

CYCLING ULSTER YOUTH CHAMPS – RACE PACK 2020



COVID 19 – EVENT SAFEGUARDING

Island Wheelers Cycling Club are excited to be in a position to promote the Cycling Ulster Youth Championships for 2020 and to ensure our event takes place in the safest possible environment, it is imperative that you all follow these strict guidelines.

- Any Rider and Spectator hoping to attend must complete the following questionnaire. If you answer “Yes” to any of the questions – PLEASE DO NOT ATTEND OUR EVENT:

<http://www.cyclingireland.ie/downloads/covid19%20protocol%20-%20self-assessment%20personal%20screening%20questionnaire%20final.pdf>

- Only 1 Parent, Family Member or Guardian per Rider
- No Congregating at or around the finish areas
- Arrive to the start line no sooner than 10 minutes before your event start time.
- All athletes and spectators are to adhere to the following guidelines set out by Cycling Ireland
[http://www.cyclingireland.ie/downloads/covid19%20protocol%20-participant%20guidelines\(1\).pdf](http://www.cyclingireland.ie/downloads/covid19%20protocol%20-participant%20guidelines(1).pdf)
- Toilets are located at the Start Line of the Road Race at Falls’ Car Park and will be regularly sanitised.



RACE – SCHEDULE

TIME TRIAL

- 9:00AM – FIRST RIDER OFF
- 1 MIN INTERVALS
- RIDERS WILL BE ALLOCATED A START TIME IN LINE WITH THEIR AGE CATEGORY WITH U11'S OFF FIRST AT U16'S OFF LAST – START LIST WILL BE PUBLISHED ON SATURDAY 19TH SEPTEMBER.
- GEAR CHECK WILL BE IN THE GRID BEFORE THE START. PLEASE ARRIVE AT THE GRID NO SOONER THAN 10 MINUTES BEFORE YOUR START TIME.

ROAD RACE – START TIMES

Road Race			
Age Category	Start Time	No. of Laps	Race Distance Miles
U11 Boys & Girls	11:05	1	5.9
U12 Boys & Girls			
U13 Boys & Girls	11:00	3	17.7
U14 Boys & Girls			
U15 Boys & Girls	12:15	5	29.5
U16 Boys & Girls			



Time Trial

Link to course:

<https://strava.app.link/j3wy9VOXA9?fbclid=IwAR1Lfs-iVw1X1HylqqZcleJjfjzoS3xhM1S3LJrmfuksARluzZ2qLr49Zq4>

- First Rider off at 9:00am
- Riders to arrive at the Grid 10 minutes before their allocated start time
- Race Number (Armband) will be allocated and fitted at Gear Check
- Gear Check will take place once in the Gridded Area. Riders will not be permitted to leave and no Parents are to be allowed in
- **There will be a dead-turn in the road around a single cone. The Turn will be well Marshalled and all riders will be forewarned of the Turning Point**
- All Riders to disperse immediately after the conclusion of their Time Trial.
- You are not permitted to follow any athlete no course during the Time Trial
- Road Bikes only – No Aero Bars or TT Bikes
- **Arm Numbers to be returned immediately after the race finish.**
- There is sufficient parking on the Kerbside along the Tamnamore Road after the finish location for any parent looking to collect their child after the race. Please stay off the Road



Road Race

Link to Course:

<https://strava.app.link/tnIAqxZXA9?fbclid=IwAR1Lfs-iVw1X1HylqqZcleJjfjzoS3xhM1S3LJrmfuksARluzZ2qLr49Zq4>

*Note this course was previously used as the Hugo Loughran GP but with a different finish line.

- Start Times – As per Race Schedule on Page 3.
- Start Line – Falls' Car Park - BT71 5DT
- Finish Line will be a few hundred metres before the Falls' Pub but will be clearly identifiable on the day for all competitors
- All participants to be at the start line no sooner than 10 minutes prior to the race start
- Gear Check will take place for all podium finishers immediately after the conclusion of each race and spot checks will take place for unplaced riders.
- **THERE IS TO BE NO CONGREGATING OF SPECTATORS AROUND THE FINISH AREA.**

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Presentations

The presentations will take place in the following order and it is expected that only the receiving athlete and 1 parent/guardian attends.

All recipients will be expected to wear a Mask and use the sanitising station prior to the ceremony. Medals will be left on a clearly defined table and the athlete is required to collect their medal and place it around their neck for the presentation.

Our Podium will respect Social Distancing Guidelines and the riders are asked to please respect that.

There is No Prize Money and Medals will be presented officially at the Cycling Ulster Awards Ceremony

Presentation		
Age Category	Road	Time Trial
Under 11	12:25	
Under 12	12:25	
Under 13	12:25	
Under 14	12:25	
Under 15	After Conclusion of Road Race	
Under 16	After Conclusion of Road Race	



Presentation Continued...

Medals will be awarded as per C.U requirements for the following categories.

U11 – Top 3 Boys & Top 3 Girls

U12 – Top 3 Boys & Top 3 Girls

U13 - Top 3 Boys & Top 3 Girls

U14 - Top 3 Boys & Top 3 Girls

U15 - Top 3 Boys & Top 3 Girls

U16 - Top 3 Boys & Top 3 Girls

Event Parking

There is NO Official Event Parking, this is to alleviate the potential of crowd gathering. The following areas are all available with ample space for parking however you do so at your own risk.

STRICTLY NO PARKING AT THE START FINISH AREAS

Junction 14 – Park and Ride Facility

There is a large car parking area although height restrictions may apply. Leaving the Car Park, if you take Right this will bring you along a quiet back road to the start of the TT. It is also very convenient for the Road Race Circuit.

