

The Bike Station LEAGUE 2016

www.dundalkcycling.com



Cùchulainn Cycling Club
Road League 2016
Sponsored by
The Bike Station

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The Bike Station opened in 2014 to supply cyclists from the North East with a full range of quality bikes, clothing and accessories from some of the world's leading brands backed up by a reliable workshop service.

The shop is located in rural setting just outside Dundalk (5 minutes from the M1) with lots of parking. We welcome visitors and you can expect a warm welcome and a cup of coffee if you drop in. We offer lots of advice backed up with a fully equipped workshop to tackle all your repair and upgrade requirements.

The shop is owned by Ray Fedigan and Karl Dolan both heavily involved in the local cycling community with over 35 years cycling experience between them.

Run by Cyclists for Cyclists

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Open till 9pm Monday - Friday

www.TheBikeStation.ie





Introduction to Road League

The Cùchulainn Cycling Club (CCC) *Bike Station* Road League is an annual league run over 18 races from early April to late August.

Races take place every Thursday night over a variety of courses which include fast flat stages and rolling courses some with hilltop finishes.

The purpose of the league is to provide club and non-club riders with an opportunity to experience road racing first hand. The league is also an excellent platform for preparing riders who intend to enter open races at some stage in the future.

Rider registration on race night opens at 6pm and closes at 6.45pm. Racing commences at 7pm sharp. Each group is let off with a time gap between it and the following group. The time gaps are determined by the League committee.

There are two races each night:

- Groups 4-5-6 (Race 1)
- Groups 1-2-3 (Race 2)

The League is governed by the rules and regulations of Cycling Ireland and all participants are expected to obey the rules of the road at all times. Each participant **must** marshal three races during the course of the league and each race **must** have sufficient marshals to enable it to be run safely.

Restricted gears will apply for underage riders as per the rules of Cycling Ireland. Please refer to Cycling Ireland guidelines for specific gearing ratios.

Cùchulainn Cycling Club have completed a comprehensive **Safety Statement** and **Risk Assessment** regarding the (CCC) *Bike Station* Road League, and is available for review on the club website. It is expected that all competitors (riders & marshals) familiarize themselves with this prior to this year's league.

galibier



Participation – Who Is Eligible

The League is open to Cùchulainn CC members and any other rider provided they are a member of Cycling Ireland and hold the appropriate Cycling Ireland license.

In this regard the license held must be an

LC license (LC)
Underage License
Open Competition
IVCA

The League is open to both male and female riders.

There will be an entry fee levied in order to participate in the 2016 Bike Station League. The fee for 2016 season is **€40** per rider.

Under normal circumstances a rider will be able to pay the registration fee when they register on the Cycling Ireland website.

In the event that a rider is not able to pay the registration fee at that time it must be paid on the first night the rider intends to race, or at the briefing night.

RIDERS WHO HAVE NOT PAID THE REGISTRATION FEE WILL NOT BE PERMITTED TO RACE.

Juniors are also eligible to enter the league but must be accompanied by a parent or guardian at all times during each race. The parent or guardian must drive behind the group which their child is racing in.

A **Junior** is defined as a rider *under the age of 18 years*, at the beginning of the calendar year in which the race is taking place.

Underage is defined as a rider *under the age of 16 years*, at the beginning of the calendar year in which the race is taking place.

The calendar year for this race league is 01/01/2016 up until 31/12/2016

- Juniors do not have to pay to enter the League.
- Juniors must be accompanied by a guardian when scheduled to marshal
- Juniors must adhere to Cycling Ireland gearing ratios. If in doubt, The Bike Station will assist in preparing your bike with the correct requirements.



Marshalling

Please see **APPENDIX A** for a full list of criteria relevant to marshalling for the 2016 Road League.

The CCC Road League Committee will be holding a mandatory briefing session to cover “local rules” and also to include “lessons learned” from the 2015 Road League season. It is expected that all riders who have signed up and committed to participating in the CCC Road League attend.

**ALL ATTENDEES WILL RECEIVE 20 POINTS TO BE ADDED TO THEIR
CUMULATIVE TOTAL AT THE END OF THE LEAGUE**

Safety on Race Night

If the Lead Marshal on race night decides not enough marshals are present to run the race safely they have two options:

1. Change the race from the planned course to one of the two substitute courses which require fewer marshals.
2. In the event there are not enough marshals to properly marshal the substitute course then the race must be called off as it cannot be run safely. In this case, there will be no contingency to run an additional race and the total number of races in the CCC Road League 2016 will be reduced by 1 (one).
3. **Juniors** must be accompanied by an adult or guardian when scheduled to marshal.

When a rider is scheduled to, he/she may in order to fulfil his/her obligation, employ a replacement. In this case, the rider is not eligible to race.

A replacement marshal must have signed on with the lead marshal on the night to be allocated a location.

A replacement marshal must be a member of the race league

In the event of an accident which results in the ambulance having to leave the race circuit the Lead Marshal must stop the race for the safety of the remaining riders. If this occurs all riders signed on the start sheet will receive two points.



Crossing the “White Line”

As referenced earlier, the rules of the road **must** be obeyed at all times. Races are run on open roads and it is up to each individual rider to look after their own safety and not put other riders or road users in danger by their actions.

DURING THE LAST KILOMETRE OF THE RACE IT IS FORBIDDEN FOR ANY RIDER TO CROSS THE WHITE LINE TO GAIN ADVANTAGE OR POSITION IN THAT RACE.

However, if a rider through no fault of their own is forced across the white line in the final kilometre of the race the League Committee may decide at their discretion not to apply a penalty or sanction to that rider.

Such incidents **may** include but are not limited to:

- Accidents
- Encroachments by Spectators or Animals
- Weather conditions (standing water)
- Road Conditions

Equipment

As the CCC *Bike Station* Road League is adhering to Cycling Ireland rules, disc brakes are not permitted for the duration of the Road League.

“For National Federation Races, the use of Disc Brakes is currently prohibited. The UCI have authorized their use as far as UCI Continental Teams only and have not been authorized for widespread use as of yet. Commissaries will be checking bikes prior to race start to ensure bicycles are not equipped with disc brakes.”

<http://www.cyclingireland.ie/cycling-news-item/road-racers-technical-advice-/1890>





CCC Race League – Local Rules & Observations

Listed below are local observations garnered from previous years' experience in running the Cùchulainn Cycling Club (CCC) *Bike Station* Road League. These are, in no way complete, but serve to enhance the participation and enjoyment of the CCC *Bike Station* Road League for all competitors

Sign On

- If you do not sign the Start Sheet you cannot race – **YOU ARE NOT INSURED**
- If a timing chip is provided but not worn you do not get race points.
- If arm bands (numbered or coloured) are provided but not worn you do not get race points.

Rider Movement between Groups

Before the CCC *Bike Station* Road League commences, the League Committee will make every effort to assign riders to the groups that are most appropriate to their abilities.

However, during the course of the league it may be necessary to make changes to riders in groups and this will be done based on the results achieved by riders in previous races. It is possible for riders to be moved up or down between groups.

