

The Bike Station League 2017



CUCHULAINN



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Cùchulainn Cycling Club
Road League 2017
Sponsored by
The Bike Station





FOREWORD

To all;

Over a 20-week period last year, 184 of us rode, marshalled, laughed and cried, winced at, cheered on, got frost bitten and sunburned in equal measure but in the main, thoroughly enjoyed what was quite simply the biggest ever Cùchulainn Road League.

With 15 clubs represented, in the absence of any disputing evidence from Cycling Ireland this was, we believe, the biggest race league in the country for 2016.

From Group 1 to Group 6, riders suffered and excelled in equal measure, seeing some meteoric rises through the groups, and some dark horses appeared on the cycling scene.

For some, this is **their** Tour de France; competing at the edge of their ability in the hope of appearing in a coveted photo from Caroline, Fran or Adrian on Facebook that evening. For others, this is training, simple as. For others still, this is what we do when the legs give up on us after years of abuse on the GAA or football field.

Regardless of your motivation, it takes each of those 184 riders to run this league. We know standing on a cold corner in Omeath or Ardee in driving rain is not what you signed up for and the thought had probably crossed your mind about just staying home. It goes without saying, we appreciate it. It makes our lives easier.

To the aforementioned photographers; riders who spent the evening chewing a stem can relive all they missed within a couple of hours. How many Facebook or Snapchat profiles images have come from these photos?? Who doesn't love an action shot? Thank you all.

To the riders, the marshals, the curious on lookers, those guys standing on a corner waving a flag, those directing traffic, the Red Cross, the lead car drivers, the Sportsmans staff, DKIT staff, husbands, wives, boyfriends, girlfriends and partners who allow us out for two plus hours on a Thursday evening.

To the public, we're all drivers too and we understand the frustration that comes from being delayed, we thank you for your patience....

2017 is upon us, the N + 1 rule has truly been exercised in some instances, some new steeds have been spotted. Should this be taken into account for Group allocation this year...perhaps.

See you at DKIT on 6th April where we start all over again

Yours in sport,

Cùchulainn Road League Committee



Contents

Introduction to the Road League	10
Participation – Who Is Eligible	13
Marshalling	14
Safety on Race Night	14
Crossing the “White Line”	15
Equipment.....	15
CCC Race League – Local Rules & Observations	18
Sign On	18
Rider Movement between Groups	18
Race Numbers/Arm Bands.....	18
Disagreements between Riders	19
Club Representatives	19
Social Media Policy.....	21
Respect for the Community.....	21
Allocation of Points	23
Group Winners.....	23
Points distribution.....	24
Prizes for the 2017 Season.....	26
Road League Calendar 2017	27
Scheduled Race Dates	27
2017 Circuits	28
Sign On (DKIT)	29
Sign On (McCabes Garage Ardee).....	30
Sign On (Red Cow).....	30
Cùchulainn CC - "Bike Station" Road League 2017 - Dunleer Roundabout	31
Round(s).....	31
Circuit Overview	31
Distance.....	31
Circuit Profile.....	31
Circuit Notes.....	31



Cùchulainn CC - "Bike Station" Road League 2017 – Greenore Circuit.....	32
Round(s).....	32
Circuit Overview.....	32
Distance.....	32
Circuit Profile.....	32
Circuit Notes.....	32
Cùchulainn CC - "Bike Station" Road League 2017 - Sportsman's Circuit.....	33
Round(s).....	33
Circuit Overview.....	33
Distance.....	33
Circuit Profile.....	33
Circuit Notes.....	33
Cùchulainn CC - "Bike Station" Road League 2017 - M1/Ardee/Fane	34
Round(s).....	34
Circuit Overview.....	34
Distance.....	34
Circuit Profile.....	34
Circuit Notes.....	34
Cùchulainn CC - "Bike Station" Road League 2017 - Flagstaff	35
Round(s).....	35
Circuit Overview.....	35
Distance.....	35
Circuit Profile.....	35
Circuit Notes.....	35
Cùchulainn CC - "Bike Station" Road League 2017 – Ravensdale Circuit.....	36
Round(s).....	36
Circuit Overview.....	36
Distance.....	36
Circuit Profile.....	36
Circuit Notes.....	36
Cùchulainn CC - "Bike Station" Road League 2017 - Ardee Circuit	37
Round(s).....	37



Circuit Overview	37
Distance.....	37
Circuit Profile.....	37
Circuit Notes.....	37
Cùchulainn CC - "Bike Station" Road League 2017 - Long Woman's Grave	38
Round(s).....	38
Circuit Overview	38
Distance.....	38
Circuit Profile.....	38
Circuit Notes.....	38
Cùchulainn CC - "Bike Station" Road League 2017 - Armagh South Down (Hilltown)	39
Round(s).....	39
Circuit Overview	39
Distance.....	39
Circuit Profile.....	39
Circuit Notes.....	39
Cùchulainn CC - "Bike Station" Road League 2017 - Cùchulainn Stage	40
Round(s).....	40
Circuit Overview	40
Distance.....	40
Circuit Profile.....	40
Circuit Notes.....	40
Cùchulainn CC - "Bike Station" Road League 2017 - Fane/Ardee/Fane.....	41
Round(s).....	41
Circuit Overview	41
Distance.....	41
Circuit Profile.....	41
Circuit Notes.....	41
Overview	42
Instructions for Corner Marshals during a Road Race	42
If you are scheduled to marshal on a given night:.....	43
Where to stand & place signs	44



Instructions for Lead Car Drivers Marshals.....	45
If you have volunteered as a driving marshal at a race you should:	46
Summary	47
Conclusion.....	48
Cùchulainn Road League – Roll of Honour.....	49
Cùchulainn Road League – Useful Contacts.....	49

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Introduction to the 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 League committee determines the time gaps. Time gaps are “estimated” based on previous years’ experience, the number of riders per group, the ability of riders in said groups.

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



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

The Bike Station Ltd., Bridge-A-Crinn, Dundalk, A91 HF44,

sales@thebikestation.ie | 042 9377770

Ray - 086 237 4990 (ray@thebikestation.ie)

Karl - 087 2219 810 (karl@thebikestation.ie)

Open till 9pm Monday - Friday

www.TheBikeStation.ie





ABOVE: THE LATE GERRY MCCABE PUTTING THE HURT ON IN THE FINAL STAGES OF A RACE.

