

Team Registration and Sign on

Team Registration and Sign On for An Post Rás na mBan 2016 will take place on Wednesday September 7th from 14:00 until 15:45 at the Springhill Court Hotel, Waterford Road, Kilkenny, County Kilkenny, Tel: +353 56 772 1122.

Team Managers will be required to sign on and to present the following to Commissaire President for approval and information purposes:

- a) Manager's current UCI affiliated federation licence
- b) Each rider's UCI affiliated federation licence
- c) Team Officials names and UCI affiliated federation licence
- d) Team cavalcade vehicle registration number
- e) Team Manager's mobile phone number
- f) Sample of Team Jersey

Team Managers will receive:

- i. Riders' race numbers and frame numbers
- ii. * Race radio (subject to deposit)

Once Managers have signed on, their riders should then present themselves as a team for sign-on; riders arriving individually will **not** be able to sign on until their full team are present.

Team Managers are required to attend a briefing meeting at the Springhill Court Hotel at 16:00 in the designated meeting room. The meeting will be opened by the Race Organiser and addressed by the Chief Commissaire and a Garda officer. Race Technical Staff will also be in attendance.

A draw for team car positions on Stage 1 will take place at this meeting.

* Race Radios

A rental fee of €25 and a deposit of €50 are required for radios issued to team managers. The deposit will be refunded on return of the radio, undamaged.

Jersey Classifications

The following classifications will be awarded a jersey:

1. Individual General Classification

Based on accumulated time.

There are no time bonuses on stages.

The individual general classification on time is established by adding up the times recorded for stages, taking into account any time penalties.

Ties will be split in accordance with Article 3A of Cycling Ireland Technical Regulations.

2. Points General Classification

Points will be awarded to riders for stage placings.

The points will be allocated as follows: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 points respectively for 1st to 10th placing on stages 1, 2, 3, 5 and 6.

No points will be awarded for Stage 4, the Individual Time Trial.

Ties will be split in accordance with Article 3B of Cycling Ireland Technical Regulations.

3. Queen of the Mountains General Classification

QOM Points will be awarded for mountain primes on the following scale;

- a) Category 1 climb, 1st to 5th placing respectively; 12, 10, 8, 6, and 4 points.
- b) Category 2 climb, 1st to 4th placing respectively; 9, 7, 5, and 3 points.
- c) Category 3 climb, 1st to 3rd placing respectively; 5, 3 and 1 point.

Ties will be split in accordance with Article 3C of Cycling Ireland Technical Regulations

4. Best Young Rider Classification

Restricted to riders born since the 31st of December 1993.

Ties will be split in accordance with Article 3A of Cycling Ireland Technical Regulations.

5. Best Domestic Based Irish Rider Classification

The Best Irish Rider classification will be awarded to the top Ireland-based rider on general classification who fulfils the following criteria:

The rider must be based in Ireland AND

- a) have an IRL UCI code on their licence AND/OR
- b) a licence issued by Cycling Ireland
- c) be registered with a domestic-based Irish team/club.

Ties will be split in accordance with Article 3A of Cycling Ireland Technical Regulations.

Note: this classification is not open to riders on the Irish National Team.

6. Stage Winner Jersey

A Stage Winner Jersey will be awarded to the winner of each stage.

7. Jersey Presentation

The jersey in each of the above classifications will be awarded to the leader of each classification.

Should a rider qualify for more than one jersey she will wear the jersey of the higher priority in the next stage. Subsequent classification jerseys will be worn by the next best-placed rider in the classification, subject to her not being entitled to any other classification jersey.

8. Jersey Priority

The priority of Classification Jerseys is as follows:

- a) General Classification by time
- b) Points Classification
- c) Queen of the Mountains Classification
- d) Best Young Rider Classification by time
- e) Best Irish Rider Classification by time
- f) Stage Winner's Jersey

Non-Jersey Classifications

1. Best British Based Rider Classification

The Best British Rider classification is open to any holder of a British Cycling licence (regardless of nationality code) riding with a British Cycling registered team at this year's race.

Ties will be split in accordance with Article 3A of Cycling Ireland Technical Regulation.

Prizes will be awarded to the top eight riders in this classification at the conclusion of An Post Rás na mBan 2016, in Kilkenny on 11th September.

2. Team General Classifications (International Team, Irish Based Team)

The maximum number of riders on a team is 5 and the minimum is 3. The team standings on each day are calculated by adding the three best individual times from each team.