This will be done on the basis of riders demonstrating clear ability to participant at a higher level of racing standard. There may also be need to move riders to a lower group depending on results timings

Disagreements between Riders

Riders should be respectful to each other at all times. However, in the event of a disagreement a rider must notify the CCC *Bike Station* Road League Committee of their complaint as soon as possible. The Committee will investigate the complaint and their decision will be final.

Complaints and disagreements that may arise during the course of the CCC *Bike Station* Road League should not be aired in public or social media**.

Anonymous complaints and hearsay will not be tolerated.

Aggressive behaviour, whether during the race or before/after race will not be tolerated.

Arising from comments in previous years, it must be noted that “tactical racing”, where a rider does not fully participate in group effort, is not grounds for CCC *Bike Station* Road League Committee investigation.

** as per Cùchulainn Cycling Club social media policy available on club website



Respect for the Community

Always remember that our races are held on open roads with our pre-race registration and finishing lines in communities of local people who we may be inconveniencing. We must always aim to keep local residents happy because if we do not, complaints may be lodged with local authorities (Garda or Louth County Council) which may lead to difficulty in obtaining sanction for further events.

IT IS ABSOLUTELY NOT ACCEPTABLE TO URINATE IN PUBLIC IN CLOSE PROXIMITY TO LOCAL RESIDENTS HOUSES.





Allocation of Points

The Cùchulainn Cycling Club (CCC) *Bike Station* Road League is an 18 race league. Each race will be treated as a single event, with points allocated after each race.

At the conclusion of CCC *Bike Station* Road League, the overall winner is deemed to be the rider with most accumulated points from his/her participation: **Maximum 15 races & 3 marshalling stages**

Group Winners

Group winners will be determined by the rider with the most amount of points from a particular group. Should a rider transfer from a previous Group, he/she will take their point allocation with them to the new group. This will be the case for riders moving from a higher to lower group, and lower to higher group.

With a large number of riders with varying abilities participating, and for safety reasons, the CCC *Bike Station* Road League Committee will run 2 distinct races on each night.

Race 1: Groups 4 / 5 / 6

Race 2: Groups 1 / 2 / 3

In the event of low numbers of riders signing on prior to the allotted closing of sign on (18:45), the Chief Marshal on the night, **may** decide to run a single race and merge groups.



Points distribution

A) Points are awarded to the first 5 riders across the line in a race as follows

- 1st - 10 points
- 2nd - 9 points
- 3rd - 8 points
- 4th - 7 points
- 5th - 6 points

B) Riders who do not finish in the first 5 will be allocated points as follows

- 1st rider from each group - 5 points
- 2nd rider from each group - 4 points
- 3rd rider from each group - 3 points

C) All riders finishing the race - 2 points

D) All marshals - 10 points (max 30 points)

E) DNF (mechanical/fatigue/accident) - 0 points

Prizes

1. The overall league winner will be the rider with the most points at the end of the season
2. Group winners will be the riders with the most points from each group

NOTE: PROMOTED OR DEMOTED RIDERS HOLD POINTS WHEN THEY MOVE AND ARE CONSIDERED PART OF THE GROUP IN WHICH THEY FINISH THE LEAGUE.



Road League Calendar 2016

The Cùchulainn Cycling Club (CCC) *Bike Station* Road League will be run over 18 stages from 7th April 2016 to 18th August 2016, approximately 20 weeks. There will be 2 breaks in racing to accommodate the Louth Road Race Championships and the Louth & Leinster Time Trials.

Scheduled Race Dates

Date	Round	Marshal Group	Circuit	Sign On	Distance
07/04/16	1	1	Dunleer Roundabout	DKIT (New)	26.1km
14/04/16	2	2	Greenore Circuit	Red Cow (Ballymac)	40.8km
21/04/16	3	3	Sportsman Circuit (New)	Red Cow (Ballymac)	40.0km
28/04/16	4	4	Fane/Ardee/Fane Circuit	DKIT (New)	43.1km
05/05/16	5	5	Flagstaff	Red Cow (Ballymac)	37.9km
12/05/16	6	6	Ravensdale Circuit (New)	Red Cow (Ballymac)	40.0km
26/06/16	7	1	Fane/Ardee/Fane Circuit	DKIT (New)	43.1km
02/06/16	8	2	Down (Killeavy CC)	Mullaghbane Church	51.0km
09/06/16	9	3	Greenore Circuit	Red Cow (Ballymac)	40.8km
16/06/16	10	4	Long Woman's Grave	Red Cow (Ballymac)	42.7km
23/06/16	11	5	Oriel/Carrick/Ardee/Fane	DKIT (New)	56.9km
07/07/16	12	6	Flagstaff	Red Cow (Ballymac)	37.9km
14/07/16	13	1	Ardee Road/Fane	DKIT (New)	34.5km
21/07/16	14	2	Long Woman's Grave	Red Cow (Ballymac)	42.7km
28/07/16	15	3	Ravensdale Circuit (New)	Red Cow (Ballymac)	40.0km
04/08/16	16	4	Ardee Road/Fane	DKIT (New)	34.5km
11/08/16	17	5	Sportsman Circuit (New)	Red Cow (Ballymac)	31.4km
18/08/16	18	6	Dunleer Roundabout	DKIT (New)	26.1km

Courses & Routes confirmed: 1st March 2016. Whilst we will endeavour to keep to the confirmed dates and routes, changes may occur due to unforeseen circumstances. In all cases, all riders will be informed.