ABOVE RIGHT: GREENORE CIRCUIT OUTBOUND AT GRANGE

BELOW: WILLIAM LOUGHLIN (ARMAGH) LEADS PETER O'DONOGHUE (CÙCHULAINN) INTO BALLYMAC

BOTTOM RIGHT: SUMMER THURSDAY THROUGH CASTLEBELLINGHAM

BOTTOM: FORKHILL 2016. TOUGH ROADS, TOUGHER MEN



**FRAN HOLLYWOOD
PHOTOGRAPHY**



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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

The League is open to both male and female riders.

There will be an entry fee levied in order to participate in the 2017 Bike Station League. The fee for 2017 season is **€45** 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 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 be available and present at the race to deal with any issues which might arise for their child.

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 17 years*, at the beginning of the calendar year in which the race is taking place.

The calendar year for this race league is 01/01/2017 up until 31/12/2017

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



Marshalling

The CCC Road League Committee will be holding a mandatory briefing session to cover “local rules” and also to include “lessons learned” from the 2016 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. Given that there is no contingency to rerun any cancelled race(s) the total number of races in the CCC Road League 2017 will be reduced accordingly

Should this happen, all attending marshals will obtain their points and this will constitute (one) 1 marshalling duty.

All riders signing on that particular night will receive 2 (two) points.

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 and/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>

Also, please see below from Board of Directors of Cycling Ireland issued on 30/04/2016*

"After considering the situation regarding disc brakes, the use of road bikes fitted with disc brakes are strictly forbidden in Cycling Ireland sanctioned competitive road events."

*<http://www.cyclingireland.ie/cycling-news-item/statement-disc-brakes/1994>



A LOOK TO THE ARCHIVES.....

Despite carbon and alloy composite being the order of the today's bikes, the roots of what has evolved into the current Cùchulainn Road League stretch back many years; 76 years being exact.



In 1941, Cùchulainn CC organised the first running of a local road league for club members and a local man, **Tommy Quinn** (pictured left with tie), came in Overall Second Place in that first league.

Tommy is an integral part of the Cùchulainn Cycling Club history, and has held numerous positions within the club.

Tommy spent most all of his life either working on, or selling bikes in Dundalk. One of twelve children, he lived in Dowdallshill, close to his where he would eventually setup his family business in Bridge

Street.

In the late 1930's, working with **Jack McCann** in his bike shop in Clanbrassil Street, Dundalk, he served his time as an apprentice before branching out on his own to River Lane, then onto Castletown Road where Cusken Office Supplies are now located. Running his own bike shop in both locations, he finally relocated to what was at the time the old Dundalk Garda Station at the top of Bridge Street.



Here, following not too far from his father's (Patrick) footsteps, he founded Ireland's second only funeral home, Quinns which is still located at the same premises today, where he continued to sell and repair bikes, offer taxi and funeral services.

All during this time, Tommy was a very active member of Cùchulainn competing in club colours in many events, ultimately winning the 1942 50k Irish Junior Road Race Championship. The Cùchulainn team also won the team award for the same race. In the Louth 50-mile road race, Tommy took 3rd place.

At the 1943 AGM, Tommy was elected Treasurer of the club before being elevated to Club President in 1961.



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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

- Sign on is provided as a method of calculating numbers of riders per group, timing gaps and amongst other reasons, to provide riders with last minute route or circuit information.

ALL riders, without exception must attend and sign on in person. Any rider determined to have signed on for someone else will be excluded from that particular week's event.

- If you do not sign the Start Sheet you cannot race – **YOU ARE NOT INSURED**. The sign on sheet allows us to confirm you have taken part in that particular week's event and you are covered for insurance should an accident happen.
- 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.
- Turning up at the start line without signing on will result in exclusion from the race.

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 and/or timings 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 participate at a higher level of racing standard. There may also be need to move riders to a lower group depending on results and/or timings.

Race Numbers/Arm Bands

For the 2017 season, we are distributing armbands to all riders that **MUST** be worn on the left sleeve with numbers facing outwards.

We are doing this to aid in rider identification for all aspects of the league; points and placement awards, rider disagreements, rules infractions.

It is imperative that all riders comply with this rule; if we cannot identify you, we cannot award you points. **The armband is the rider's responsibility and must be worn.**



TIMING CHIPS AND NUMBERED ARMBANDS MUST BE RETURNED AT END OF LEAGUE. ANY RIDER FAILING TO DO SO WILL INCUR A €50 CHARGE FOR EACH

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

Club Representatives

This year with the growing number of participants to the League, we have introduced a Club Representative for each of the competing clubs.

The aim is to have a single point of contact for both the committee to distribute information, updates and feedback to the clubs, but for all riders also to have the opportunity to air any grievances, suggestions, complaints back to the League Committee in a structured method.

League Representatives for 2017 are as follows:

Cycling Club	Contact Name	Telephone Number
Ardee Cycling Club	Eamonn Martin	+353 87 618 6463
Armagh Down Cycling Club	Benny Smyth	+44 77 6362 2336
Carrickmacross Cycling Club	Ian Clarke	+353 87 958 3515
Cùchulainn Cycling Club	Donnach Callan	+353 86 829 0327
Drogheda Wheelers	Andy O'Brien	+353 87 635 2314
Newry Wheelers Cycling Club	Barry Convery	+44 77 2910 0952
White River Wheelers Cycling Club	Peter McKeown	+353 87 925 0447



LEFT: TOMAS MCCABE (ARDEE) LEADS OUT GROUP 6

ABOVE: "DO I GO NOW?" – (JOHN McDONNELL, PAUL HOWARD, PETER MCKWEON, PEADER GRANT)

RIGHT: LORCAN KILKENNY (CÙCHULAINN) TAKES GROUP 3 PAST DORIAN'S

CENTRE LEFT: FERGAL CUNNINGHAM - "THE GLASSES HAVE IT WRONG"

CENTRE RIGHT: BRIAN GROGAN (WRW)



ADRIAN CRAWLEY

PHOTOGRAPHY



/ADRIANCRAWLEYPHOTOGRAPHY



@ac1964



/ADRIANCRAWLEY

LEFT: STUNNING SHOT OF AIDAN CUNNINGHAM (CÙCHULAINN) AT BLACKGATE ROUNDABOUT



ARDEE OUTBOUND: GREAT TO SEE THE COLOUR FROM VARIOUS CLUBS



Social Media Policy

Social media is defined as media designed to be disseminated through social interaction, created using highly accessible forms of online publication or presence that allows end users to engage in multi-directional conversations in or around the content on the website. Examples include but are not limited to Facebook, Twitter, Instagram, Snapchat, YouTube.