A45 – Ballynakilly Road

There is a Large Stretch of lay-by just off the M1 Junction 14.

Verners Inn Cost Cutter

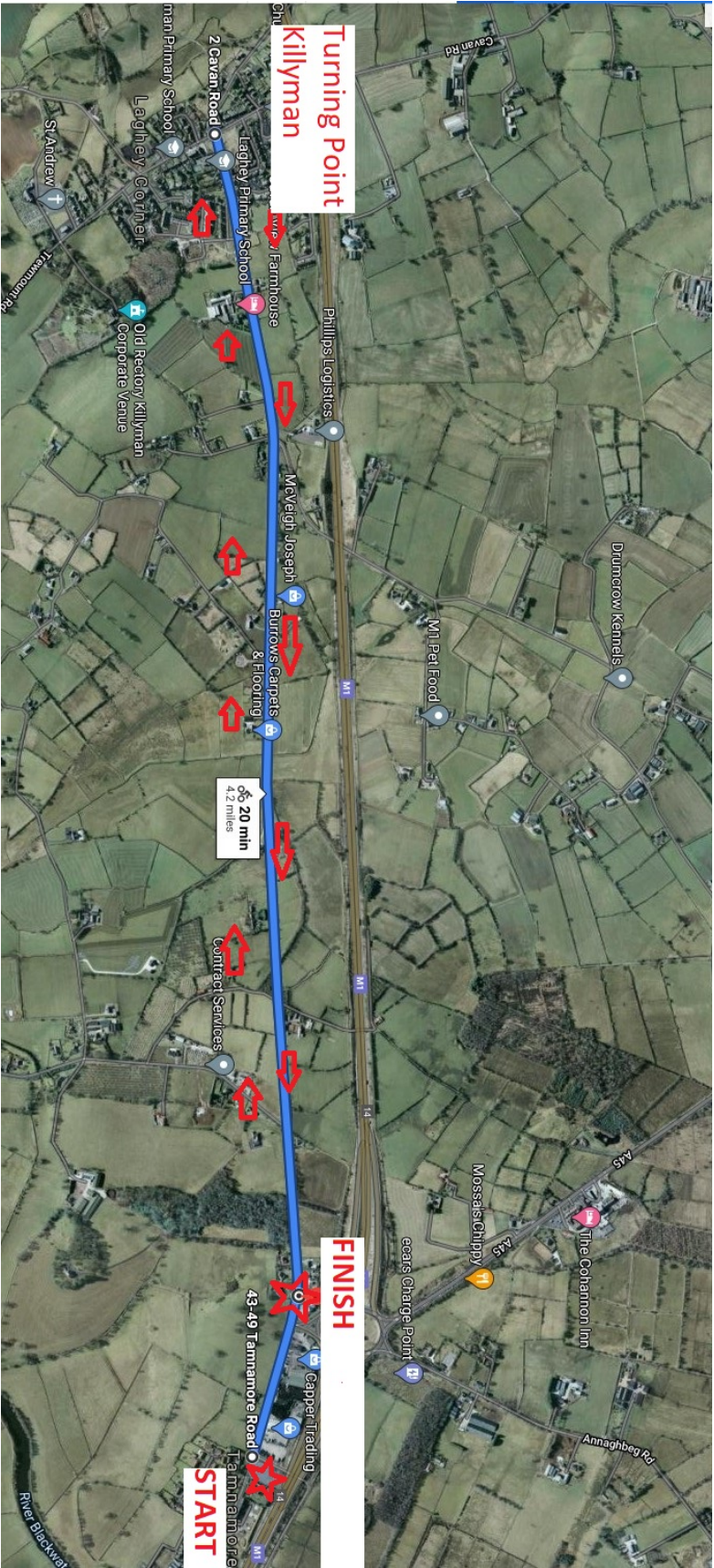
400m from the TT Start Line

BT71 6NR

River Black Water Car Park at Verners Inn.



Time Trial Map – 4.2 Miles



Road Race – Route Map – 5.9 Miles



Start Line – Falls’ Car Park BT71 5DT

Finish Line – Will be clearly marked on the day and approx. 300m short of the Starting Area. The finish will be on a small drag



Event Timetable			
Time Trial - Start List will be published 19/09/20			
Age Category	Start Time	No of Laps	Distance
U11	09:00	N/A	4.2 Miles
U12			
U13			
U14			
U15			
U16			
Road Race			
U11	11:05	1	5.9 Miles
U12			
U13	11:00	3	17.7 Miles
U14			
U15	12:15	5	29.5 Miles
U16			
Presentation Road & Time Trial			
U11	12:25	Location - Falls' Car Park. Please Maintain Social Distancing	
U12			
U13			
U14			
U15	After the conclusion of the Road Race. Location - Fall's Car Park. Please Maintain Social Distancing		
U16			



SPECIAL THANKS

It goes without saying that 2020 has been a unique Year and Island Wheelers would like to thank everyone who has contributed to our event in any way. From our Race Volunteers to the Local Public who have welcomed us in to their area, this race could not have taken part without their support. We would also like to thank you, our competitors for your support and we look forward to hosting more events in the not too distant future.

RACE OFFICIALS

Race Organiser	Robbie Silcock
First Aid	AmbuTran
Photo Finish	Ian Barfoot
Gear Check	James Maguire
Commissaire	James McLaughlin
	James Maguire
Time Keeper	Marty McKernon
Chief Marshall	Paul McAdam
Finish Line	Aidan Lafferty
Covid Officer	Robbie Silcock

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