2016 Circuits

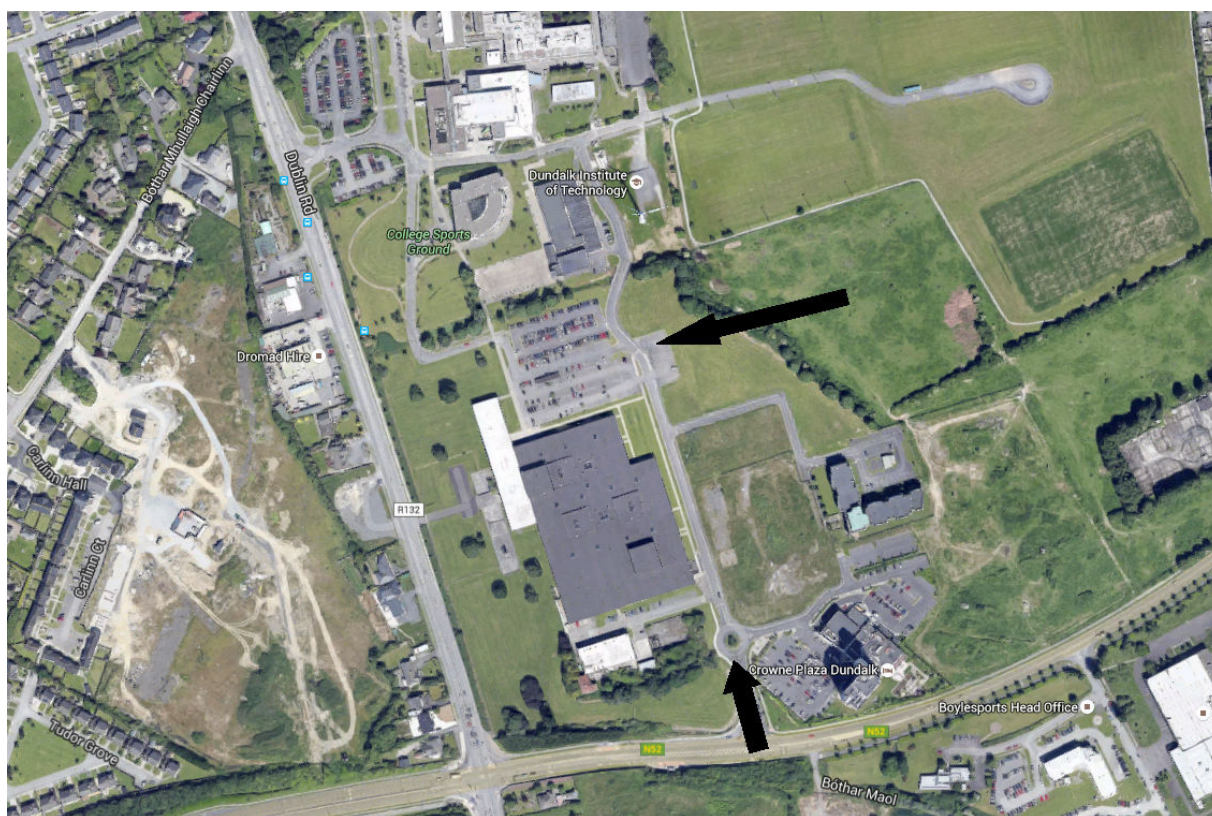
Round 1 Strava	Cùchulainn CC - "Bike Station" Road League 2016 - Fane/Dunleer Roundabout/Fane https://www.strava.com/routes/3979212
Round 2 Strava	Cùchulainn CC - "Bike Station" Road League 2016 - Greenore & Home https://www.strava.com/routes/3979557
Round 3 Strava	Cùchulainn CC - "Bike Station" Road League 2016 - Sportsman's Circuit (1) https://www.strava.com/routes/4315073
Round 4 Strava	Cùchulainn CC - "Bike Station" Road League 2016 - Fane/Ardee/Fane https://www.strava.com/routes/4315131
Round 5 Strava	Cùchulainn CC - "Bike Station" Road League 2016 - Flagstaff https://www.strava.com/routes/4315182
Round 6 Strava	Cùchulainn CC - "Bike Station" Road League 2016 - Ravensdale Circuit https://www.strava.com/routes/4330444
Round 7 Strava	Cùchulainn CC - "Bike Station" Road League 2016 - Fane/Ardee/Fane https://www.strava.com/routes/4315131
Round 8 Strava	Cùchulainn CC - "Bike Station" Road League 2016 - Down (Killeavy CC) http://www.strava.com/routes/4365613
Round 9 Strava	Cùchulainn CC - "Bike Station" Road League 2016 - Greenore & Home https://www.strava.com/routes/3979557
Round 10 Strava	Cùchulainn CC - "Bike Station" Road League 2016 - Long Woman's Grave https://www.strava.com/routes/4315226
Round 11 Strava	Cùchulainn CC - "Bike Station" Road League 2016 - Carrick/Ardee/Fane https://www.strava.com/routes/4339024
Round 12 Strava	Cùchulainn CC - "Bike Station" Road League 2016 - Flagstaff https://www.strava.com/routes/4315182
Round 13 Strava	Cùchulainn CC - "Bike Station" Road League 2016 - Ardee Road/Ardee/Fane Bridge https://www.strava.com/routes/4339208
Round 14 Strava	Cùchulainn CC - "Bike Station" Road League 2016 - Long Woman's Grave https://www.strava.com/routes/4315226



- Round 15** Cùchulainn CC - "Bike Station" Road League 2016 - Ravensdale Circuit
Strava <https://www.strava.com/routes/4330444>
- Round 16** Cùchulainn CC - "Bike Station" Road League 2016 - Ardee Road/Ardee/Fane Bridge
Strava <https://www.strava.com/routes/4339208>
- Round 17** Cùchulainn CC - "Bike Station" Road League 2016 - Sportsman's Circuit (2)
Strava <https://www.strava.com/routes/4347844>
- Round 18** Cùchulainn CC - "Bike Station" Road League 2016 - Fane/Dunleer Roundabout/Fane
Strava <https://www.strava.com/routes/3979212>

Sign On (DKIT)

For races 1, 4, 7, 11, 13, 16, sign on will take place at a new location for the 2016 season.

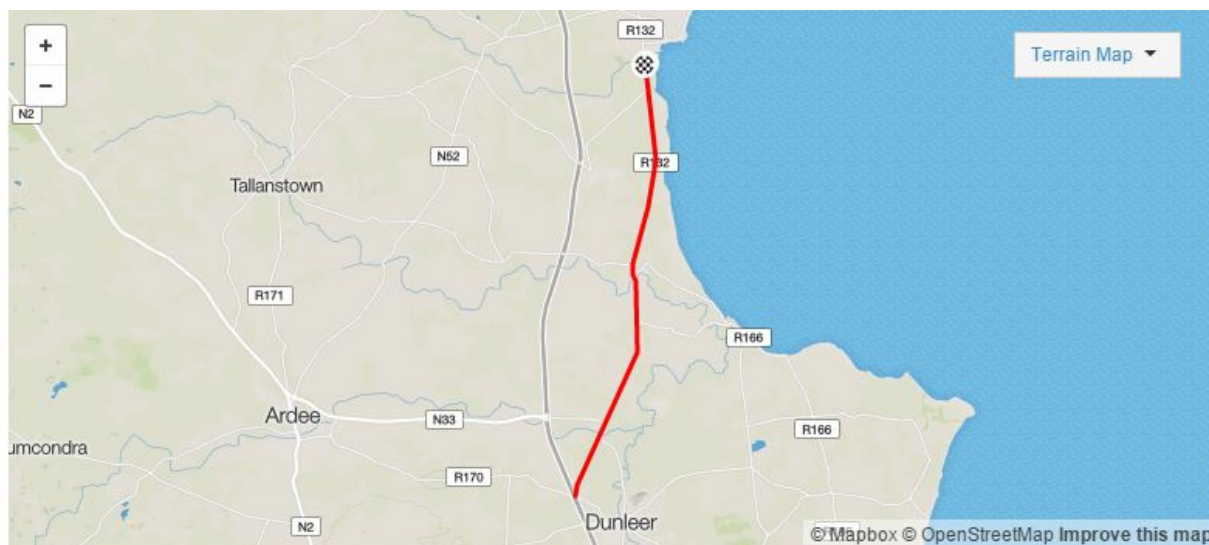




Cùchulainn CC - "Bike Station" Road League 2016 - Fane/Dunleer Roundabout/Fane Round(s)

- Round 1 - 7th April 2016
- Round 18 - 18th August 2016

Circuit Overview



Distance
26.1km

Circuit Profile



Circuit Notes

Short, "out and back" predominantly flat circuit except for slight drag up after Castlebellingham towards Kilsaran.