While use of social media is welcomed and greatly enhances the profile of the CCC *Bike Station* Road League in the local press and surrounding area, we must be cognisant of the fact that comments made on social media may be construed incorrectly and cause offence to parties. With that in mind, please refer to the points below:

All Participants, Committee or Volunteers are required to adhere to the following guidelines:

- Protect confidential and proprietary information: Do not post confidential or proprietary information about Participants, Committee or Volunteers.
- Respect copyright and fair use: When posting, be mindful of the copyright and intellectual property rights of others and of the Club.

Additionally, all league participants should observe the following best practices:

- Bring Value: Write what you know and be accurate. Add value to the discussion. Post something useful. Provide worthwhile information and perspective.
- Think twice before posting: Privacy does not exist in the world of social media. If you wouldn't say it at face to face, consider whether you should post it online or in group message format.
- Strive for accuracy: Get the facts straight before posting them on social media.
- Be respectful: Understand that content contributed to a social media site could encourage comments or discussion of opposing ideas.
- Remember your audience: Be aware that a presence in the social media world is or easily can be made available to the public at large.
- Identify your views as your own.
- Photography: Photographs posted on social media sites easily can be appropriated by visitors.

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 paramount that all spectators and riders, whether participating in an evening's race or not, are vigilant in respect of road safety and parking.

Under no circumstances should litter be discarded before, during or after an event. Riders may use gels or power bars whose wrappers are small and light. These should be retained by the rider and discarded in the correct manner - **Rule #77**

YOU ARE REPRESENTING YOURSELF, YOUR CLUB, THE ROAD LEAGUE AND THE CYCLING COMMUNITY IN GENERAL

**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 & briefing night event.**

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.



OUR MATHEMATICALLY CHALLENGED INTREPID PHOTOGRAPHERS WHEN ASKED “HOW MANY LAPS LEFT”
PHOTO CREDIT – ADRIAN CRAWLEY PHOTOGRAPHY



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.

A RIDER CHOOSING TO RIDE IN A LOWER GROUP ON A PARTICULAR NIGHT, DUE TO ARRIVING LATE, ILLNESS ETC. MUST NOT INTERFERE WITH THE GROUP DYNAMIC SO AS TO AFFECT THE OUTCOME OF THE RACE

GROUPS ARE EXPECTED TO BE SELF-MARSHALLING. SINCE NOT COMPETING IN THE CORRECT GROUP, THIS RIDER WILL RECEIVE NO POINTS FOR THAT WEEK'S EVENT.



LEFT & BELOW: "SIGN UP FOR THE LEAGUE" THEY SAID!!!

"BE FUN" THEY SAID.....

CENTRE: EVE MCCRYSTAL (GARDA CC)

RIGHT CENTRE: DEBBIE LUNDY (CÚCHULAINN) BRINGS IT HOME



CAROLINE KERLEY

PHOTOGRAPHY



/CAROLINEKERLEYPHOTOGRAPHY



@KERLEYCAROLINE



/CAROLINIKER19



TOP: ALAN BINGHAM SETTING OUT HIS PLAN FOR THE YEAR.

ABOVE: "BLESSED ART THOU AMONGST WOMEN". JASON BOYLE FLANKED BY JAN CONNELL AND KATH-LEEN BYRNE.

RIGHT: ROSENA LYNCH & ROSEMARY GIBSON



THE ARMAGH DOWN CREW



NIAL MULLIGAN & MICK SHERIDAN "BEHIND BARS"



Prizes for the 2017 Season

Each year prizes are awarded to winners in the following categories at the Cùchulainn Cycling Club annual night, held in early December:

- Overall League Winner
- Overall Second Place
- Overall Third Place
- Race 1 Winner
- Race 2 Winner
- Group Winner 1
- Group Winner 2
- Group Winner 3
- Group Winner 4
- Group Winner 5
- Group Winner 6

One rider may win a maximum of two (2) prizes on the night; e.g.

The Overall League Winner will also win either the Race 1 or Race 2 award, depending on which Race they have been competing in. They cannot win the Group award for the Race Group they have been participating in.

Similarly, a Race Winner who has not won the Overall prize may not win the Group award for the Race Group they have been participating in.

Overall Second Place and Overall Third Place prize winners are not eligible to win Race Group prizes



"TACTICS" – ARDEE CC & CARRICKMACROSS CC COLLABORATING
PHOTO CREDIT – ADRIAN CRAWLEY PHOTOGRAPHY



Road League Calendar 2017

The Cùchulainn Cycling Club (CCC) *Bike Station* Road League will be run over 18 stages from 6th April 2017 to 17th August 2017, 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
APRIL					
06/04/17	1	1	Dunleer Roundabout	DKIT	26.1km
13/04/17	2	2	Greenore Circuit	Red Cow (Ballymac)	40.8km
20/04/17	3	3	Sportsman Circuit	Red Cow (Ballymac)	31.4km
27/04/17	4	4	M1/Ardee/Fane Circuit	DKIT	35.4km
MAY					
04/05/17	5	5	Flagstaff	Red Cow (Ballymac)	37.9km
11/05/17	6	6	Ravensdale Circuit	Red Cow (Ballymac)	40.0km
18/05/17	LOUTH ROAD RACE CHAMPIONSHIP				
25/06/17	7	1	Ardee Circuit	McCabes Garage	34.2km
JUNE					
01/06/17	8	2	Long Woman's Grave	Red Cow (Ballymac)	42.7km
08/06/17	9	3	Armagh Down (Hilltown)		55.7km
15/06/17	10	4	Cùchulainn Stage	Red Cow (Ballymac)	51.0km
22/06/17	11	5	Fane/Ardee/Fane	DKIT	43.1km
09/07/17	12	6	Sportsmans	Red Cow (Ballymac)	31.4km
JULY					
06/07/17	LOUTH & LEINSTER TT CHAMPIONSHIPS & INVACARE PARA RACE				
13/07/17	13	1	Flagstaff	Red Cow (Ballymac)	37.9km
20/07/17	14	2	M1/Ardee/Fane Circuit	DKIT	35.4km
27/07/17	15	3	Greenore Circuit	Red Cow (Ballymac)	40.8km
AUGUST					
03/08/17	16	4	Fane/Ardee/Fane	DKIT	43.1km
10/08/17	17	5	Ravensdale Circuit	Red Cow (Ballymac)	40.0km
17/08/17	18	6	Dunleer Roundabout	DKIT	26.1km

Courses & Routes: 1st February 2017. Whilst we will endeavour to keep to the confirmed dates and routes, changes may occur due to unforeseen circumstances. In all cases, all effort will be made to inform riders, through social media or club representatives.



