

AN POST RÁS

22nd – 29th May 2011

SPECIFIC REGULATIONS

Article 1 ORGANISATION

AN POST RÁS is organized by Cumann RÁS TAILTEANN, 95 St. Brendans Avenue, Dublin 5, under the regulations of the International Cycling Union. It is to be held from 22nd to 29th May 2011.

ARTICLE 2 TYPE OF EVENT

The event is open to riders of the Men Elite and Under 23 categories. The event is entered on the UCI Europe Tour calendar.

The event is registered as a class 2.2 event. In conformity with the UCI rules, points are awarded as follows:

Final General Classification –	40, 30, 16, 12, 10, 8, 6, 3
Stages & Half Stages –	8, 5, 2
Wearing the Race Leaders Jersey per Stage-	4

for the UCI Continental Men Elite and U23 Ranking.

ARTICLE 3 PARTICIPATION

As per Article 2.1.005 of the UCI Regulations the event is open to the following teams:

UCI Continental Teams, National Teams, Regional Teams and County Teams.

As per Article 2.2.003 of the UCI regulations teams must be formed of a minimum 4 riders and maximum of 5 riders.

ARTICLE 4 RACE HEADQUARTERS

At the start the Race Headquarters shall be open on Saturday 21st May 2011 from 18:00hrs to 22:30hrs and located at the following address: Dunboyne Castle Hotel, Dunboyne, County Meath.

Team representatives are requested to confirm their starters and collect their race numbers at the Race Headquarters from 18:30hrs to 21:00hrs on Saturday 21st May.

The team managers' meeting, organized in accordance with article 1.2.087 of the UCI regulations, in the presence of the Members of the Commissaries' Panel, is scheduled for 21:30hrs on Saturday 21st May 2011 at the Dunboyne Castle Hotel, Dunboyne, County Meath.

Riders are requested to Sign-On for Stage 1 at the Sign-On Platform in the centre of Dunboyne between 10:30hrs and 11:30hrs on Sunday 22nd May.

ARTICLE 5 NOT APPLICABLE

ARTICLE 6 RADIO TOUR

Race information will be broadcast on the following frequency: 453.5625mhz

ARTICLE 7 NEUTRAL TECHNICAL SUPPORT

The technical support service is handled by vehicles appointed by the Organisation.

The neutral support is taken care of by means of: 3 clearly identifiable Neutral Race Service Vehicles.

ARTICLE 8 NOT APPLICABLE

ARTICLE 9 NOT APPLICABLE

ARTICLE 10 BONUSES

Bonuses, under Articles 2.6.019 to 2.6.029, will be awarded as follows;

Stage 1 Sunday 22nd May - The intermediate bonuses will be awarded at Hot Spot Primes at Allenwood (36.4kms) Mountmellick (80.2kms) Clonaslee (94.6kms).

Bonuses will be awarded for the Hot Spot Primes on the following scale; 1st to 3rd placing, 3, 2 and 1 seconds respectively.

Bonuses will be awarded for the stage finish on the following scale; 1st to 3rd placing, 10, 6 and 4 seconds respectively.

ARTICLE 11 FINISHING TIME LIMITS

The Time Limit for all stages will be 25% of the stage winner's time.

The Time Limit may be extended, in extenuating circumstances, to 30% by the Panel of Commissaries in agreement with the Organiser according to Article 2.6.032.

ARTICLE 12 CLASSIFICATIONS

The following classifications will be awarded:

Individual General Classification

Points General Classification.

Points will be awarded to riders for stage placings. The points will be allocated as follows: 15 points to 1 point respectively for 1st to 15th placing.

King of the Mountains General Classification.

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

- Category 1 climb, 1st to 7th placing respectively; 15, 12, 10, 8, 6, 5 and 3 points.
- Category 2 climb, 1st to 6th placing respectively; 10, 8, 6, 4, 3 and 1 points.
- Category 3 climb, 1st to 4th placing respectively; 5, 4, 3 & 2 points.

Under 23 General Classification

Team Stage and Team General Classification (International & County)

The Race Classifications will be calculated in accordance with Part 2 UCI Regulations - Road.

Specifically, the following articles apply:

Individual General Classification

Article 2.6.014 and 2.6.015

Points Classification

para 2.6.017.

King of the Mountains Classification

para 2.6.017.

U23 General Classification

Article 2.6.014 and 2.6.015

Team Stage and Team General Classification (International & County)

paras 2.6.016

The priority of Classification Jerseys is as follows;

- (a) General Classification by time.
- (b) Points Classification.
- (c) KOM Classification.
- (d) Under 23 Classification by time

With the exception of the final stage a rider will only be awarded one jersey at each presentation ceremony.

Should a rider qualify for more than one jersey he will be presented with the Leaders Jersey of the higher Classification as per priority above, his leadership in the classifications will be announced. Subsequent Classification Jerseys will then be awarded to the next best-placed rider in the Classification subject to him not being entitled to any other Classification Jersey.

In respect of the final stage, Classification Jerseys will be awarded to the actual Classification winners.