Road has been re surfaced through Castlebellingham since last year.

Road surface at Dunleer roundabout is patchy in place, care required.

500m point: Old Coachman's Inn



Cùchulainn CC - "Bike Station" Road League 2016 – Greenore & Home

Round(s)

- Round 2 – 14th April 2016
- Round 9 – 09th June 2016

Circuit Overview



Distance

40.8km

Circuit Profile



Circuit Notes

Another “out and back” circuit, with no climbs of consequence

Be aware of 3 (three) speed ramps in Lordship, approx. 8k into the circuit and on the return leg. One speed ramp has been relocated from last year.

If road surface is wet, be aware of yellow paint lines on road entering Riverstown just after Gyles Quay and again passing turn off for Carlingford.

Almost coming to complete stop at turnaround point in Greenore.

1000m point: Old Ballymascanlon Village. **500m point:** St Mary’s Church

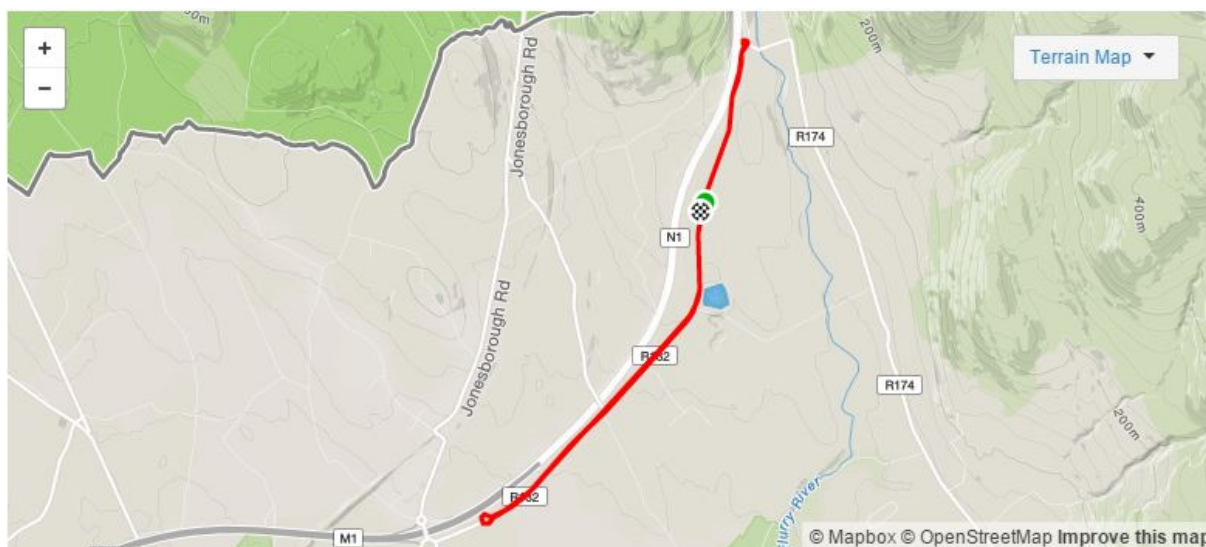


Cùchulainn CC - "Bike Station" Road League 2016 - Sportsman's Circuit (1)

Round(s)

- Round 3 – 21th April 2016

Circuit Overview



Distance

40.0km

Circuit Profile



Circuit Notes

Challenging "drag" circuit, a favorite among the climbers

Start heads towards Majors Hollow, returns to Blackgate roundabout.

Caution advised at both roundabouts; traffic at Majors Hollow and road surface at Blackgate

5 Circuits of loop

1000m point: 250m road sign approaching junction on right. **500m point:** New Dromad Garda Station

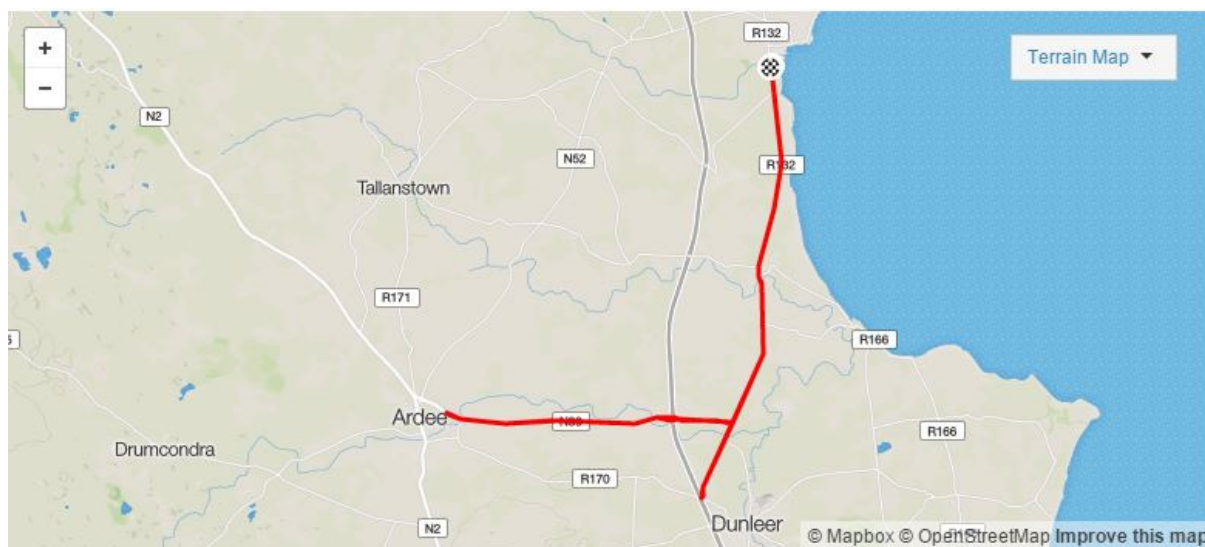


Cùchulainn CC - "Bike Station" Road League 2016 - Fane/Ardee/Fane

Round(s)

- Round 4 – 28th April 2016
- Round 7 – 26th May 2016

Circuit Overview



Distance

43.1km

Circuit Profile



Circuit Notes

New circuit for 2016

Beginning from Fane Bridge, towards Dunleer roundabout. Head back towards Dundalk and turn left at Dorians.

Turn at 1st Ardee roundabout (industrial estate) and route back for Fane Bridge.

Caution at M1 roundabout in both directions

500m point: Old Coachman's Inn



Cùchulainn CC - "Bike Station" Road League 2016 - Flagstaff

Round(s)

- Round 5 – 5th May 2016
- Round 12 – 7th July 2016

Circuit Overview



Distance

37.9km

Circuit Profile



Circuit Notes

“Hell Of The North”

New start for 2016 (Sportsman’s)

Caution regarding speed ramps in Lordship and paint on road towards Gyles Quay if wet surface

Also, speed ramps entering Omeath.

Infamous kick to end circuit. Entry to climb at Davys is very fast, beware oncoming traffic.