2017 Circuits

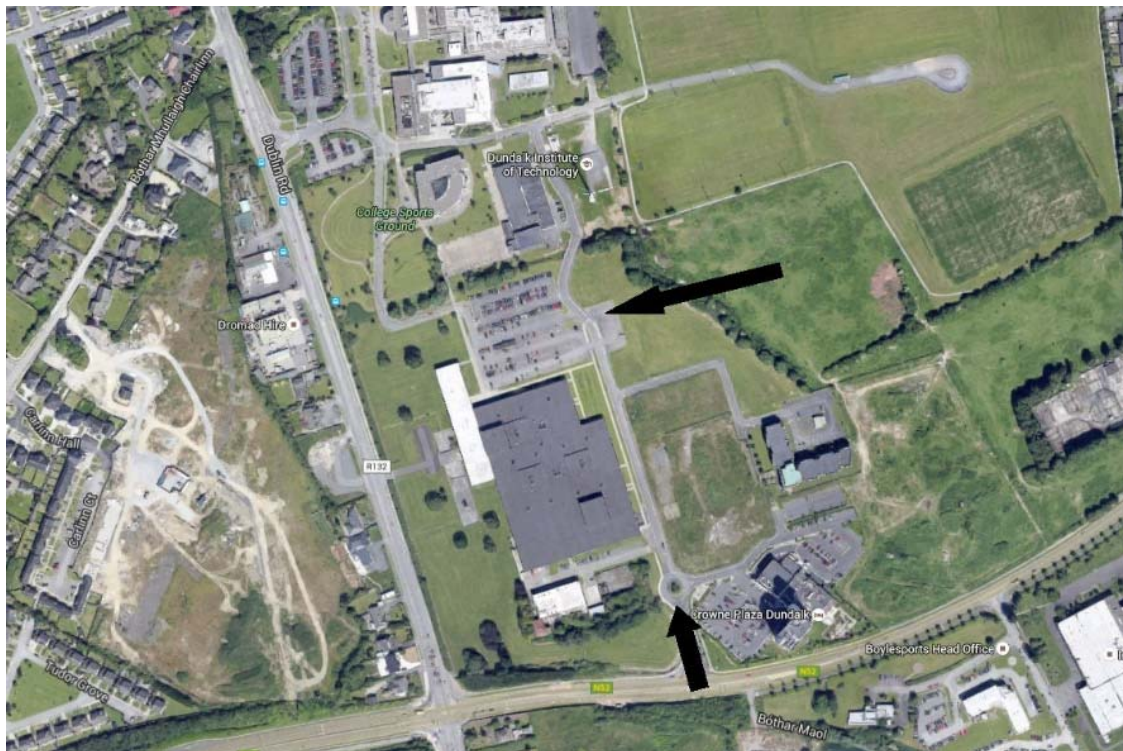
Round 1	Cùchulainn CC - "Bike Station" Road League 2017 - Dunleer Roundabout
Strava	https://www.strava.com/routes/3979212
Round 2	Cùchulainn CC - "Bike Station" Road League 2017 - Greenore Circuit
Strava	https://www.strava.com/routes/3979557
Round 3	Cùchulainn CC - "Bike Station" Road League 2017 - Sportsman's Circuit
Strava	https://www.strava.com/routes/4347844
Round 4	Cùchulainn CC - "Bike Station" Road League 2017 - M1/Ardee/Fane
Strava	https://www.strava.com/routes/4339208
Round 5	Cùchulainn CC - "Bike Station" Road League 2017 - Flagstaff
Strava	https://www.strava.com/routes/4315182
Round 6	Cùchulainn CC - "Bike Station" Road League 2017 - Ravensdale Circuit
Strava	https://www.strava.com/routes/4330444
Round 7	Cùchulainn CC - "Bike Station" Road League 2017 - Ardee Circuit
Strava	https://www.strava.com/routes/7781990
Round 8	Cùchulainn CC - "Bike Station" Road League 2017 - Long Woman's Grave
Strava	https://www.strava.com/routes/4315226
Round 9	Cùchulainn CC - "Bike Station" Road League 2017 - Armagh South Down Circuit
Strava	https://www.strava.com/routes/7810981
Round 10	Cùchulainn CC - "Bike Station" Road League 2017 - Cùchulainn Stage
Strava	https://www.strava.com/routes/7385483
Round 11	Cùchulainn CC - "Bike Station" Road League 2017 - Fane/Ardee/Fane
Strava	https://www.strava.com/routes/4315131
Round 12	Cùchulainn CC - "Bike Station" Road League 2017 - Sportsman's Circuit
Strava	https://www.strava.com/routes/4347844
Round 13	Cùchulainn CC - "Bike Station" Road League 2017 - Flagstaff
Strava	https://www.strava.com/routes/4315182
Round 14	Cùchulainn CC - "Bike Station" Road League 2017 - M1/Ardee/Fane
Strava	https://www.strava.com/routes/4339208
Round 15	Cùchulainn CC - "Bike Station" Road League 2017 - Greenore Circuit
Strava	https://www.strava.com/routes/3979557
Round 16	Cùchulainn CC - "Bike Station" Road League 2017 - Fane/Ardee/Fane
Strava	https://www.strava.com/routes/4315131



Round 17 Cùchulainn CC - "Bike Station" Road League 2017 - Ravensdale Circuit
Strava <https://www.strava.com/routes/4330444>

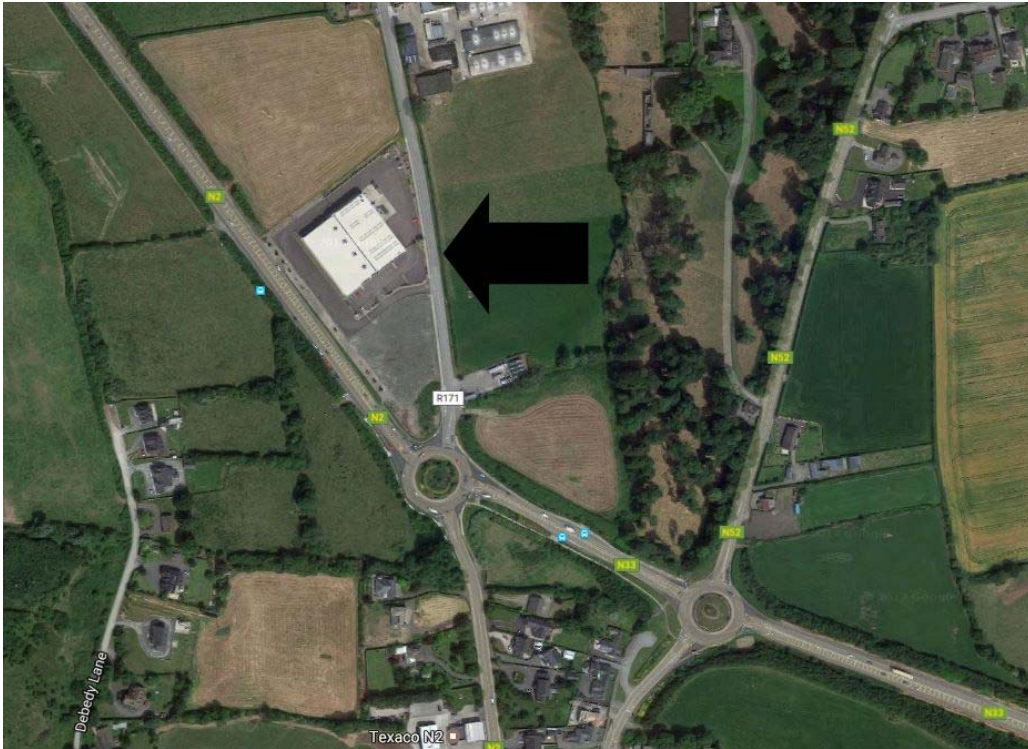
Round 18 Cùchulainn CC - "Bike Station" Road League 2017 - Dunleer Roundabout
Strava <https://www.strava.com/routes/3979212>

