



Rás na nÓg 2019

April 13th and 14th

Official Race Manual

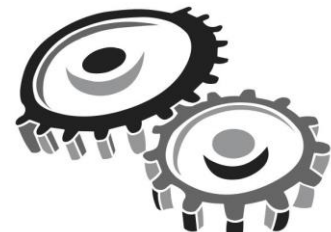
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The riders lining up before the start of stage 1 in the U16 Boys event in 2018.

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A welcome from the Race Director:

On behalf of everyone at Drogheda Wheelers Cycling Club, I send a warm welcome to the 2019 edition of Rás na nÓg! This is the 12th edition of Ireland's premier youth stage race event which was established in 2007 by our late, and dearly missed Chairman Peter Bidwell along with long serving secretary of the club, Gerard Campbell.

For the fifth year now, the race will be based at Bellewstown Racecourse which is a fantastic amenity, allowing parents and supporters to see you, the participants every few minutes without having to travel to different locations. As always, there will be three stages – consisting of a Crit on Saturday Morning, a road-race on Saturday Afternoon and a final road stage on Sunday Morning.

Škoda Ireland have very fortunately backed our event for the third consecutive year, allowing us to develop the youth cyclists of Ireland and encourage them to reach their full potential. A great deal of gratitude is owed to them for their commitment to our race and the entire sport in general, and we thank them for their very generous support. A huge thanks also to Cycling Ireland for funding through their stage race grant aid program as well as all the club sponsors – Jons Civil Engineering, SCME and Dimplex and all our car sponsors also. Along with their financial backing, this weekend couldn't run without the commitment of the army of volunteers who complete sign on, marshal, offer refreshments, results and all other jobs completed for the duration of the weekend. I'm sure everyone will join me in thanking them for their support in this event.

Since 2007, Rás na nÓg has grown into Ireland's largest and most popular stage race event for Irish youths, attracting competitors from every corner of the country – North, East, South and West. Participants and winners have gone on to become renowned international cyclists, world tour riders, European and World medallists. Although there must be winners (and losers!), Rás na nÓg aims to develop every youth cyclist and allow them the opportunity to challenge themselves during the weekend.

This race is not just about the winners, or the losers, Rás na nÓg focuses on keeping our youths interested in the sport and making sure they progress to junior and senior with the same interest that they have now! Along with the tremendous task of running a 3-stage youth event, our tremendous team a full set of senior events also, on Saturday evening with the 'Peter Bidwell Memorial' which remembers the sorely missed founding figure of the race and again on Sunday afternoon with the 'Coombes Connor Memorial', remembering two important figures in the formation of the club.

I wish all the competitors, over the 150 of you that there is, the very best of luck. Do your best and in the eyes of the Rás na nÓg team – you're a winner! I also extend a large welcome to our visitors from Britain and I'm glad they could join in on the magic of Rás na nÓg. Who will be the kings and queens of the hill for 2019?

Yours in Sport,

Gearóid Campbell – Race Director

• **Stage Time and Distances**

Saturday, April 13th

Stage 1 – 1.7KM per lap

(10:30AM) Boys/Girls U12 – 3 LAPS
(11:00AM) Boys U14 – 7 LAPS
(11:30AM) Combined U14/U16 Girls – 7 LAPS
(12:00PM) U16 Boys – 10 LAPS

Stage 2 – 6.5KM per lap

(2PM) Boys/Girls U14 – 3 LAPS
(2:03PM) Boys/Girls U12 – 1 LAP
(2:50PM) U16 Boys/Girls – 5 LAPS

Sunday, April 14th

Stage 3 – 7.7KM per lap

(10:00AM) Boys/Girls U12 – 1 LAP
(10:30AM) Boys/Girls U14 – 3 LAPS
(10:35AM) Boys/Girls U16 – 5 LAPS

***All times are provisional and subject to change**

• **Prizes**

We at Rás na nÓg try to celebrate the efforts across all categories and ages. There will be a race leader jersey for leading U12 boy and girl, U14 boy and girl and U16 boy and girl. There will also be race winner jerseys for these six categories! The prizes per stage/overall:

Stage:

First 6
First 3 unplaced U11/13/15
First 3 girls

Overall:

First 6
First 3 unplaced U11
First 3 girls
First team (3 riders)

Extras: Combativity award*

*This prize is awarded to someone who the Rás na nÓg team believes showed the real ethos of this event in showing the spirit of cycling. We will be keeping a close eye on the races over the weekend to find our new 'hero of the hill!'.