Climb averages 6.8% from Davys, hitting 12.9 at times

500m point: Telegraph pole No. 746 on right.

1800m point: Start of Flagstaff climb (crossroads)

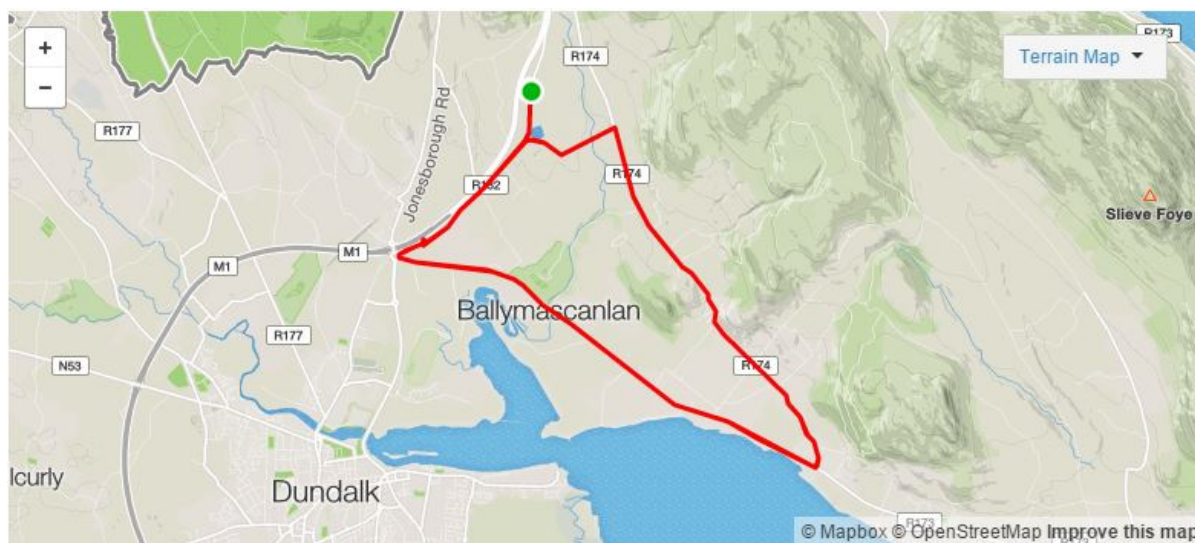


Cùchulainn CC - "Bike Station" Road League 2016 – Ravensdale Circuit

Round(s)

- Round 6 – 12th May 2016
- Round 15 – 28th July 2016

Circuit Overview



Distance

40.0km

Circuit Profile



Circuit Notes

New start for 2016 (Sportsman's)

Begin towards Ballymascanlon roundabout, left towards Fitzpatrick's, turning left just afterwards, heading towards Ravensdale. Turning left on Crilly's Hill and left again to repeat circuit.

Caution at Fitzpatrick's turn, gravel sometimes accumulates at corner.

2nd time around, turn at Majors Hollow roundabout and back towards Sportsman's

1000m point: 250m road sign approaching junction on right. **500m point:** New Dromad Garda Station

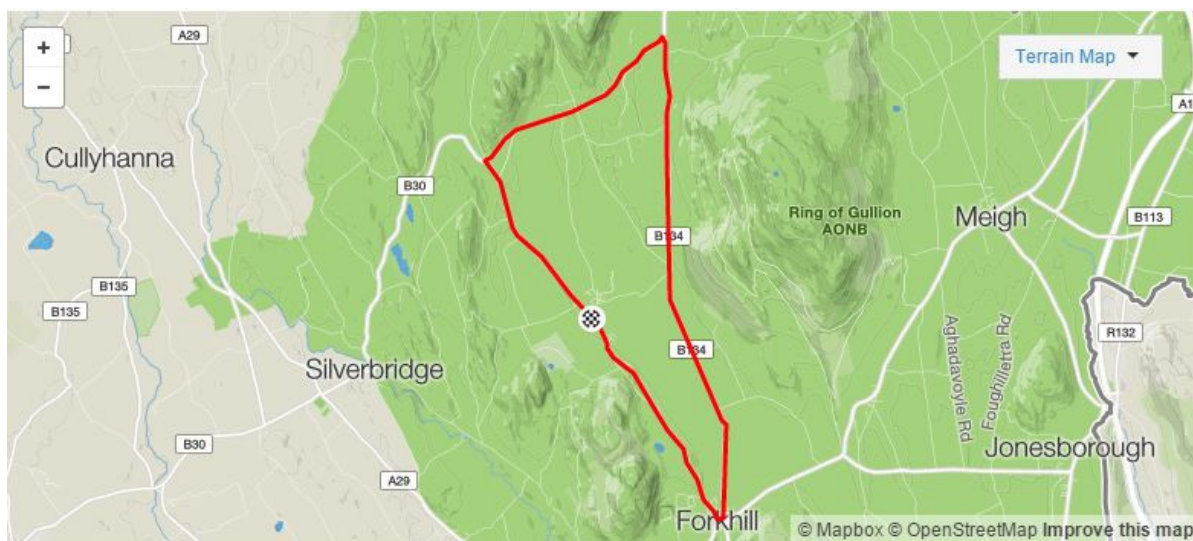


Cùchulainn CC - "Bike Station" Road League 2016 - Down (Killeavy CC)

Round(s)

- Round 8 – 2nd June 2016

Circuit Overview



Distance

40.0km

Circuit Profile



Circuit Notes

New route for 2016

3 loops of challenging hilly circuit.

Sign on at church in centre of Mullaghbane

Race neutralized on 1st loop until outside Forkhill.

Caution: Speed ramps on decent into Forkhill



Cùchulainn CC - "Bike Station" Road League 2016 - Long Woman's Grave

Round(s)

- Round 10 – 16th June 2016
- Round 14 – 21st July 2016

Circuit Overview



Distance

42.7km

Circuit Profile



Circuit Notes

New start for 2016 (Sportsman's)

Begin towards Ballymascanlon roundabout, left towards following Flagstaff route.

Caution: speed ramps in Lordship and entering Omeath.

Turn at Davys, but continue straight at Flagstaff crossroads.

Tough steady drag to finish on exposed hill side.