Sign On (DKIT)





Sign On (McCabes Garage Ardee)



Sign On (Red Cow)



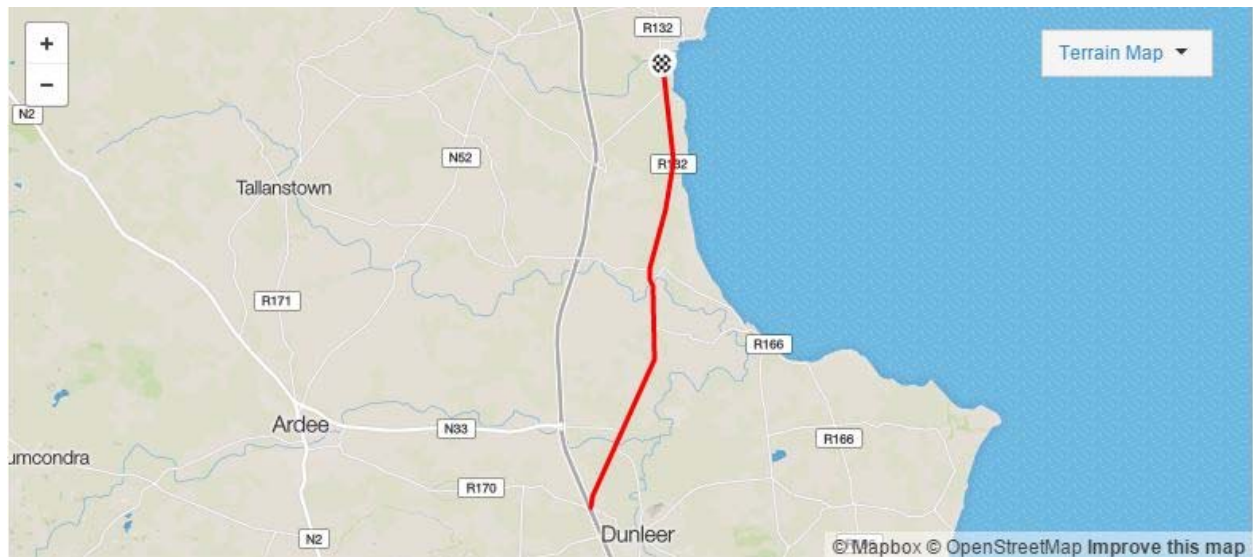


Cùchulainn CC - "Bike Station" Road League 2017 - Dunleer Roundabout

Round(s)

- Round 01 - 06th April 2017
- Round 18 - 17th August 2017

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 surface at Dunleer roundabout is patchy in places, care required.

500m point: Old Coachman's Inn



Cùchulainn CC - "Bike Station" Road League 2017 – Greenore Circuit

Round(s)

- Round 02 - 13th April 2017
- Round 15 - 27th July 2017

Circuit Overview



Distance

40.8km

Circuit Profile



Circuit Notes

Another "out and back" circuit, with no climbs of consequence.

As usual, speed ramps in Lordship, approx. 8k into the circuit and on the return leg.

If road surface is wet, be aware of yellow paint lines on road entering Riverstown

Almost coming to complete stop at turnaround point in Greenore.

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

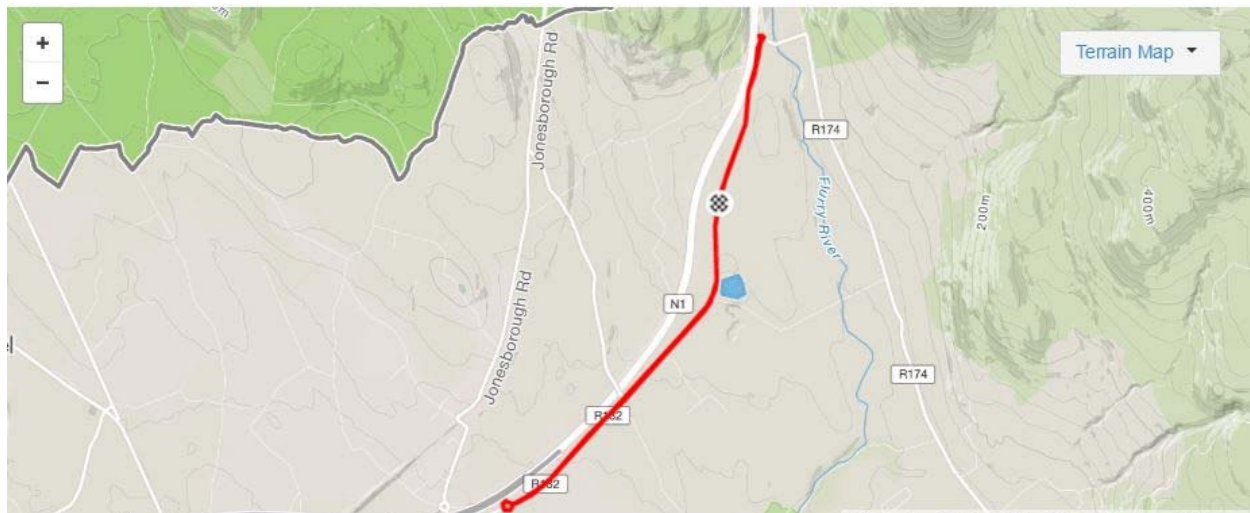


Cùchulainn CC - "Bike Station" Road League 2017 - Sportsman's Circuit

Round(s)

- Round 03 - 20th April 2017
- Round 12 - 29th June 2017

Circuit Overview



Distance

31.4km

Circuit Profile



Circuit Notes

Challenging safe but "dragging" circuit, a favorite among the climbers

Tough one so early in the season.