The overall team classification is calculated by adding the three best individual times from each team from all stages.

The Best Irish (Ireland based) team classification is calculated by adding the three best individual Irish based rider times from all stages. Only teams with **all** riders satisfying the Best Irish Rider category qualify for the Irish Team prize.

Composite Teams, as defined under T1 – 7 of Cycling Ireland Technical Regulations, are eligible for the Team Classification. Composite teams must be attired in identical kit.

Ties will be split in accordance with Article 3E of Cycling Ireland Technical Regulations

3. Prizes

In addition to the above, prizes will be awarded to:

- i. First unplaced junior rider overall (riders born since the 31st of December 1997).
- ii. First unplaced veteran rider overall (riders born before the 1st January 1977)

A combativity prize, titled 'The Daily Beast Award', will be awarded on the podium after each stage to the rider adjudged by the Commissaires to have grabbed the stage by its horns.

Prime prizes will be awarded on Stage 5, to the first rider crossing the finish line after 15 minutes of racing, and after 30 minutes of racing. A klaxon will indicate the start of each lap that will finish with a prime.

A grand total of €5,000 will be awarded in prize money at An Post Rás na mBan 2016. All prize money will be paid post race via Bank Transfer to Team Managers. Team Managers must fill out

a bank details form when signing on on Wed 7th Sept. The full list of prize money is included in the Race Technical Guide.

4. Awards Ceremony

The following riders must attend the official post-stage awards ceremony:

- a) First 3 riders on the stage
- b) The leaders of the following classifications:
 - i. Individual General Classification
 - ii. Points Classification
 - iii. Queen of the Mountains Classification
 - iv. Best Young Rider General Classification
 - v. Best Irish Rider General Classification

These riders **must** present themselves on the presentation podium immediately after the finish of each stage.

While race personnel will be assigned to assemble riders for the post stage presentations, the cooperation of riders and team managers in the smooth running of this procedure is essential.

Fines may be issued to riders who fail to attend the post-stage awards ceremony, or who only present themselves after an undue delay.

5. Final Stage Awards Ceremony

At the finish of the final stage in addition to the above riders, the following riders must also present themselves:

- a) International Team General Classification Winners
- b) Irish Based Team General Classification Winners
- c) Best British Riders (top eight on British Based Rider GC)

Race Regulations

1. An Post Rás na mBan International 5-day cycle race is open to teams of riders of Women Elite and Junior Women categories.
2. The maximum number of riders on a team is 5, and the minimum is 3.
3. An Post Rás na mBan is promoted under the Technical Rules and Regulations of Cycling Ireland along with those specified hereunder. It is the responsibility of team officials and competitors to be familiar with all race regulations.
4. Entering this race implies acceptance of all race regulations.
5. **All participants should be aware that the roads used by An Post Rás na mBan are NOT CLOSED to other traffic**, and competitors will encounter normal road traffic during the event. While every effort will be made to ensure the safety of the riders, care must be taken by all riders, particularly on narrow roads and at the rear of the race. Riders are responsible for their own safety and must comply with the rules of the road. Continental riders are reminded that, in Ireland, we cycle and drive on the left-hand-side of the road.
6. The organisers will - under no circumstances - hold themselves responsible for any cycling, motorcycling, motoring or other civil offences. Responsibility rests with competitors, team and race officials to comply with the Road Traffic Acts. Blatant transgressions of the Road Traffic Acts amounting to dangerous riding/driving by riders and/or race personnel will not be tolerated by the race organisation. Such transgressions may incur penalties including expulsion from the race.
7. **Keep Ireland beautiful** – Riders are reminded that littering will not be tolerated. Participants infringing this rule will have their numbers noted by race officials, and fines may be issued.
8. All race personnel (riders, officials, team officials) must be holders of a current valid license issued by a UCI affiliated national federation.
9. It is compulsory for all riders to wear rigid safety headgear at all times on every stage.
10. Bikes must be in proper working condition and mechanical order.
11. The last kilometre on all stages will be indicated by a 1km sign positioned on the left hand side of the road.
12. Boards indicating zero kms (the end of neutralised section) and the final 20, 10, 5, 3, and 1 kms will also be displayed.
13. Signs for 500m, 200m and 100m from the finish line will also be indicated.
14. All riders must sign on at the designated sign on for each stage, and within the times specified. There will be no sign-on for stage four, individual time trial.
15. Riders, other than classification jersey recipients, must wear their team jerseys, as approved prior to starting An Post Rás na mBan, during all stages including stage four, individual time trial.