A Stage Jersey will be awarded to the best-placed rider not entitled to a Classification Jersey at the finish of each stage with the exception of the final stage when the jersey will be awarded to the stage winner.

Riders must wear the Stage and Classification Jerseys, presented to them, throughout the stage that follows presentation.

ARTICLE 13 PRIZES

The full list of prize money is included in the Race Manual.

A grand total of €42,265 will be awarded in prize money at the event.

AN POST RÁS will remit all monies won by teams and riders after receipt of the Anti-Doping tests results.

In accordance with UCI Directive 2% of riders prize winnings will be deducted as contribution to CFAD.

ARTICLE 14 ANTIDOPING

The UCI Antidoping regulations are entirely applicable to the event. Where applicable, the local anti-doping legislation will be applicable in addition to the UCI's anti-doping regulations.

The Antidoping tests will take place at the locations as indicated on the Stage Finish Maps and Route & Time Schedule in the Race Manual.

ARTICLE 15 AWARDS CEREMONY

In accordance with article 1.2.112 of the UCI rules, the following riders must attend the official awards ceremony:

- First 3 riders on the stage
- The winner of the Stage Jersey
- The leaders of the following classifications – Individual General Classification, Points
- Classification, King of the Mountains Classification, U23 General Classification.

The riders must present themselves on the Presentation Platform immediately after the finish of each stage.

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

- International Team General Classification Winners
- County Team General Classification Winners

ARTICLE 16 PENALTIES

The UCI penalty scale is the only one applicable.

ADDITIONAL RACE REGULATIONS.

Additional Regulations specified in this Manual shall be binding on competitors and all race personnel.

GENERAL

1. Entry for the AN POST RÁS is by invitation only, taking into account art. 2.1.007bis of the UCI Regulations. The completion and return of a UCI Enrolment Form does not automatically guarantee inclusion in the race.
2. The George Plant Trophy, awarded to Race Winner, the Ben McKenna Trophy, awarded to Under 23 Classification Winner, the Brendan Carroll Trophy, awarded to KOM Winner and the Kieran McMahon Trophy awarded to the Points Winner being Perpetual Trophies are for presentation purposes only. The recipients are not entitled to retain the trophies.
3. Riders who satisfy the requirements of reg. 4 below may compete on county teams. At the discretion of the Race Organiser Irish riders who are members of a

foreign team may compete for their team if it is invited to compete in the event, subject to UCI art. 1.1.45

4. County team riders must satisfy one of the following criteria;

County of birth.

Their affiliated club is in the county

The normal residential qualification is in the county.

Must reside in Ireland for a period of not less than 3 months before the start of the race.

In all cases the Race Organiser retains the right to place a rider in a county team other than the county team he is eligible for under this rule. In extenuating circumstances the Race Organizer may approve the inclusion of one guest rider on a county team. In such circumstances the guest rider shall be of comparable county team standard.

5. To qualify for County Team Classification teams must conform to the ethos of county teams.
6. County teams are not exempt from Racing Regulation No. 6
7. It is the responsibility of team officials and competitors to be familiar with all Race Regulations.
8. The Organisers will under no circumstances hold themselves responsible in any way for 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.
9. All race personnel (riders, race officials, team officials) must be holders of a current valid license issued by a UCI affiliated national federation. The license must be submitted to the Commissaire President if requested at any time during the event.
10. All participants should be aware that the roads used by AN POST RÁS are **NOT CLOSED** to other traffic. All riders are required to read and sign the Declaration of Awareness (appendix 1) accepting they are fully conversant with the race safety requirements. The Declaration will be issued to team managers at team registration and returned, signed, by the rider at Sign-On for Stage 1
11. It is compulsory that all riders wear rigid safety headgear at all times on every stage.
12. Should a rider drop out of the race he may not compete in any other cycling events for the duration of AN POST RÁS (see UCI Reg. 2.6.026).
13. Deviations for race vehicles at stage-end finishes are as indicated on the stage finish map in the Race Manual. The deviations, which will be signposted, lead to parking areas that have been agreed with the local authorities. All car parking must be in an orderly manner. Drivers must obey the Gardai, race officials and stage-end stewards when directed to the deviation.

ACCOMMODATION.

1. Any damage whatsoever caused to accommodation or property must be paid for at once. Refusal to make full restitution before leaving the accommodation may mean the dismissal from the race of the person(s) responsible.
2. All race personnel are required to pay their own personal expenses (other than those stated as the responsibility of the Organisation) from the start until the finish of the event, the Organisers will not under any circumstance recognize or be held liable for any debts that may be incurred.

TRANSPORT.

1. All vehicles supplied by the Organiser shall be used only for the purpose of the event as authorized by the Organiser. Drivers of such vehicles are responsible for immediately reporting any damage to the vehicle in their charge and should check their vehicle before assuming responsibility, and then, on each morning of the race.
2. Race officials using own vehicles do so entirely at own risk. The Race Organiser is not liable for any damage caused to, or by, such a vehicle.
3. No one, unless authorized by the Race Organiser, may enter or drive any transport provided by the Organiser.