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



Cùchulainn CC - "Bike Station" Road League 2017 - M1/Ardee/Fane

Round(s)

- Round 04 - 27th April 2017
- Round 14 - 20th July 2017

Circuit Overview



Distance

35.4km

Circuit Profile



Circuit Notes

Caution required from sign on to start point. Lot of traffic around start time.

Nippy spin to Ardee on rolling roads, followed by 90 degree turn and across the dreaded link road.

Caution crossing M1 roundabout at Charleville.

500m point: Old Coachman's Inn



Cùchulainn CC - "Bike Station" Road League 2017 - Flagstaff

Round(s)

- Round 05 - 04th May 2017
- Round 12 - 13th July 2017

Circuit Overview



Distance

37.9km

Circuit Profile



Circuit Notes

Our own "Hell of The North"

1st half as Greenore Circuit followed by long drag across to Carlingford and onto Omeath.

Caution: Poor surface entering and through Omeath.

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

Caution: Entry to Flagstaff climb is one of the very few Right-Hand Turns in the League.

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

1800m point: Start of Flagstaff climb (crossroads)

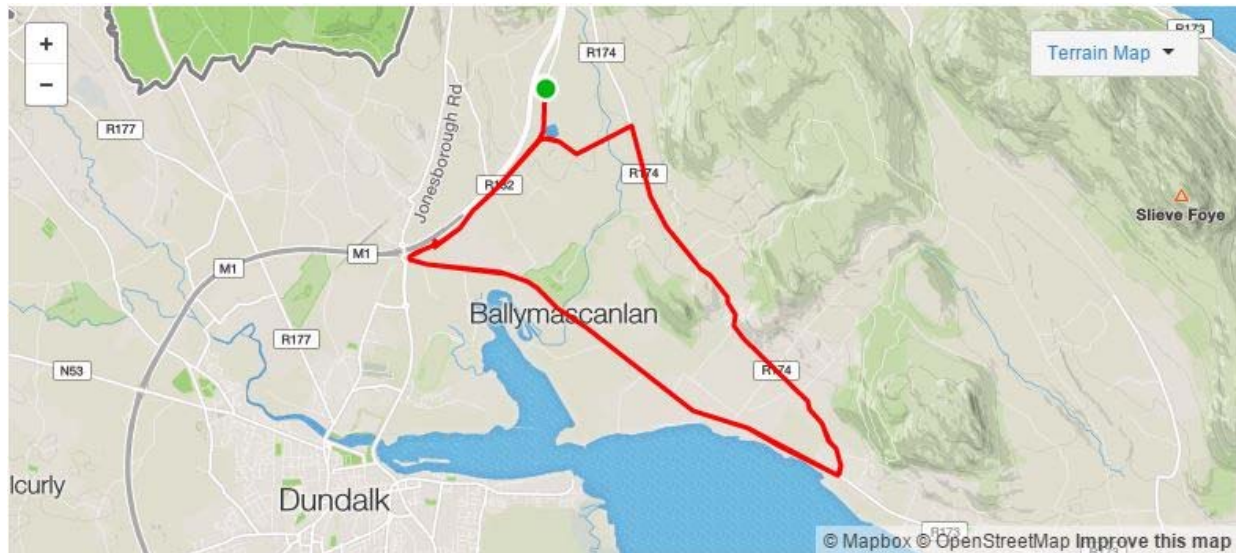


Cùchulainn CC - "Bike Station" Road League 2017 – Ravensdale Circuit

Round(s)

- Round 06 - 11th May 2017
- Round 17 - 10th August 2017

Circuit Overview



Distance

40.0km

Circuit Profile



Circuit Notes

Traditionally fast start to Majors Hollow and through Ballymac Roundabout.

Sharp switchback Fitzpatrick's Bar (Caution: Gravel sometimes accumulates after rain), heading towards Ravensdale. Turning left on Crilly's Hill and left again to repeat circuit.

2nd time around, turn at Majors Hollow roundabout and the long drag begins towards Sportsman's to finish.

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

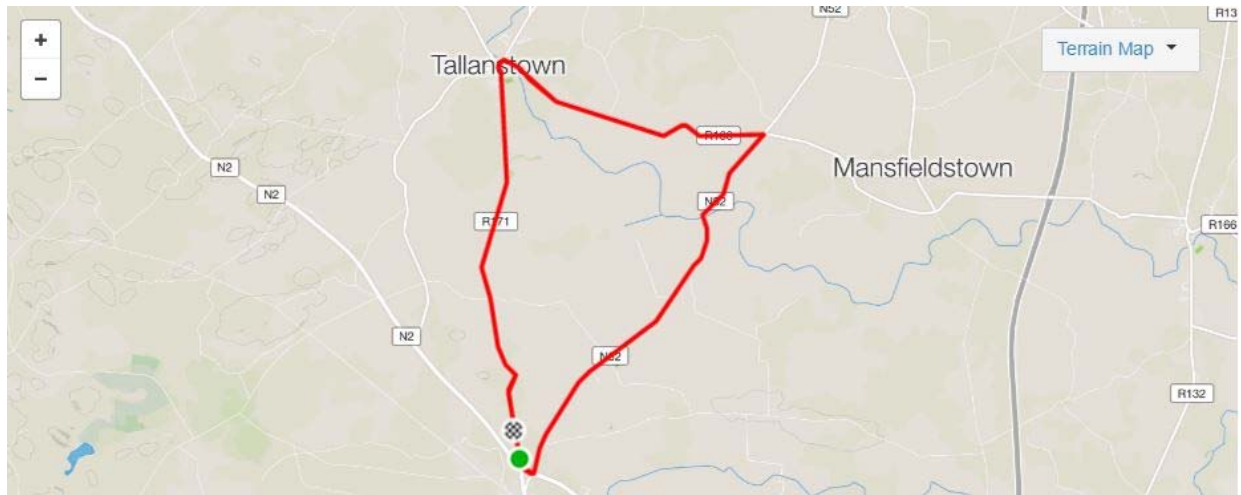


Cùchulainn CC - "Bike Station" Road League 2017 - Ardee Circuit

Round(s)

- Round 07 - 25th May 2017

Circuit Overview



Distance

34.2km

Circuit Profile



Circuit Notes

New route for 2017, many thanks to Ardee CC for the invite on Ràs Week 2017

2 loops of circuit starting at Tallanstown side of McCabes Garage.

