

SUNDAY NOVEMBER 11TH 2018

SCOTT ORWELL WHEELERS CYCLOCROSS RACE 2018

VENUE: GAP GLENCULLEN

ENTRY:

SENIOR €25,
JUNIOR/YOUTH €10,
UNDERAGE €5

ONLINE REGISTRATION
FOR SENIOR, JUNIOR
AND YOUTH,
CLOSES FRIDAY
NOVEMBER 9TH.

CATEGORIES:

SENIOR A, B, VETS, U23,
WOMEN, JUNIOR, YOUTH,
UNDERAGE

TIMETABLE

09:00 SIGN-ON
09:30 UNDERAGE
10:00 COURSE PRACTICE
11:00 WOMEN'S RACE
12:00 B-RACE
13:30 A-RACE

LEINSTER AND NATIONAL CX CHAMPS
GRIDDING POINTS & POST-RACE BIKE WASH

FOR DETAILS SEE
ORWELLWHEELERS.ORG/EVENTS/CX



Scott Orwell Wheelers CycloCross Race 2018

Technical Manual

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Event Particulars

Contact

Race Organiser & Safety Officer: Luke Potter

Email: lukejpotter@gmail.com

Race Website: orwellwheelers.org/events/cx

Commissaire is Ronan Fox.

Riders are expected to show respect to the commissaire and all personnel involved with the event.

Date

The Event will take place on Sunday the 11th of November 2018. Sign-on will open at 09:00 and the expected finish time is 14:40, after the A-Race.

Venue

The GAP, Glencullen Adventure Park, is the venue.

Location: [The GAP Glencullen](#)

The former Golf Course, which hosted the 2018 National CX Championships, will be our venue. Individuals, please park where directed. Team Vans can park closer.

Catering Arrangements

For post race food and beverages, check out the offerings by [The GAP Kitchen](#). Some samples from [@thegapkitchen on Instagram](#).

Toilets and Showers

There will be portaloos provided by the organisers.

There are showers in the GAP Kitchen. There are separate Male and Female showers. The showers require a token to operate. Purchase of tokens are from the GAP Kitchen.

First Aid

The Ambulance will be parked near the Start/Finish Line.

Litter

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

Timetable

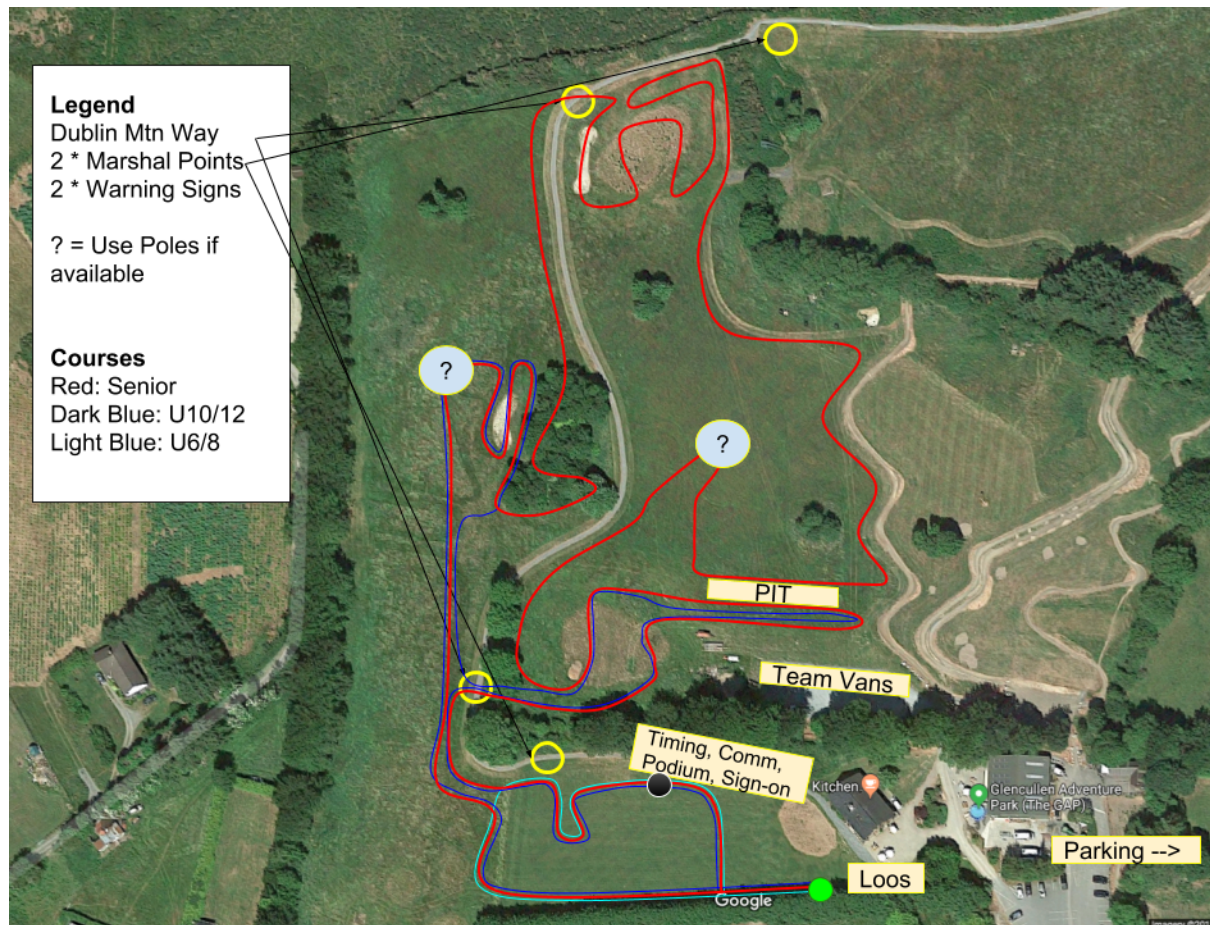
09:00 Sign-on
09:30 Underage Racing (U10/12 Boys and Girls)
09:50 Underage Racing (U6/8 Boys and Girls)
10:00 Underage Podiums
10:00 Course Practice
11:00 Women's Race (Elite, Vets, U23, Junior and Youth)
11:50 Women's Race Podiums
12:00 B-Race (Elite, B-Vets and Youth)
12:50 B-Race Podiums
13:30 A-Race (Elite, A-Vets, U23 and Junior)
14:40 A-Race Podiums