700m point: Car park "layby" on left

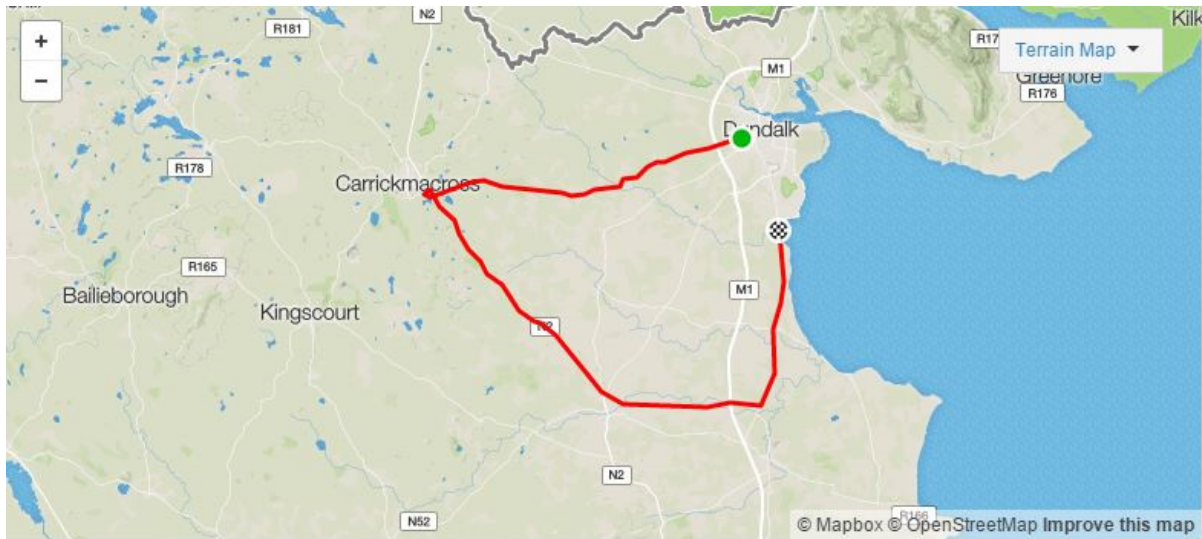


Cùchulainn CC - "Bike Station" Road League 2016 - Carrick/Ardee/Fane

Round(s)

- Round 11 – 23rd June 2016

Circuit Overview



Distance

56.9km

Circuit Profile



Circuit Notes

Longest race of the season and always a tough one if windy on N2
 Be wary of traffic around start line (Oriell Park) and until passing under M1 at Littlemills
 New section to this year's race; previous year's finish was at M1, this year Fane Bridge.
 Continue straight on when entering Ardee Roundabouts

500m point: Old Coachman's Inn

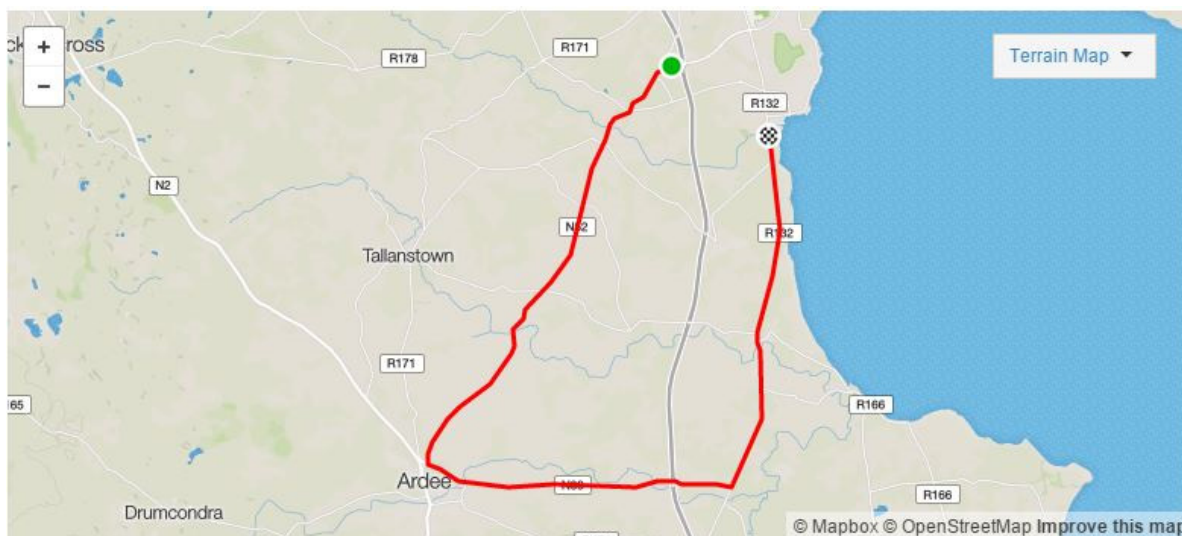


Cùchulainn CC - "Bike Station" Road League 2016 - Ardee Road/Ardee/Fane Bridge

Round(s)

- Round 13 – 14th July 2016
- Round 16 – 04th August 2016

Circuit Overview



Distance

34.5km

Circuit Profile



Circuit Notes

Fast circuit with no climbs to speak of.

Be wary of traffic around start line (M1 junction).

Poor road surface passing Knockbridge turn on right, just before downhill section.

If conditions are bad, road surface at Ardee Road Roundabout may be slippery.

500m point: Old Coachman's Inn

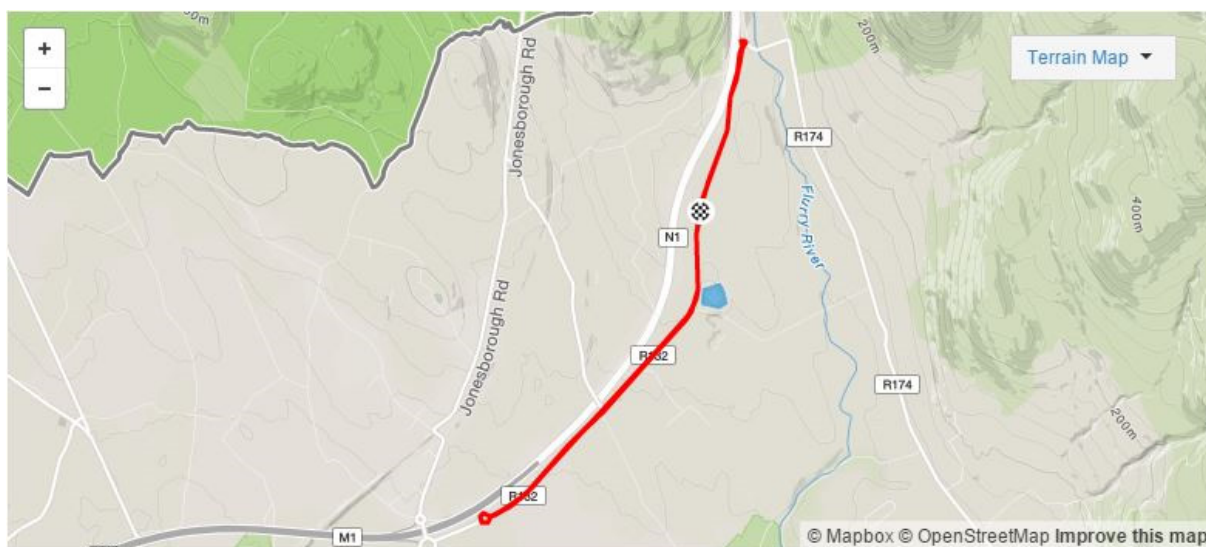


Cùchulainn CC - "Bike Station" Road League 2016 - Sportsman's Circuit (2)

Round(s)

- Round 3 – 21th April 2016

Circuit Overview



Distance

31.4km

Circuit Profile



Circuit Notes

Similar to race night 3

Challenging "drag" circuit, a favorite among the climbers

Start heads towards Majors Hollow, returns to Blackgate roundabout.

