



Rás na nÓg 2024

April 6th and 7th

Official Race Manual



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 2024 edition of Rás na nÓg! This is the 15th 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 former secretary of the club, Gerard Campbell. Unfortunately, due to the pandemic, we had to cancel both our 2020 and 2021 events but had a very successful return in 2022 and 2023.

Again, the race will be based at Bellewstown Racecourse which is a fantastic amenity, allowing parents and supporters to see 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.

A huge thanks to Cycling Ireland, Cycling Leinster, and Velo Revolution, as well as all of our club sponsors—Jons Civil Engineering, SCME, Dimplex, and all our car sponsors—for their support. Along with their financial backing, this weekend couldn't run without the commitment of the army of volunteers who, marshal, offer refreshments, provide results, and complete all other jobs 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, 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, 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 with the 'Coombes Connor Memorial' remembering two important figures in the formation of the club.

I wish all the competitors the very best of luck. Do your best and in the eyes of the Rás na nÓg team – you're a winner already! Who will be the kings and queens of the hill for 2024? We will have to wait until Sunday to find out!

Yours in Sport,

Gearóid Campbell – Race Director

Stage Time and Distances

Saturday, April 6th

Stage 1 – 1.7KM per lap

(10:30AM) Boys U12 – 3 LAPS
(10:50AM) Girls U12 – 3 LAPS
(11:15AM) Boys U14 – 7 LAPS
(11:45AM) Girls U14 – 7 LAPS
(12:15PM) Boys U16 – 10 LAPS
(1:00PM) Girls U16 – 10 LAPS

Stage 2 – 6.5KM per lap

(3PM) Boys/Girls U14 – 3 LAPS
(3:03PM) Boys/Girls U12 – 1 LAP (Following U14 rollout)
(4PM) Boys/Girls U16 – 5 LAPS

Sunday, April 7th

Stage 3 – 7.7KM per lap

(10:00AM) Boys/Girls U12 – 1 LAP
(10:30AM) Boys/Girls U16 – 5 LAPS
(10:33AM) Boys/Girls U14 – 3 LAPS (Following U16 rollout)

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/U14/U16 Boy and Girl, along with a race winner jersey for these six categories.

Stage:

Boys U12/U14/U16 – 1st, 2nd, 3rd, 4th, 5th

Girls U12/U14/U16 – 1st, 2nd, 3rd, 4th, 5th

First Unplaced U11/U13/U15 Boy

First Unplaced U11/U13/U15 Girl

Overall:

Boys U12/U14/U16 – 1st, 2nd, 3rd, 4th, 5th

Girls U12/U14/U16 – 1st, 2nd, 3rd, 4th, 5th

Unplaced U11/U13/U15 Boy – 1st, 2nd, 3rd

Unplaced U11/U13/U15 Girl – 1st, 2nd, 3rd

Team prize (3 x riders)*

Combativity award**

*Minimum of 3 x three-person teams required in the race for this prize to be given.

**This prize is awarded to someone who the Rás na nÓg team believes showcased the fundamental ethos of this event. We will keep a close eye on the races over the weekend to find our new 'hero of the hill!'.

NOTE: Presentation will be at approximately 1:30PM in Sam's Bar in Bellewstown Racecourse on Sunday, April 7th.

Scoring

Points are awarded in all categories as follows:

1st - 100

2nd - 97

3rd - 95

4th - 93

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

There will be a distinction between riders 21st and onwards who finished and those who were pulled from the race (due to being lapped/mechanical, etc.). Riders who finished will be allocated 72 points, while riders who did not finish will be allocated 67 points.

Gearing

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

Category	Maximum Rollout
Under 12	6.27M
Under 14	6.67M
Under 16	6.94M

There will be a gear check at the end of each stage for:

- The first five on the stage
- The race leader at the start of the stage
- Random numbers may also be checked

All riders are free to have their gears checked prior to the start of stage 1 outside ‘Sam’s Bar’.

Managers Meeting

A briefing meeting for parents/managers will take place at 9:45 a.m. on Saturday (April 6th) in Sam’s Bar at the racecourse. The race Director, Chief Commissaire, and Child Protection Officer will accept questions during this time.

Cavalcade Cars

Cars are free to follow behind the races. We would ask that all cars following have two people in the car. We remind all drivers to be cautious and adhere to the rules of the road.

Borrowing of Numbers

For riders (including international) who borrow numbers from the race team, a valid licence must be handed in at registration on Saturday Morning. No numbers will be handed out without this. Numbers can be returned to the Commissaire following the conclusion of the last stage, and the licence will be returned at this time.

Results

Results will be posted as quickly as possible. The first location they will be posted is on the results room window at the racecourse. They will also be posted on DW Facebook and droghedawheelers.ie. However, we may not be able to post the results for stage one to these platforms until after the conclusion of stage two on Saturday evening. The results will, however, be available at the racecourse after stage one.

Issues with Results

Although we at Rás na nÓg aim for complete accuracy with results, some issues may arise over placings. As Race Director, I ask that no one act abruptly 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 place any rider incorrectly, and I ask parents, guardians and managers to respect this and remember that these are kids, and issues can and will be dealt with in an appropriate and calm manner.

Problems arising from results or any issues throughout the weekend can be reported to either of the commissaries.

Ambulance

There is a full ambulance and medical cover for the duration of the weekend, and in case of a 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.

Service on Stage 1

Service for puncture/mechanical on stage one is only allowed in one of the two race pits. The first pit immediately follows 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 commissaries 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 and girls races and the first 7 laps of the U16 boys and girls races. 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 stop completely and must re-enter the group they were originally in. This is only allowed if serviced at the pits, where the commissaries can accordingly note this.

Classification

If two riders are 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 finishes higher on stage 2 will be the leader).