

KINNING *Cycles*

Present

Spring League 24

Sunday 3rd March 2024 – Ormeau Park

Sunday 17th March Lady Dixon Park

Sunday 31st March Ormeau Park

Race Manual (v1.3)

Ormeau MTB Spring Classic

Kinning Cycles is proud to announce the return of the Spring league. This will see and teach youth riders compete for the overall prizes as to the single day race. This cross-country mountain bike series has had a long tradition starting off in Bangor then being taken over by XMTB. Expect lots of single track and natural forest floor, steep banks and spectator friendly. The event will have a heavy focus on kids racing and cater for all. Hope to see you there.



KINNING
Cycles

Spring League 24

3 Rounds | Overall Prizes
Sunday 3rd March, Ormeau
Sunday 17th March, Lady Dixon
Sunday 31st March, Ormeau

BIG BOBBLE HATS

Last Lap Café

f **kinningcycles**

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1.1 Race date

Sunday 3rd March 2024 – Ormeau Park

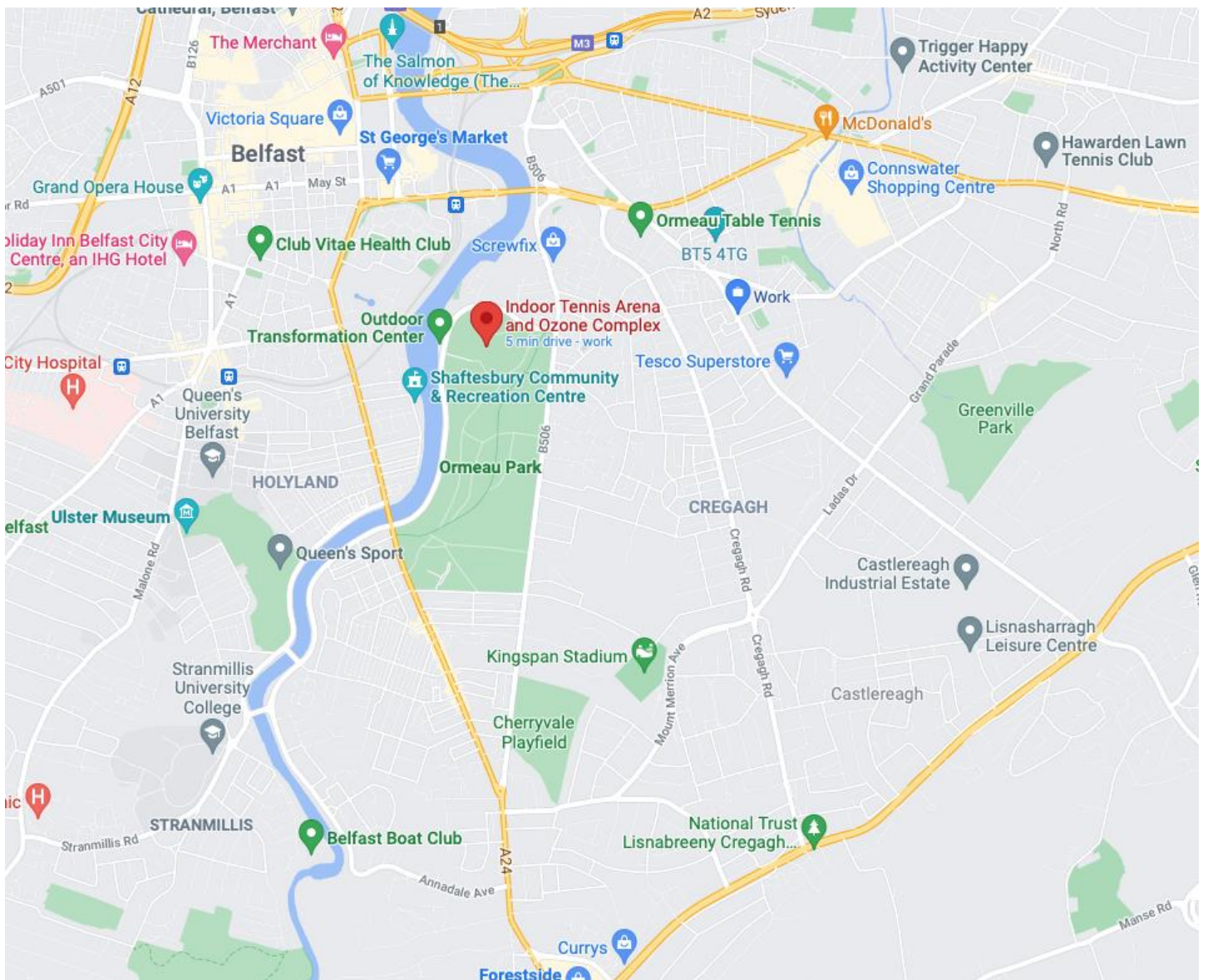
Sunday 17th March - Lady Dixon Park

Sunday 31st March - Ormeau Park

1.2 Venue location

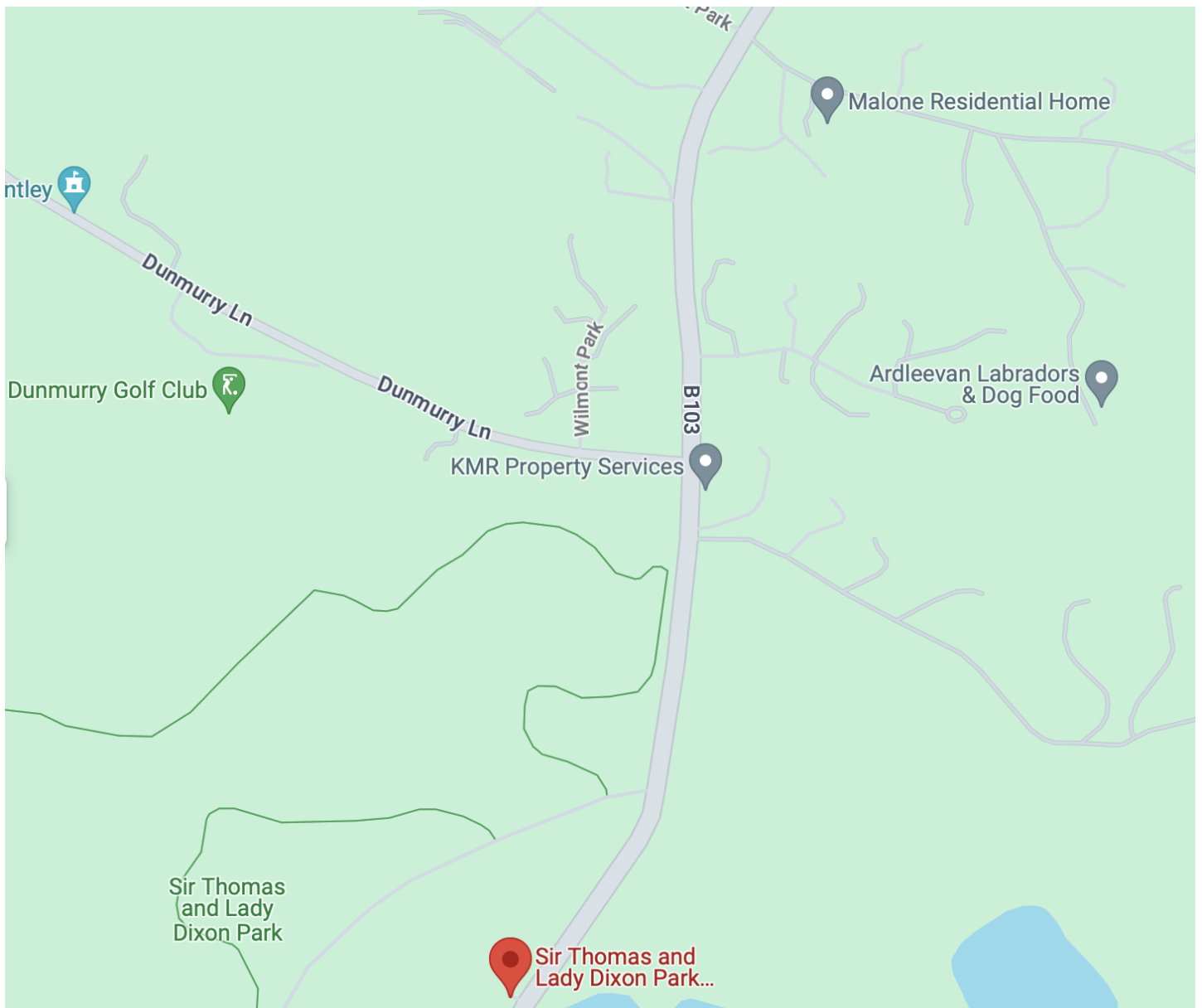
The venue for Round 1 and Round 3 is Ormeau Park, Belfast. Near to the Ozone. Ormeau Embankment, Belfast BT6 8LT.

Getting there. Google Link <https://goo.gl/maps/brZjVGosiRwnXbjE8>



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The venue for Round 2 is Lady Dixon Park, Belfast. On the Upper Malone road. BT17 9LA



1.3 Class of the race

League Race

1.4 Organiser's contact information

Race Director: Glenn Kinning, (UK) 07739 709149 info@kinningcycles.com,

Race Organiser: Andrew Patton: 07588 786768

1.5 Categories of riders

The table below shows the race categories.

Race category	Year of birth
Under 6s / Under 8s #	2016 – 2020
Under 10s	2014 – 2015
Under 12s	2012 – 2013
Under 14s	2010 – 2011
Under 16s	2008 – 2009
Men's A/B race Women	1940 – 2007

- See Cycling Ireland Technical rules T10.1.11
Parents NOTE: – The Under 6s race is just for fun. It is an introduction to off-road racing. There are no winners, no podium, no medals. It is all about the achievement of starting and finishing. If you child can complete the course with ease and is ready for the next challenge please have them try the Under 8s race instead. There is no lower age limit on the Under 8s race.