Caution advised at both roundabouts; traffic at Majors Hollow and road surface at Blackgate

4 Circuits of loop

1000m point: 250m road sign approaching junction on right. **500m point:** New Dromad Garda Station



APPENDIX A

INSTRUCTIONS FOR DRIVERS & MARSHALS DURING RACES

Overview

Each signed up competitor in the Cùchulainn Cycling Club (CCC) *Bike Station* Road League is expected to marshal on 3 occasions during the 2016 Road League.

Whilst riders are responsible for their own safety during the race, marshals provide additional support in alerting other road users of cyclists, and also alerting competitors of any situations that may cause accident or injury.

Every effort should be, and is, made to make each cycle race as safe as possible for the riders and other road users.

Instructions for Corner Marshals during a Road Race

During a cycle race every point on the course where the riders turn from one road onto another should be marshalled by at least one corner marshal. Usually two are assigned to each corner and sometimes more if the race organisers feel the corner requires it.

The job of a corner marshal is twofold:

- to alert other road users to the fact that there is a cycle race in progress which allows them to proceed with appropriate caution
- to inform the riders of the turn.

By law marshals cannot stop a motorist to allow a bunch to negotiate a corner or other hazard. However, this can be the safest solution and so marshals may, at their discretion, encourage a motorist to stop, and the vast majority kindly do.

Remember that, when you are marshalling, you are a representative of your club and sport so always be courteous to other road users, even if they take exception or are abusive to you. Most drivers are courteous in return.



If you are scheduled to marshal on a given night:

- Turn up to the start/finish area with reasonable time to allow you to gather your equipment, sign on and get to your corner before the race starts. Marshals are expected approx. 30 minutes prior to race start time.
- Sign the marshals' sign-on sheet, required by Cycling Ireland for insurance purposes.
- Liaise with your lead marshal for the event and collect necessary equipment; signs, bibs, lights etc.
- Once at your corner inspect it for loose gravel or objects on the road which may be a hazard to the riders and do your best to remove them. If this is not possible, in the case of gravel, call out to groups on the approach warning of problem
- Put out signs as appropriate. Place each around 50 meters from the corner so that it can be easily seen by approaching traffic without causing an obstruction. Take into consideration the speed of approaching traffic (if it will be moving faster place the signs further away from the corner), curves in the road and particularly the brow of a hill which may obstruct the view of approaching traffic.
- When the bunch approaches in good time marshal A (see diagrams below) should
 - a. let the other marshals know the bunch is coming,
 - b. indicate with their flag the direction the bunch should take,
 - c. check for other road users approaching the junction and encourage them to stop.
 - d. check for other road users who have not stopped for marshals B or C and may cause a danger to the riders.

When marshals B and C get the signal from marshal A they should warn, and possibly suggest stopping, to any approaching traffic. If a motorist is kind enough to stop use your flag to ensure any other motorists behind them are aware of you as they may try to overtake the stopped vehicle, this is particularly important if the first vehicle is a van, lorry or 4x4 etc.

It is very important that marshals do not put themselves in danger in order to stop oncoming traffic.

As the riders make their last approach to the corner shout a warning if there are any hazards at the corner that couldn't be removed (eg. Potholes/gravel) or if there is any traffic which may cause a hazard. Keep your shouts short, clear and loud and repeat them as the bunch passes so all the riders hear the warning not just the front few. An appropriate shout could be 'Car, keep tight!'.



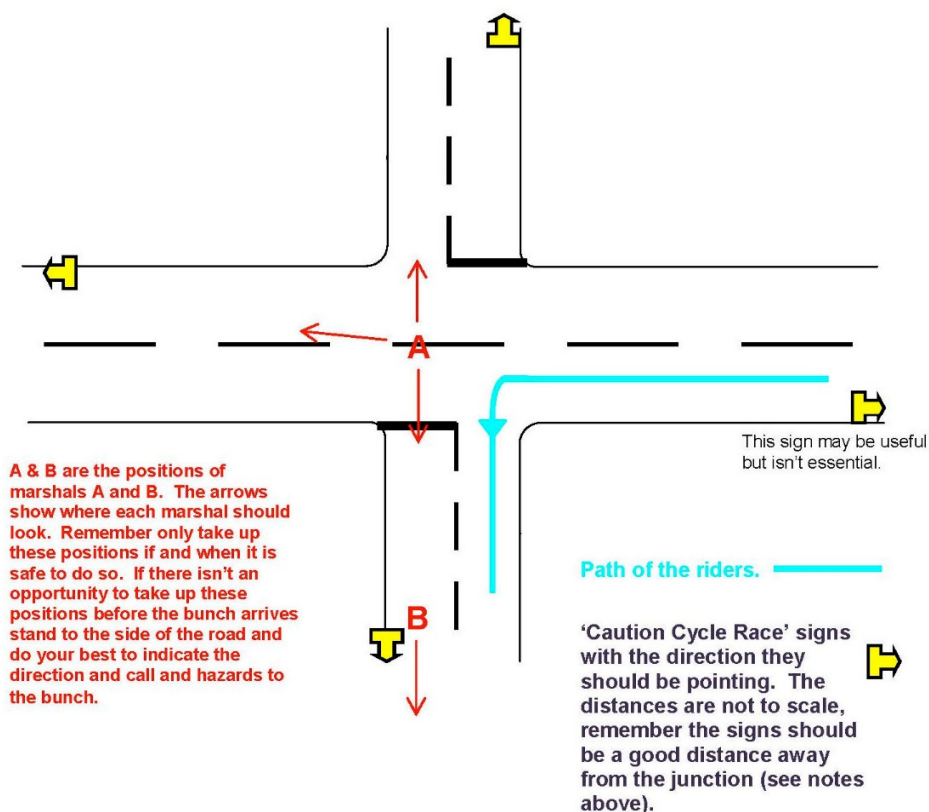
Before releasing stopped vehicles take care to ensure that there is not a split in the bunch meaning another group of riders are entering the corner.

- As you release any stopped vehicles remember to give them a wave and thank them for their co-operation.
- Repeat this process for each bunch on each lap.
- Once the last riders have passed you on the last lap collect the signs and return them and the other equipment.