The Women's Race and B-Race will be at least 40 minutes in duration.
The A-Race will be at least 60 minutes in duration.

All competitors are requested to be at the start area 10 minutes before their race. Gridging will commence 5 minutes before the race start.

There will be a post-race bike wash facility available, complimentary of the Organisers. This will likely take place during the timeframe of the next Senior Race, or after the event. Please bring a Rag and Lube to ensure that your bike's drivetrain is maintained to avoid rusting. Race Organiser, Luke Potter, will be the person to contact about the Bike Wash. This will take place in the defined Pit area.

Course Map



Sign-on Location

Sign-on and Podiums will take place in front of the GAP Kitchen.

Parking Arrangements

Parking for Team Vans will be close to the Pit Area.

Parking for individuals will be on the GAP Uplift Road, please be extra cautious as this is a narrow road.

Entry Information

~~This event is pre-entry only. There will be no entries allowed on the day.~~

Update November 8th 2018: There will be Entry on the Day and One Day Licenses Available.

Entries close on Friday 9th of November at 20:00.

Pre-Entry Link for All Races: [Scott Orwell Wheelers CycloCross Race 2018 Pre-Entry](#).

Rider Fees

Senior/Masters: €25

Junior/Youth: €10

Underage: €5

Leinster and Irish National CycloCross Championship Gridding Points

For the A-Race and Women's Race, we will be sending the results to Andy Layhe, CI CX Coordinator, they will be combined with the existing results for gridding on the Leinster CX Championships and National CX Championships.

Race Commentary

Paul Joyce will be your event MC.

Event Rules

This event will be run under Cycling Ireland Rules.

The Technical Rules can be found on [Technical Rules](#).

Race Lengths

As per [Cycling Ireland Rules](#), Youth's are limited to the following durations:

- U8 - 10 mins max (winners time)
- U10 - 10 mins max (winners time)
- U12 - 15 mins max (winners time)
- U14 - 30 mins max (winners time)
- U16 - 30 mins max (winners time)

Competition Clothing

Competitors are requested to wear the clothing of their registered club or team registered with Cycling Ireland or other UCI National Federation.

Unattached members are permitted to wear plain clothing only without any form of advertising aside from the manufacturer's logo on the breast and on the leg of the shorts.

Official Clothing should also be worn for the Podium Presentation, as per Cycling Ireland Technical rules Article.1.1 and Appendix 4 Reg 3.

Equipment

CycloCross Bikes are required in the A-Race. Only bikes described in the UCI Equipment section as "Cyclo Cross bikes" may be used in this race.

Mountain Bikes and CycloCross Bikes are permitted in the other races.

Class of the Race

NON UCI for all Categories

Race License Information

Cycling Ireland riders must hold a 2018 licence; either a Limited Competition (LC) or Full Competition (JR, A4, A3, A2, A1, A+). Youth riders must have a current 2018 licence.