1.6 Licence information

In order to take part in off-road racing riders need to have cycling insurance. Cycling Ireland offers riders Full Competition, Limited Competition and Non-Competition licences. Riders who hold a current 2024 Limited Competition (LC) or Full Competition (JR, A4, A3, A2, A1, A+) licence can take part without any further charge for licences. Riders with Non-competition licences (LM) can 'upgrade' for the event by taking out an 'upgrade' licence (£9). Senior riders who do not have any current cycling licence can take out an event licence (£18). Youth riders must have a current 2024 licence.

1.7 Pre-entry information

THE EVENT IS PRE-ENTRY ONLY. There will be *strictly no* entries allowed on the day. Pre-entry is on eventmaster.ie and will close on the Friday before the event.

1.8 Rider fees

Senior riders - £20 (sterling)
 Junior riders - £10 (sterling)
 Under 16s - £6 (sterling)
 Under 14s - £5 (sterling)
 Under 12s - £4 (sterling)
 Under 10s - £3 (sterling)
 Under 8s - £2 (sterling)
 Under 6s - £1 (sterling)

1.9 Prize list

There will be no prizes for each race, just overall.

The following table provides a breakdown of the prizes for each category.

Category	Prize positions	Prize type
Under 8s, 10s, 12s	Top 3 boys, Top 3 girls	Medals
Under 14/16s	Top 3 boys, Top 3 girls	Medals
Women's MTB	Top 3 riders	£tbc depending on entries
Women's MTB	First unplaced Junior, first unplaced master	£tbc depending on entries
MTB B race	Top 3 riders	£tbc depending on entries
MTB A Race	Top 3 riders	£tbc depending on entries
MTB A Race	First unplaced Junior, First unplaced M40, first unplaced M50	£tbc depending on entries

All payments will be made electronically after the race.

1.11 Specific specifications for this event

The event is being run under Cycling Ireland rules. The technical rules can be found on <https://www.cyclingireland.ie/about-us/documents/>. There are no specific specifications for this event.

1.12 Competition Clothing

Competitors MUST wear the clothing of their registered club/team as registered with Cycling Ireland or other UCI National Federation. No commercially sponsored clothing or national team clothing is permitted by any competitor.

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.

Failure to comply with the above may result in prohibition from starting the event.

(See Cycling Ireland Technical rules)

1.13 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.

1.14 Gridding

Gridding will be based on Entry time. Gridding will start 10 minutes before race start. Gridding for round 2 and 3 will be based on league standings.

1.15 Technical area / feed zone

An area will be available on the course for a technical area / feed zone. All feeding and technical assistance must take part in this area only.

1.16 Bike wash facilities

There is no tap on site at either venue.

1.17 Locations of sign in desk and opening times

There will be a sign in desk in a gazebo on the day. Race numbers can be collected up to 15 minutes before the start of each race.

1.18 Race numbers

Race numbers will be supplied by Cycling Ulster. They must be secured to the front handlebars using 3 cable ties. Race numbers must be returned to the bucket at the finish line. Any numbers not returned on the day will occur a fee.

1.19 Race schedule (including practice times)

Sign on opens at 10:00 to avoid the local parkrun. Course is open for practice once riders have signed on.

Time	Event	Approx. Race length
10:00	Sign on opens	
10:00 - 12:50	Main course practice available	
10:00 - 10:55	Youth course practice available	
11:00	Under 6s race	2 mins
11:10	Under 8s race	5 mins
11:30	Under 10s race	10 mins
11:50	Under 12s race	15-20 mins
12:15	Prize giving for U8, U10, U12	
12:50	Call up for U14, U16, Women	
13:00	Race start for U14, U16, Women	U14, 30 mins U16 and women - 50 mins
14:00	Prize giving for U14, U16, Women	
14:00 – 14:30	Main course practice available	
14:30	Riders gathered up for gridding A & B Race	
14:40	A & B Race Start	60 mins
15:50	Prize giving A & B Race	

Practice: There will be time to practice in between races. There will be **no** toleration for riders practicing on course while there are races in progress.

1.20 Parking arrangements

There will be parking at the gravel pitch in Ormeau Park. Follow signs. At Lady Dixon Park the parking will be in the main car parks.

1.21 Event Supporters

Kinning Cycles – Title sponsor www.kinningcycles.com
Cycling Ulster

1.22 Catering arrangements

There will be a coffee van on site.

1.23 Toilets, showers

There is a public toilet on the entrance to the park from Ormeau Road.
There is a public toilet in Lady Dixon Park.

1.24 First aid location

The paramedic will be located near the start/finish line.

1.25 Litter – use of bins

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

1.26 Description and map of the course

The Ormeau Park course will be similar to previously held races. The start will be on the gravel pitch.



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The map of the Lady Dixon Park race.