IT IS ESSENTIAL THAT ALL RIDERS, AND MARSHALS, UNDERSTAND THAT MARSHALS CANNOT STOP EVERY VEHICLE AND THE ONUS IS ALWAYS ON THE RIDERS TO STAY ON THEIR OWN SIDE OF THE ROAD. MARSHALS WILL NEVER BE HELD RESPONSIBLE IF A RIDER BREAKS THE RULES OF THE ROAD, EVEN IF THE MARSHAL MISTAKENLY INDICATES THAT THE ROAD IS CLEAR OF HAZARDS

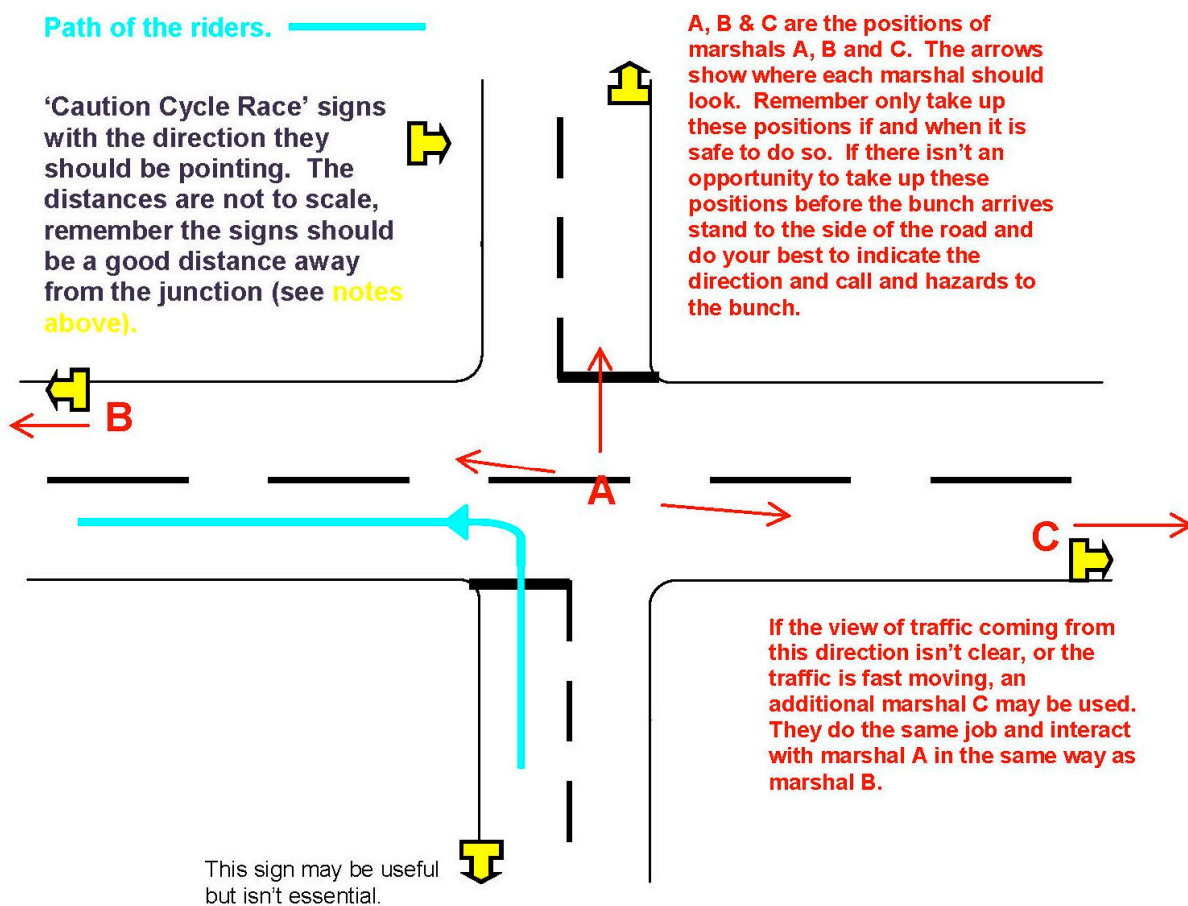
Where to stand & place signs

Going from a major road to a minor road





Going from a minor road to a major road



Instructions for Lead Car Drivers Marshals

Each significant bunch in a race should have a lead car travelling ahead of it where possible. The aim of this is to warn other road users and corner marshals of the approaching bunch.

Each lead car should have a flashing/circulating orange light on its roof and should make use of their hazard warning lights. Magnetic 'Caution Cycle Race' stickers may also be attached to cars or motorcycles to further warn other road users. All of these can be collected from the start/finish area (or sign-on area in the case of an open race) before the race.



If you have volunteered as a driving marshal at a race you should:

- Ensure you turn up in good time to allow you to prepare your vehicle.
- Sign the marshals' sign-on sheet, required by Cycling Ireland for insurance purposes.
- Collect an orange light, if driving a car, magnetic signs (if any are available)
- Ensure you know the course, a map is usually available to look at. Confirm the number of laps for the race.
- Find out which bunch you will be driving in front of, then prepare for the off.
- Once the race has started aim to drive so the bunch comes into clear view of oncoming motorists just as they pass you. Oncoming motorists will slow on seeing you, if you drive further ahead of the bunch than this they will think 'What was that all about?' and accelerate again only to meet the bunch a few seconds later. If you drive closer to the bunch you may not give the oncoming motorist much time to react before meeting the bunch.
- This is a difficult skill and will require you to keep one eye on your mirrors and one eye on the road ahead. It can be increasingly difficult to keep your concentration in longer races but be aware of attacks or other unusual accelerations from the bunch behind. It may also be appropriate to drive further ahead of a faster moving bunch, on a descent for example, or allow the bunch to close up slightly when moving more slowly, perhaps on a hill.
- As you approach a corner move slightly further ahead of the bunch

During the race bunches will catch each other and perhaps only one or two lead vehicles may be needed. In this case the other lead vehicles should continue in front of or behind the race and be prepared to move ahead of a sizable bunch of riders who don't have a lead vehicle in front of them for quite a distance. This usually occurs if a breakaway forms or if riders get dropped from the main bunch.

Summary

Marshalling may not be the most glamorous job in the world but it is essential. There is a lot of information above but once you have done it once or twice you will find that it's pretty straightforward. An inexperienced marshal will always be put with someone who is experienced and can show them what to do.

Above all, be courteous and helpful to all road users; cyclists and motorists alike.



Conclusion

The over-riding aim of the Cùchulainn Cycling Club (CCC) *Bike Station* Road League is to provide as safe an environment as possible for riders to participate in and enjoy road racing. We need your co-operation and support to do this effectively. Please work with us.

In the event that an issue arises which is not covered above then the League Committee decision will be final.



**The Bike Station
League 2015**
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Cùchulainn Road League – Roll Of Honour

Year	Winner	Year	Winner
1941	Jim Johnston	1994	Dermot Finnegan
1943	G Rogers	2004	Gerry McCabe
1948	P Reynolds	2005	Alan Bingham
1954	G McDonald	2006	Ryan Neary
1956	Tommy McCrudden	2007	Aidan Martin
1960	Cyril Rooney & Jack Murphy	2008	Colm Quinn
1962	Jack Murphy	2009	Jordan Flood
1965	Brendan Morgan	2010	Jordan Flood
1987	Cathal Durnin	2011	Colm Quinn
1988	Tommy McCrave	2012	Raymond O'Shaughnessy
1989	Graham McEaney	2013	Stephen Carry
1990	Karl Dolan	2014	Gary Gorman
1991	Michael Kelly	2015	Alan Malone
1992	Rory Johnston		

Cùchulainn Road League – Useful Contacts

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	Karl:	karl@thebikestation.ie +353 87 2219 810



MANY THANKS TO THE ROSEWOOD COUNTRY CLUB, NEWRY ROAD, DUNDALK





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