Licences must be presented at sign on.

Exceptions may be made for One Day Licenses at Organisers Discretion.

Gridding

Gridding will take place 5 minutes before the start of each race.

Any competitor not present when the gridding commences will forfeit their grid and start from the rear of the race. Spaces cannot be held for riders who are not present when their name is called.

A-Race Gridding

The first 15 spots will allotted to the Top 15 in the provincial league, i.e. Bike7 SuperCross Cup.

Then all the remaining U23s will be gridded from position 16 onwards.

The remaining Juniors will be gridded after the U23s.

The remaining Seniors, M40s and M50s will be ungridded.

B-Race Gridding

The first 15 spots will allotted to the Top 15 in the provincial league, i.e. Bike7 SuperCross Cup.

Then all the remaining U16s will be gridded from position 16 onwards.

The remaining U14s will be gridded after the U16s.

The remaining Seniors, M40s, M50s and M60s will be ungridded.

Women's Race Gridding

The first 10 spots will allotted to the Top 10 in the provincial league, i.e. Bike7 SuperCross Cup.

Then all the remaining U23s will be gridded from position 16 onwards.

The remaining Juniors will be gridded after the U23s.

The remaining Seniors, U16s, U14s, and W40s will be ungridded.

Pits and Feeding Zone Access

There will be a double pit.

A competitor can only enter the pit lane for an exchange of bike. A competitor is not permitted to race through the pit lane for a cleaner line to gain an advantage. Once a competitor exits the pit lane, the competitor is not permitted to return against the direction of the course to the pits.

There is an unrestricted access to the Pit area. Please be respectful of others. Do not impede riders or team members in the Breakdown Assistance Lane.

Rider's support crew are expected to obey the rules. Particularly around supplying feeding and drinking to their riders. Any additional feeding must be placed on a Pit Bike, and the rider must swap onto that bike to access the feed.

Race Numbers

Riders will be supplied with one shoulder number and a timing chip.
Timing chips are to be handed back at the end of your race.

Prize Structure

Prizes Categories

Sub-Categories are eligible for the Overall Prize, there will be prizes for the 1st Unplaced in each Sub-Category, so enter the most suitable category for you.

Event Supporters

Incidentally, our three race sponsors are Scott Orwell Wheelers Cycling Club Icons; Orla Hendron, Aidan Hammond and Dave Tansey.

Please see the details of the sponsors below.

A-Race Prizes - Sponsored by The All American Launderette

1st,	2nd,	3rd,	1st U23,	1st Junior,	1st M40,	1st M50	
50	+40	+30	+30	+30	+30	+30	= €240

The All American Launderette continue their cycling sponsorship with our A-Race. They recently sponsored the Stage Winner's Jersey at the Rás na mBan 2018. We are excited to have them on-board.

The All American Launderette are open 08:30 - 19:00 Monday to Saturday and 10:00 - 18:00 on Sunday.

Website: allamericanlaunderette.com Location: [All American Launderette, 40 South Great George's Street, Dublin 2](#)

B-Race Prizes - Sponsored by BikeFittingIreland Aidan Hammond

1st,	2nd,	3rd,	1st U16,	1st U14,	1st M40,	1st M50,	1st M60	
50	+40	+30	+15	+15	+30	+30	+30	= €240

We are super pleased to have Club Icon, Aidan Hammond, supporting the B-Race. Aidan is Ireland's Number One Bike Fitter, a fully qualified physio and a Level 3 Cycling Ireland Qualified Coach. Winter is a perfect time for setting goals for 2019, as a coach Aidan can help you achieve these goals. If you need to review your bike fit, the winter is a good time to

make these changes. Aidan also offers vouchers, so with Christmas approaching, a Bike Fit Voucher could make a nice stocking filler.

Aidan is available for consultations from 8am to 8pm.

Website: bikefittingireland.com Location: [Kilmacanogue, Wicklow](#).

Women's Race Prizes - Sponsored by Joe Daly Cycles

1st, 2nd, 3rd, 1st U23, 1st Junior, 1st U16, 1st U14, 1st W40
50 +40 +30 +30 +30 +15 +15 +30 = €240

Joe Daly Cycles, in Dundrum, have long been a supporter of Scott Orwell Wheelers and nationwide Cycling events. They have been supporting Women's Cycling for a long time. Including the Cycling Ireland National League from 2013 to 2017, entering a Rás na mBan team in 2013 and our Crit League. If you need some bike parts and/or excellent advice for all ages check them out.

Joe Daly Cycles are open Monday to Saturday 9am-6pm, late opening until 7pm on Thursday.

Website: joedalycycles.com Location: [Lower Main Street, Churchtown Lower, Dublin 14](#)