Special Race Regulations

1. Team cavalcade vehicle regulations

- a) A maximum of one vehicle may follow each complete team in the race cavalcade. Only complete teams (three or more riders) can have a team car in the cavalcade.
- b) Only officially approved vehicles will be allowed in the race cavalcade, these vehicles must not be equipped with extended 'prong type' boot racks.
- c) Race cavalcade team vehicles may not exceed 166cm in height.
- d) In addition to the driver, the approved cavalcade team vehicle must contain at least one other competent person.
- e) Numbers will be provided for team vehicles showing their place in the following cavalcade on each stage. These numbers will be positioned on the front and rear windows of the vehicle nearest the road centre. The numbers will be replaced for each stage and only the current numbers may be displayed. A draw for team vehicle placings on stage 1 will be conducted by the Commissaire President at the team managers' meeting on Wednesday 7th September at 16:00.
- f) Following Stage 1, team vehicles in the race cavalcade will follow in the order of individual classification on the basis of one vehicle per team.
- g) The responsibility rests with a rider whether to accept food/drink from any vehicle other than her own team vehicle.
- h) Break-away groups may only be followed by team cars when the gap between them and the chasers is greater than 1 minute and then only with the consent of the commissaire.
- i) No team vehicle may overtake any group of riders in the last 10km of a stage.

2. Time Trial regulations

- a) All stages must be ridden on a classic road bike as defined in the UCI regulations Part 1 Chapter 2 Section 2.
- b) In the time trial stage, no bar extensions or similar will be permitted nor will wheels with less than 12 spokes.
- c) Time Trial Helmets and Skinsuits are allowed.
- d) Riders will start at 1 minute intervals in reverse General Classification order.
- e) Cycling Ireland Technical Regulations T7.A4 will apply.

3. Criterium regulations

- a) There will be two pit areas on the circuit. If a rider suffers a mishap or genuine mechanical then she will need to report to the Pit Commissaire on the next pits on the circuit. The rider in question will not travel against the race but move forward to the next pits. She will then be placed back into the race after one lap out into the back of the

group she left before the incident took place. If this group has split then it will be the rear split that she rejoins the race in. As per the rules no lap outs in the last 5 laps.

- b) The pits nearest the Sign On will also be taking riders out of the race that are in danger of being lapped. The lap they are taken out on will be noted and an approximate time will be given to each rider after the race ends.
- c) Sign on will close at 5pm and riders are requested not to warm up on the circuit until it is officially opened for the warm up at 6.15pm. This is critical to the smooth running of the event and maintaining cooperation with the local residents so please respect this and avoid any sanctions.

4) Finishing time limits

- a) The time limit for all stages will be 25% of the stage winner's time.
- b) The time limit may be extended, in extenuating circumstances, by the panel of Commissaires in agreement with the Race Director.

5) Race service

- a) The first neutral service vehicle will normally be placed with the leading group and the second will remain behind the main bunch. Teams wishing to avail of the service will equip these vehicles. Such equipment must be in good mechanical order.
- b) Riders receiving equipment from neutral service will be responsible for returning or replacing it. Wheels shall be clearly marked with the team name. It is the responsibility of the team manager to return equipment obtained from neutral service immediately after the stage finishes.
- c) Team vehicles are obliged to service riders from other teams when requested to do so by a commissaire or when neutral service is not available. It is expected that this open service will be carried out in a fair and sporting manner. Where no neutral service is available the first vehicle in line must service any rider requiring service. Following Stage 1, team vehicles of the first 3 riders on General Classification are exempt from this rule and the next vehicle in line must provide service.
- d) In the event of a puncture or other mechanical fault, riders may stop on the **left** side of the road only.
- e) Riders shall be serviced only from the rear of a group.

6) Control flags

The standard control flags to be used throughout the race are:

- a) An Post Rás na mBan pink flag for the ceremonial start of each stage
- b) An Post Rás na mBan chequered flag for each stage finish
- c) An Post Rás na mBan sign at start of QOH points
- d) An Post Rás na mBan sign 200m before QOH points
- e) An Post Rás na mBan sign at QOH points
- f) An Post Rás na mBan red flag to denote danger
- g) An Post Rás na mBan orange and white chequered flag to denote neutral zone