2 left turns off roundabouts bring us onto the old Dundalk road, before another left at Duffy's Cross.

Caution: Through Tallanstown village, beware of merging traffic in village.



Cùchulainn CC - "Bike Station" Road League 2017 - Long Woman's Grave Round(s)

- Round 08 - 01st June 2017

Circuit Overview



Distance

42.7km

Circuit Profile



Circuit Notes

Carbon copy of Flagstaff circuit until bottom of Flagstaff hill; for good measure, we add in another 5k of climbing.

Turn at Davys, but continue straight at Flagstaff crossroads.

Tough steady drag to finish on exposed hill side.

Always a challenge when the wind blows.

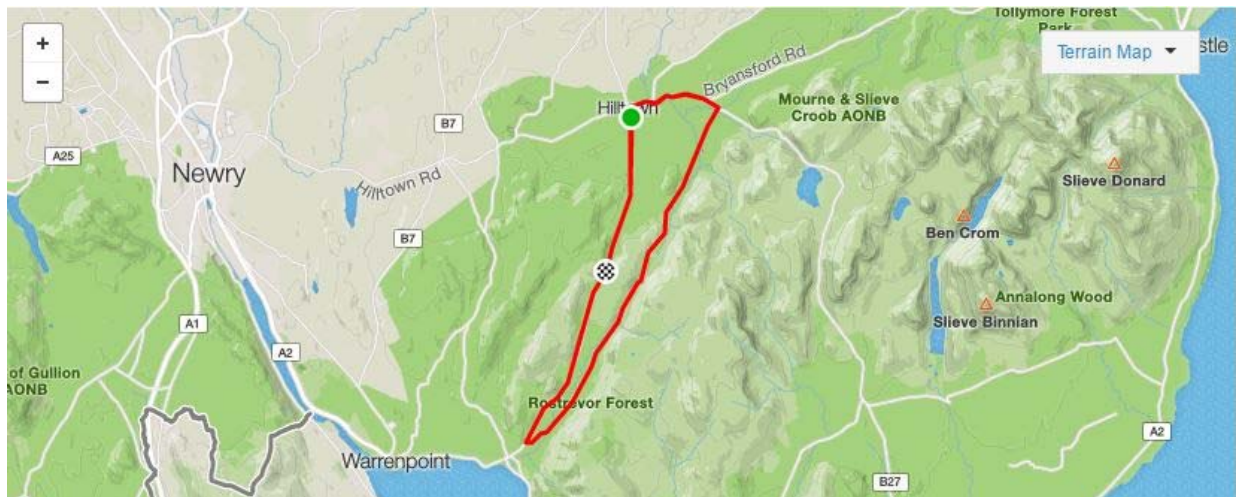
700m point: Car park "layby" on left



Cùchulainn CC - "Bike Station" Road League 2017 - Armagh South Down (Hilltown) Round(s)

- Round 09 - 08th June 2017

Circuit Overview



Distance

55.7km

Circuit Profile



Circuit Notes

New route for 2017, many thanks to Armagh South Down for the invite.

1st time for a major descent in the Road League, but everything that goes down, must come up!!

A straight forward loop starting in Hilltown, climbing up Rostrevor Road, turning left before Rostrevor Village and back up Sandbank Road past Santa's Cottage to Hilltown.

"Eat, Sleep, Pedal, Repeat"

Consideration will be given to weather conditions and light on whether to run the full route.

Also, start time may be pushed to 19:30 to accommodate riders travelling from distance.



Cùchulainn CC - "Bike Station" Road League 2017 - Cùchulainn Stage Round(s)

- Round 10 - 15th June 2017

Circuit Overview



Distance

51.0km

Circuit Profile



Circuit Notes

An epic in the true sense of the word, taking in all our familiar routes, but climbing to Long Woman's Grave from the opposite side from Glenmore.

Starting with a loop of the Sportsmans, followed by a loop of Ravensdale, we once again head towards Fitzpatrick's and onto The Bush. 2 sharp left turns bring us parallel with a quarry and there begins the climb, almost 7km of steady incline towards LWG. A false flat near the summit gives some respite, but beware the gang on your back wheel.

This route replaces the Carrick circuit for the 2017 league.



INSTRUCTIONS FOR DRIVERS & MARSHALLS 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 2017 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.

If a motorist does not stop, the marshal should make a decision on whether it is too dangerous for the bunch to continue, or decide to stop the bunch until the risk is removed.

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!'.



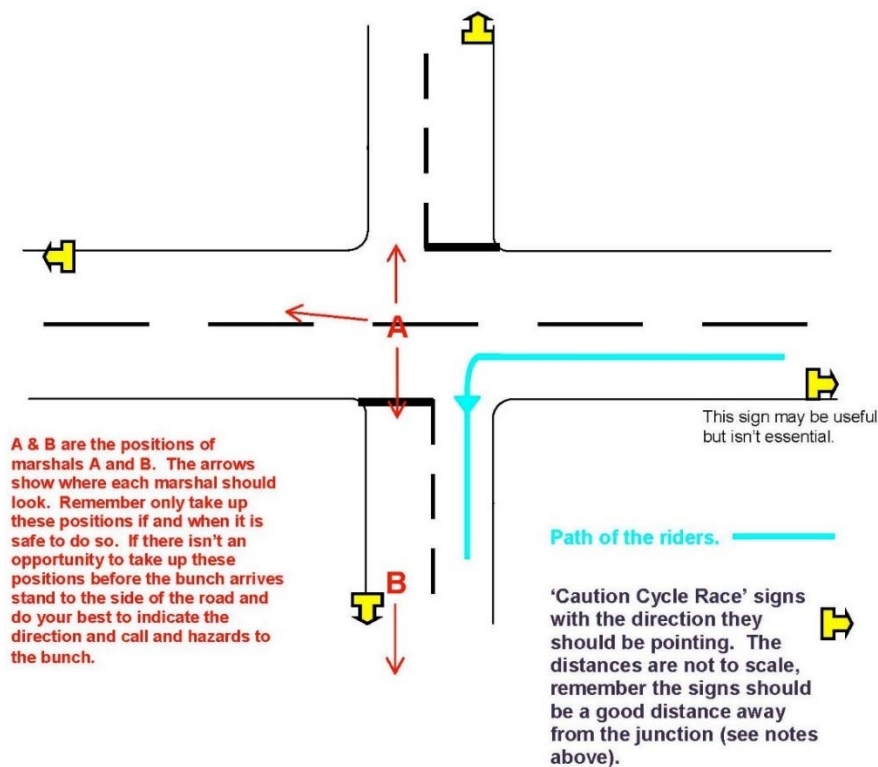
Before releasing stopped vehicles take care to ensure that there is not a split in the bunch meaning another group of riders are entering the corner.

