team. In the event of a tie the winners will be the team with the first three riders home and if this cannot be established the decider will be the team with the highest placed finisher.

ARTICLE 4. RACE HEADQUARTERS

The race headquarters of the Time Trial shall be open starting 28th June 2018 at 1100hrs and located at the following address: **Teeling Centre, Collooney, Sligo**

The Medal Presentation will take place following the event at Race HQ.

Entrants are requested to confirm their start and collect their race numbers at the race headquarters from 11:00 to 12:45 on the 28th June 2018

The race headquarters for the Junior Men’s & Elite Women’s Road Race Championships shall be open starting at 07:30hrs 30th June 2018 and located at the following address.

Teeling Centre, Collooney, Sligo

The race headquarters for the Junior Ladies’s & Elite Men’s Road Race Championships shall be open starting at 07:30hrs 1st July 2018 and located at the following address.

Teeling Centre, Collooney, Sligo

Race headquarters on completion shall be open throughout the events and located at the following address:

Teeling Centre, Collooney, Sligo

ARTICLE 5. STARTING ORDER FOR NATIONAL TIME TRIAL CHAMPIONSHIP

The seeding for National Championship Time Trials will be based on the results of the previous year’s event with the fastest 10 finishers being allocated the last 10 starting positions. The defending champion starting last, previous year’s silver medallist one from last etc. Where all the previous year’s top 10 finishers are not entered then the remaining last 10 places may be allocated to riders with known time trialling ability. The last 10 riders should be seeded at 2-minute intervals.

ARTICLE 6. RADIO-TOUR

Race information will be broadcast on the following frequency: 453.5625mhz.

ARTICLE 7. NEUTRAL TECHNICAL SUPPORT

The technical support service is handled by those as determined by the Race Organisation.

The neutral support is taken care of as follows:

Senior Men

- 2 vehicles

Elite Women

- 2 Vehicles

Junior Men

- 2 vehicles

ARTICLE 8 TEAM VEHICLES

Team vehicles are permitted based on 1 vehicle per team.

Vehicles are restricted to a maximum height of 1.66metres.

In addition to the driver, vehicles must carry at least 1 competent person for which to provide service.

In the Senior Men's and Elite Women's Road Race the order of service vehicles will be as follows.

Position 1 in the cavalcade will be automatically allocated to: -

- a) Vehicle of Defending Champion
- b) Draw from the service vehicles of Riders on Teams Registered with the UCI – UCI World Tour Teams, UCI Pro Continental Teams and UCI Continental Teams – or for the Women's race UCI Women's Teams
- c) Draw from the service vehicles of Clubs/Teams with 3 or more riders starting the race
- d) Draw from the service vehicles of Clubs/Teams with 2 or less riders starting the race.

In all other Road Race National Championships, the order of service vehicles will be as follows. Position 1 in the cavalcade will be automatically allocated to: -

- a) Vehicle of Defending Champion
- b) Draw from the service vehicles of Clubs/Teams with 3 or more riders starting the race
- c) Draw from the service vehicles of Clubs/Teams with 2 or less riders starting the race.

The draw for order of service will normally take place at the Manager's Meeting. Any Managers failing to attend the Meeting before the roll call, may be placed at the rear of the cavalcade after all Managers who attended the meeting – this may result in an additional draw between those Managers who did not attend.

ARTICLE 9. FINISHING TIME LIMITS

Any rider finishing in a time exceeding that of the winner by more than 8% shall not be placed.

Article 10. FEED ZONE

The static Feed Zone will be placed on the "see Map below".

Feeding is only permitted on the left-hand hand side of the road.



ARTICLE 11. PRIZES

Medals and trophies will be presented following the completion of the last race each day on the presentation podium at the finish area

ARTICLE 12. ANTIDOPING

The Sport Ireland doping control legislation is applicable in addition to the UCI doping control regulations for all events.

Anti-doping will be located at the location as follows:

- a) TT Championships – Race HQ
- b) Junior Men/Elite Women’s Championships – Finish area, Coolaney Sligo
- c) Junior Ladies /Elite Men’s Championships – Finish area, Coolaney Sligo

ARTICLE 13. AWARDS CEREMONY

All medal winners and team medal winners must present themselves to the podium within 20 minutes of the winner. For the Time Trial Championships, the medal presentations will take place at the race headquarters at TBC.

Only approved team/club clothing may be worn for the purpose of presentation protocol without caps or glasses. This applies to all events.

ARTICLE 14. PENALTIES

The UCI penalty scale is applicable for the Time Trial, Senior Men and Elite Women’s Championships.

7. Notice for Marshals

Your role as a marshal is crucial to ensure the safety of competitors, officials and the general public. It is very important you attend the marshals meeting before each race where full instructions will be given. You also must sign-on before each race.

Points to note

- 1) Hi-vis bib (please wear at all times whilst on duty)
- 2) Food to allow you stay at your marshal point during race times;
- 3) Whistle (please use as the race approaches); Your main duties are to:
- 4) Be familiar with your junction and technical manual information;
- 5) Liaise with the Gardaí to ensure the safety of the route point;
- 6) Ensure traffic only flows one-way on relevant roads
- 7) Monitor spectators and the crowd to identify signs of distress and take action if necessary
- 8) Prevent, in so far as is possible, standing/climbing on fences and other structures. (Where, by virtue of the scale of the incident, Marshalls are unable to prevent such activity, they should immediately report the matter to the Chief Marshal, or to the nearest Gardaí.
- 9) Control entrances, exits and other strategic points;

8. Notice to Participants

All riders and drivers must be aware that the roads used for all races are **NOT CLOSED** to other traffic. We will meet normal road traffic during the event. While every effort will be made to ensure the safety of riders, and the clear passage of event traffic, care must be taken by all, especially on narrow roads, at junctions and at the rear of the race. All participants are responsible for their own safety and must comply with the Rules of the Road.

All participants **MUST** obey any instruction issued by a member of the An Garda Síochána at any time.

The organisers will not - under any circumstances - be responsible for any cycling, motorcycling, motoring or any other civil or criminal offences. Responsibility rests solely with competitors, team and race officials to comply with any Road Traffic Acts as may be in force. Blatant transgressions of the Road Traffic Acts, amounting to dangerous driving/riding by any participants, will not be tolerated by the race organisation. Such transgressions may incur penalties, up to and including expulsion from the race. Action may also be taken by An Garda Síochána.

All participants are reminded that we are guests of the local area.

9. Contacts

Title	Name
Race Director	Daire Mooney
Chief Marshal	Turlough Mooney
Route Manager	Alex Carey
Sign On/Finish Line	Tony Mooney
Accommodation	Karen Kelly
UCI Commissaire	Paul Watson
Neutral Service Manager	Noel Mulroy
Photo Finish	Frank Gibson
Results	Ian Barfoot
Radio Manager	Denis Midleton
Chief Moto Marshal	Ted O Malley