

## **Changes to the Technical Regulations, New Records and CI Board News**

**Changes to the Technical Regulations** The Board of Cycling Ireland accepted the following proposals from the Road Commission with immediate effect. Please Note.

1) One Day Licences. Competitive one day licences will not be available for stage races and criteriums.

( As A4 riders are not permitted to ride stage races it was considered unfair to allow someone who may have never ridden a competitive event to ride a stage race. Similarly it was felt that a criterium requires a fair degree of bike handling skills and so it could be an unsafe practice to issue a one day licence to someone who may not have previously ridden in a bunch).

2) Voluntary Re-grading. Voluntary re-grading i.e where the rider requests to be upgraded or downgraded, will now only take place during the months of November and June.

(The Road Commission were of the opinion that the rule was being abused with some riders upgrading from A4 to A3 to ride a stage race and after this applying for down grading back to A4. The Board has asked the Road Commission to look at the possibility of introducing a Voluntary Re-grading request form.)

Other Matters.

Gary McIlroy has resigned as National Grading Officer with immediate effect and the Board has acknowledged the tremendous contribution made by Gary to the role of NGO. It was, and still is, a very trying post with the grading system as it was moving to an ability based system. The staff at Kelly Roche House are currently assessing the situation in an attempt to possibly re structure the working arrangements within the office to allow the grading system to operate from there.

Members are reminded that they are effectively upgraded from the time they obtain the necessary points for re-grading not from the time they are notified of having the necessary points. The onus is on the member to return his licence and number to Kelly Roche House immediately the number of points for upgrading has been obtained.

It has been agreed that A4 riders may compete in the Tian Team Tour to be promoted by Cuchulainn C.C. within the Special Race Regulations for the event as it is not deemed to be a stage race within the current Cycling Ireland Technical Regulations.

It has also been agreed that those riders irrespective of their ability grade with junior on their licence may ride the National Junior RR Championship and similarly women irrespective of their ability grade may ride the National Women's Elite RR Championship. The same conditions will apply to stage races promoted for juniors only and for women only. Also the National Veterans RR Championship will be open to those riders in their 40th year and over with a veteran designation on their licence irrespective of their ability grade. This is a deviation, agreed by the Board on the recommendation of the Road Commission, to the current Technical Regulations which forbids A4 riders from riding National RR Championships or competing in stage races.

Members wishing to race abroad are reminded that it is imperative that they apply for, and

obtain, prior to leaving Ireland, an Overseas Endorsement as required by the UCI Regulations. Recently some Cycling Ireland members were not allowed to start an event abroad as the commissaire in control of the event requested sight of their Overseas Endorsement and they were unable to produce this. A costly mistake.

Rider's bicycles in this year's National Women's Elite Time Trial Championship and the National Senior Time Trial Championship must comply with UCI requirements and as such all bicycles will be measured with a UCI bike measuring jig. Details of the measurements which must be satisfied can be obtained from the UCI website and a UCI guidance document will shortly be available on the Cycling Ireland website.

U16 youth riders should be aware that they are forbidden to ride A4 races even though these may be run over a distance which U16 youths are permitted to ride. The Board has been made aware of some youth riders competing in A4 events contrary to Cycling Ireland Technical Regulations. Currently riders in question have been written to but if this persists it will become necessary to apply the disciplinary rules. Commissaires and competent persons appointed for defined non open races must ensure that Youth riders do not ride in Senior road races.

National Records.

The Board of Cycling Ireland was pleased to note that even after a particularly heavy track programme there was an abundance of record claims to be approved at it's last meeting. The surge in record claims from the Para Athletes was very encouraging as they head towards the last phase of qualification for London 2012. The continuing progress of the National Women's Squad is a sure sign that the numerous track camps which have been run this year are paying dividends.

Women.

18/02/11 3 Kms Team S/S Ciara Horne 3:30.375 (3:31.708)  
Jennifer O'Reilly  
Caroline Ryan

20/02/11 500 Mts S/S Jennifer O'Reilly 37.774 (38.542)

All riders were riding for Ireland at the Manchester Round of the World Cup

Para Cycling

Men Blind & Visually Impaired

11/03/11 1 Km S/S Con Collis 1:05.522 (1:07.202)  
Michael Delaney

12/03/11 4 Kms S/S Damien Shaw 4:30.668 (4:40.414)  
Andrew Fitzgerald

## Women Blind & Visually Impaired

11/03/11 1 Km S/S Catherine Walsh 1:13.520 (1:14.664)  
Francine Meehan

## Men C3

11/03/11 3 Kms S/S Christopher Burns 4:22.384 (New Record)

12/03/11 1 Km S/S Christopher Burns 1:23.212 (New Record)

## Men C2

11/03/11 3 Kms Colin Lynch 4:00.925 (New Record)

12/03/11 1 Km Colin Lynch 1:20.761 (New Record)

## Men C5

11/03/11 4Kms Cathal Miller 4:45.483 (4:52.733)

12/03/11 1Km Cathal Miller 1:10.497 (1:11.824)

## Men C2 – C5

13/03/11 750 Mts Colin Lynch 58.136 (New Record)  
Team Sprint Cathal Miller  
Christopher Burns

## Women C5

12/03/11 500 Mts S/S Trix Schwedler 47.272 (New Record)

13/03/11 3 Kms S/S Trix Schwedler 4:30.099 (New Record)

All the Para records were set at the Para Cycling World Championships in Montichiari, Italy and all the riders were riding for Ireland.

Honorary Secretary.  
Jack Watson