- 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

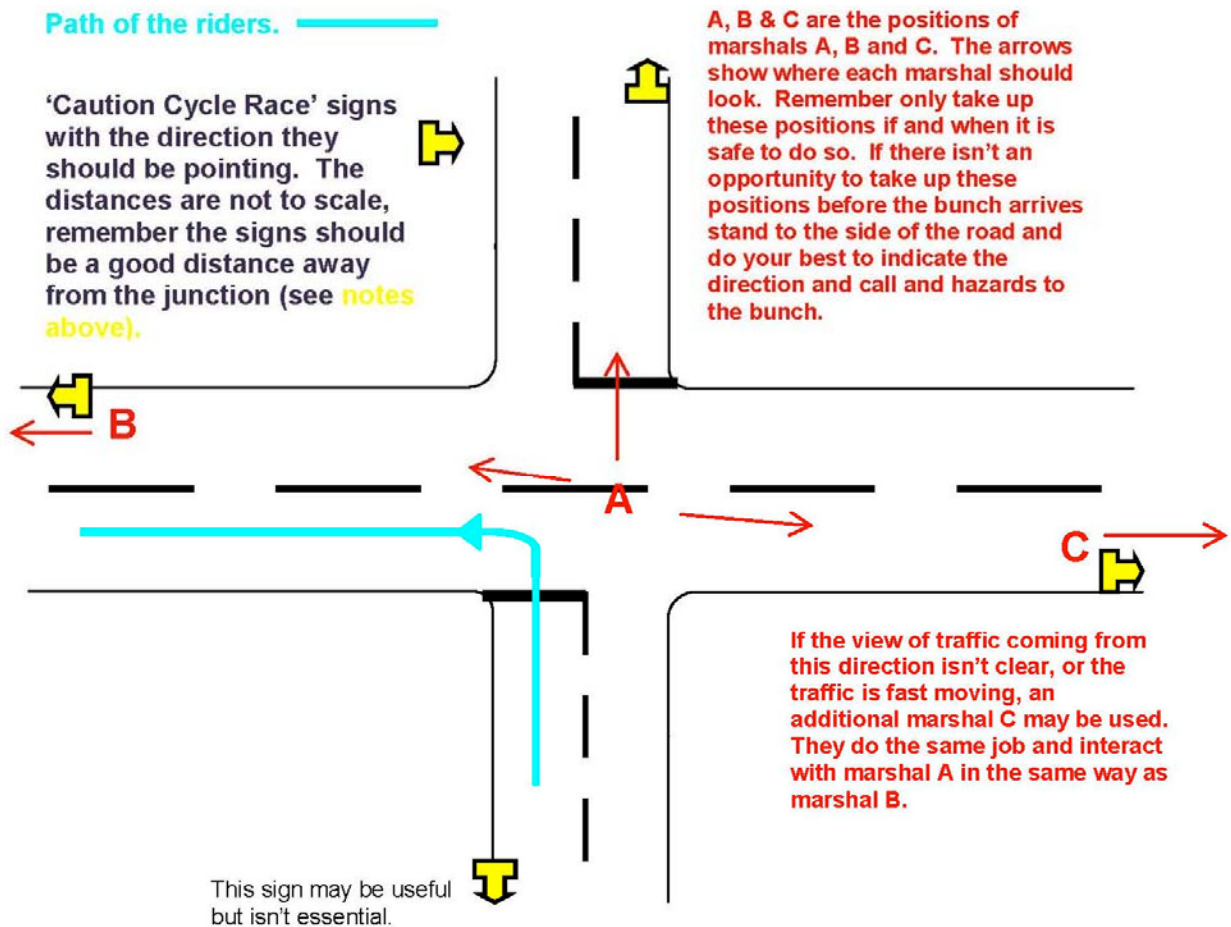
Where to stand & place signs

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.

When a Group is closing in on another, the lead car should exit from the closing gap. Around 200m before the Groups merge, the driver should look for a safe pull in point, then re-join the cavalcade after the last rider.



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.



The Bike Station

Fully Equipped Workshop & Stock of Spare Parts
 Stockists of Award Winning Brands of
 Bicycles | Clothing | Components | Accessories
 Range of Second Hand Bikes (We accept Trade Ins)
Bike Fitting Service & Advice

Free Wi-Fi | Fresh Coffee | Cycling on TV | Late Night Opening





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 Committees decision will be final.



The Bike Station LEAGUE 2017

www.dundalkcycling.com



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 McEneaney	2013	Stephen Carry
1990	Karl Dolan	2014	Gary Gorman
1991	Michael Kelly	2015	Alan Malone
1992	Rory Johnston	2016	Alan Bingham

Cùchulainn Road League – Useful Contacts

Road League Committee	Email:	league@dundalkcycling.com	
	Padraic Murphy		+353 86 8243 163
	Alan Bingham		+44 78 0252 6358
	Kevin Howard		+353 87 986 1778
	Oisin O'Gradaigh		+353 86 382 1856
	Linda Stokes		+353 85 834 8015
	Gabe McArdle		+353 87 972 7456
The Bike Station	Ray:	ray@thebikestation.ie	+353 86 2374 990
	Karl:	karl@thebikestation.ie	+353 87 2219 810
Red Cross	:	+353 87 454 6934 (Neil Dardis)	
Order of Malta (Hilltown)	:	+44 79 0192 5394 (Jenny)	
An Garda Síochána (Dundalk)	:	+353 42 93 35577	
P.S.N.I (Hilltown)	:	+44 79 2000 4439 (Davey Knox)	



CONTINUED THANKS TO THE
SPORTSMAN'S, NEWRY ROAD,
DUNDALK FOR USE OF THEIR
FACILITIES

Telephone:

+ 353 42 937 1537

Facebook:

www.facebook.com/sportsmans/



WILLIAM LOUGHLIN IS PRESENTED WITH HIS CLUB LEAGUE LEADER YELLOW JERSEY AT THE MID-POINT OF THE 2016 LEAGUE BY KARL DOLAN (BIKE STATION; SPONSOR) & RAY CULLIGAN (ROAD LEAGUE CHAIRMAN)





Cùchulainn Cycling Club Ltd. is an Irish registered company limited by guarantee
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Directors: Kevin Dolan, Patrick O'Shaughnessy, Philip Kerley, Seamus Weston & Karl Dolan
Registered Office: Trend House, Bridge-A-Crinn, Dundalk, Co. Louth, Ireland.