NOTE: Presentation will be at approximately 1PM in the same room as sign on in Bellewstown Race Course on Sunday, April 14th.

• Scoring

Points are awarded in all categories as follows:

1st. - 100

2nd. - 97

3rd. - 95

4th. - 93

5th to 20th are 92/91/90/89/88/87/86/85/84/83/82/81/80/79/78/77.

NOTE: If riders are lapped on a stage and pulled out by the organisers, or if they must retire due to a race incident or mechanical failure, they will receive 65 points on the stage. Please see note on service during stage 1.

• Gearing

Riders taking part in Rás na nÓg will ride on restricted gears, in accordance with Cycling Ireland ruling.

Category	Maximum Rollout	Biggest Chainring	Smallest Sprocket
Under 12	6.14M	16	46
Under 14	6.54M	16	49
Under 16	6.94M	16	52

There will be a gear check for the first six on each stage, the boys race leader at the start of the stage, the girls race leader at the start of the stage and 3 x random numbers immediately after they have crossed the line. The gear check will be located outside the sign on room.

Riders are free to have their gears checked prior to the start of Stage 1 at the same location.

• Managers Meeting

A briefing meeting for parents/managers will take place at 10am on Saturday Morning (April 13th) in the sign on hall. Questions will be accepted during this time to the Race Director, Chief Commissaire and Child Protection Officer.

• Cavalcade Cars

The teams of the first five placed GC riders will be allowed to follow the race during stage 2 and stage 3. If two riders from the same team happen to be inside the top five, the team with the next placed highest rider will be allowed into the cavalcade.

• Borrowing of Numbers

For any riders (including international) who are borrowing numbers from the race team, a valid licence must be handed in at registration on Saturday Morning (April 13th). No numbers will be handed out without this. They can be returned to the Race Director following the conclusion of the last stage.

- **Results**

Results will be posted as quick as humanly possible. There will be a copy attached to the window of the results room at the Racecourse, along with on Drogheda Wheelers Facebook Page and @RASNANOG on Twitter. Following the conclusion of Stage 2, on Saturday evening and Stage 3, Sunday evening, the results will also be posted on www.Droghedawheelers.ie.

- **Issues with Results**

Although we at Rás na nÓg aim for complete accuracy with results, some issues may arise over placings. I ask, as Race Director, that no one acts in an abrupt manner regarding a complaint with results positioning. The complaint will be fully investigated and altered as soon as possible. We are not in any way trying to deliberately incorrectly place any rider and I ask parents, guardians and managers to respect this and remember, these are kids and issues can and will be dealt with in an appropriate and calm manner.

Problems arising from results, or any issues over the duration of the weekend, can be reported to either of the commissaires or the race director, who can be contacted on +353862739808.

- **Ambulance**

There is full ambulance and medical cover for the duration of the weekend and in case of severe emergency, the nearest hospital will be:

Our Lady of Lourdes Hospital, Windmill Road, Drogheda, Co Louth, A92 VW28.
Phone Number: 00353419837601

- **Radio Tour**

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

- **Neutral Service**

There are two neutral service cars for the duration of the event. Riders and team who wish to be serviced should supply spare wheels to these cars before the commencement of stage 1 on Saturday Morning. Riders receiving equipment will be responsible for returning or replacing it. All wheel changes and other mechanical issues must be services on the left-hand side of the road only.

- **Service on Stage 1**

Neutral Service on stage one will not be following the race but rather be parked at two different 'pits' on the course. The first is immediately following the finish line on the left-hand side and the other is located approximately 1km into the circuit, beside Bellewstown Golf Club. Both are marked with tape/cones and parents, guardians and managers are free to stand here and service their riders for stage 1. **RIDERS ARE NOT TO BE SERVICED ANYWHERE ELSE DURING THE LAP.** If riders are serviced in other locations, the commissaires will deal with this accordingly. Riders must make their way to these pits.

During Stage 1, riders are entitled to a lap off for the first 4 laps in the U14 Boys Race and Combined U14/U16 Girls Race and the first 7 laps in the U16 Boys Race. Therefore, they are not entitled to a lap off in the final 3 laps of all events. There is no such lap off in the U12 event. Riders are entitled to this lap off because of a mechanical fault or puncture, which caused them to have to stop completely and must re-enter the group in which they were originally in. This is only allowed if serviced at the pits, where the commissaires can accordingly note this.

- **Classification**

In the event of two riders being equal on points at the end of stage two or three, the leader/winner will be decided upon the better placing in the most recent stage. (For example - If two riders have equal points at the end of stage 2, the rider who finished higher on stage 2 will be the leader).