

RACE MANUAL



THANKS FOR TAKING PART IN THE 2015 IRISH NATIONAL CYCLOCROSSCHAMPSIONSHIPS HOSTED BY MCNALLYSWORDS CYCLING CLUB. YOU WILL FIND BELOW ALL THE INFORMATION NEEDED FOR THE DAY.

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TIME TABLE OF EVENTS FOR JANUARY, 11, 2015:

10.30am — Sign on Opens.

10.45am — Course Open for Practice

11.15am — RACE 1 : Cyclocross Support Race. Race time 45 mins. All Non IRL codes, novice riders with CI licence, IVCA licence holders.

12.00pm — Prize giving for Support Race at the finish line.

12.00pm — Course open for practice.

12.30pm — RACE 2 Junior Men, Veteran Men (M40,M50 & M60), Junior Women, Senior Women Championship Race (in that order, at 1 min intervals). Race time 45 mins.

13.15pm — Course open for practice. Hot food served.

14.00pm — RACE 3 Senior Men & U23 Men & Senior Men Team Championship Race. Race time approximately 1 hour.

15.30pm — Prize giving for Championship races & hot food served.

16.00pm — Course closed.

GETTING THERE:

GPS COORDONATES (longitude, latitude): -6.23870910000051 , 53.4557982

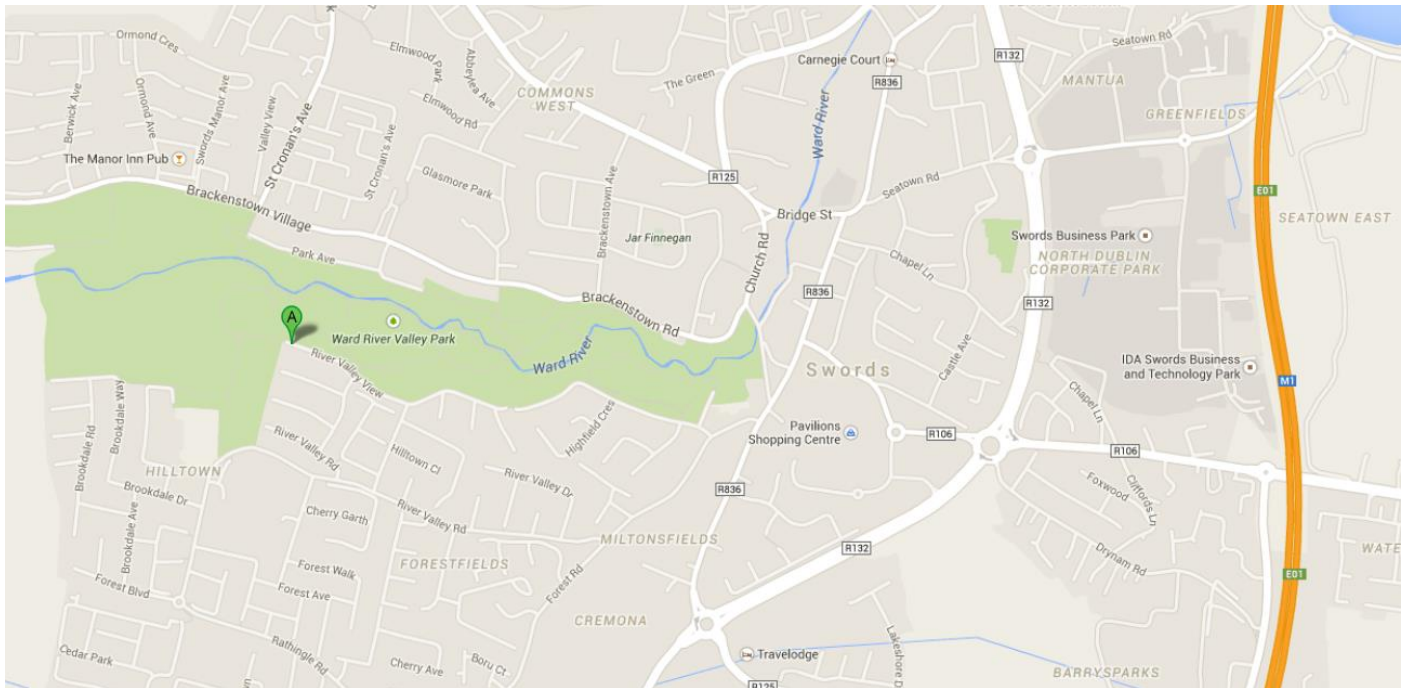
Sign on will take place at River at the bottom of River Valley View cul de sac (A) on the map.

The course is located on the south side of Ward River Valley Park, Swords

Ward River Valley is relatively difficult to find and we recommend the participants familiarise themselves with the location before setting off. Participants should approach Swords from junction 2/Airport exit of the M1 and then head north along the R132 to Swords. The route will be signed from the Airside Retail Park.

Cyclocross events have been run on both the South and North sides of the park in recent years. There will be no access to the course from the North side of the park.

The course is located in a residential area. Please follow the instruction of marshals and do not inconvenience residents. In particular there will be no parking in the grounds of St Finians Church. There will be mass in St Finian's at 10.00 and 11.30 and heavy traffic can be expected at these times.



Sign on will take place at River at the bottom of River Valley View cul de sac (A) on the map.

The course is located on the south side of Ward River Valley Park, Swords

Participants should approach Swords from junction 2/Airport exit of the M1 and then head north along the R132 to Swords. One mile after the airport roundabout you will pass a filling station on your left and come to a set of traffic lights. At this junction turn left, following the road sign for River Valley. At the next cross roads turn right onto Forest Road. Proceed along Forest Road until you come to a set of traffic lights where you turn left on to River Valley Road.

The course is located in a residential area. Please follow the instruction of marshals and do not inconvenience residents. In particular there will be no parking in the grounds of St Finians Church. There will be mass in St Finian's at 10.00 and 11.30 and heavy traffic can be expected at these times.

PARKING:

The entrance to the site is through River Valley View, off River Valley Road, Swords
Initial parking will be at River Valley View/Hilltown Court, off River Valley Road, Swords. When capacity here is filled additional parking will be available at River Valley Shopping Centre. Parking marshals will direct you to the closest available spots.

Depending on when you arrive your car may be some distance from the course. We recommend that you do not leave any valuables in your car.

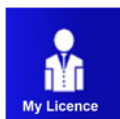
FACILITIES:

- Men and Ladies changing rooms
- Men and Ladies toilets
- Hot food for the racers after race 2 and 3
- Coffee served by Look Mam No Hand!
- There will a water tank at the pits however, there will be no power supply.

YOUR 2015 LICENCE:

Competitors will be required to present their 2015 licence at sign on the 11th. It will not be necessary to have the actual plastic licence. We will accept a print out of the pdf licence that CI provide in the email that is sent out once you have paid your CI fee and completed the licence application. Alternatively, you may download your licence in PDF form from your Cycling Ireland online account.

1. Go to www.cyclingireland.ie
2. Click on Login, on the right side of the screen and enter your information
3. Click on



4. Click on Download PDF version of your licence

A screenshot of the Cycling Ireland website's "MY LICENCE" page. The page shows a progress bar with five steps: "Awaiting Registration", "Awaiting CI Approval", "Awaiting Club Approval", "Awaiting Payment", and "Licence Registered". Below the progress bar, there are input fields for "First Name" (Sven), "Surname" (Nys), and "Date of Birth" (17/06/1976). A "Submit" button is visible. Below this, there is a "Licence Selection" section with fields for "Licence Number" (15A4 0000), "UCI Code" (IRL19760617), "CI Licence Type" (Full Competit...), "Rider Cat" (Please enter your Off-Road...), "UCI Cat" (Cross Country Mountain), "Off-Road XC Category" (N/A), and "Team Name" (McHally Swords Cycling Club). There are checkboxes for "International Licence Required" and "Student". A red arrow points to the "Download a PDF version of your licence" button. A "Licence Help" button and a "Please select your CI Licence Type and complete the other relevant accessible fields." message are also visible.

5. Save the file on to your computer, smart phone. Print it if you can.



RULES

Riders must familiarise themselves with Cycling Irelands Rules on Cyclocross see section T9, and the general rules / penalties in section 3. <http://www.cyclingireland.ie/downloads/rules2014v21finalv4.pdf>.

In particular, riders should;

- a. Know how to use the pits
- b. Have checked that their bike is a UCI compliant Cyclocross (championship events only)
- c. Finish their race as soon as the winner of their race has completed his/her last lap.
- d. Not take course shortcuts

LOCAL BUSINESSES

WHERE TO EAT: LOOK MAM NO HANDS - <http://www.lookmamnohands.ie/>

Applewood Village

Swords, Co

Dublin - Ireland

Phone: +353 1 807 5060

LOCAL BIKE SHOP: HUMPHREYS BIKE SHOP - <http://humphriescycles.ie/>

3 McKee Rd, Finglas, Dublin 11

Phone: +353 1 834 2170

SITE EMERGENCY PHONE NUMBER: 086-089-3682