INFRINGEMENTS.

1. Riders and officials should be careful regarding toilet requirements and seek suitable areas in places not subject to public view. Failure to comply with this instruction will incur sanctions depending on the seriousness of the offence.

RACE SCHEDULE.

1. The Schedule for the Race will be as set out by the Organiser in the Race Schedule. The distances published are given as an indication and may be subject to variation.

TEAM SPONSORSHIP.

1. Sponsorship of teams is permissible but must not conflict with the interests of AN POST.
2. Acceptance of a team is subject to approval of the team sponsor by the Race Organiser. It is the responsibility of the team to submit the sponsorship for approval. A decision on whether a team sponsor conflicts with the Race Sponsor rests with the Race Organiser.
3. In accordance with UCI Regulations a rectangle on the front and back of Classification Jerseys will be provided for the approved team sponsor(s). Such advertising must be in keeping with the quality of the print already on the jersey. All such advertising must be submitted to the Race Organiser and Commissaire President for approval before the start of the race. Under no circumstances will pinned on advertising be permitted.
4. Where a rider is riding for a team whose sponsor(s) differs from that on the rider's license then he must have a letter of release from his normal sponsor,

issued by an official of his club, except in the case of national federation selected teams. The letter of release should accompany the completed UCI Enrolment Form.

PANEL OF COMMISSAIRES

1. The Panel of Commissaires who are responsible for the sporting aspects of the race shall comprise of all Commissaires and the Chief Judge.

PRESENTATIONS.

1. Riders must wear the official race hat during presentations and all interviews immediately following the presentations.

RACING REGULATIONS.

1. Riders are responsible for their own safety and must at all times observe the Provisions of the Road Traffic Acts. Roads are not closed to traffic.
2. Entering for this race implies acceptance of all Race Regulations.
3. The last kilometre on all stages will be indicated by a 1km pennant positioned on each side of the road. These roadside pennants replace the overhead 1km kite.
4. Boards indicating zero kms (the real start), 50kms after the Start and the final 25, 20, 10, 5, 4, 3 and 2 kms will also be displayed. The following distances from the Finish Line will also be indicated, 500m, 300m, 200m, 150m, 100m and 50m.
5. Riders must sign on at the Race Office on each stage within the time specified.
6. Riders, other than classification and previous stage jersey recipients, must wear their team jerseys as approved prior to starting AN POST RÁS.
7. No inscription, logo, etc., other than those authorised by the Race Organiser, will be allowed on riders' race clothing.
8. Clothing which may cover or obscure the inscription on stage and classification jerseys shall not be worn on the presentation platform unless the Race Organiser grants permission.
9. A maximum of one vehicle may follow each full team in the Race Cavalcade. Only officially approved vehicles will be allowed in the Race Cavalcade, these vehicles must not be equipped with extended "prong type" boot racks. Any cavalcade vehicle not adhering to this rule may be removed from the cavalcade for the following stage. Should any outside vehicle or motor-cycle interfere with the running of the race in any way and be identified as having a connection with a rider or team in the race, that rider or team may be penalized.
10. In addition to the driver, the approved vehicle referred to in Rule 9 must contain at least one other competent person.

11. The Commissaire President may limit the number of vehicles servicing individual riders or incomplete teams if this is deemed necessary. Riders affected may make alternative arrangements to keep them on an equal footing with other teams. The Commissaire President must approve these arrangements.
12. Team vehicles in the Race Cavalcade will follow in the order of individual classification on the basis of one vehicle per team.
13. Numbers will be provided for team vehicle showing their place in the following cavalcade on each stage. These numbers shall 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 placing on Stage 1 will be conducted by the Commissaire President at the team managers meeting in Dunboyne Castle Hotel on Saturday 21st May at 21:30hrs.
14. Riders may not assist, other than by normally accepted sporting practice, or enter into agreement with members of other teams and any action of this nature however small will be punished by penalties to each party involved.
15. A commissaire, depending on road/safety conditions, may on any stage permit riders to take supplies from team and/or neutral vehicles. Such feeding will not, normally, be permitted within the first 50kms or the last 20kms of a stage. Any deviation from these distances is at the discretion of the Commissaire President and teams will be advised at the stage start.
16. The responsibility rests with a rider whether to accept food/drink from any vehicle other than his own team vehicle.
17. Break-away groups may only be followed by helpers when the gap between them and the chasers is greater than one minute and then only with the consent of the Commissaire.
18. No team vehicle may overtake any group of riders in the last 10 kilometers of a stage.
19. Should the Judges be unable to place all the riders in a group the unplaced riders being ex-aequo, prizes and points (rounded up to the next unit) will be divided between them.
20. The Timekeeper will attribute the same time to all riders passing in a group at the finish. However, where the opportunity offers, and there are gaps, separate times may be taken.
21. Should a Prime be cancelled for safety reasons the prize money will be awarded instead as a Special Merit Award. A cancelled Prime will be noticed by the absence of the 200m and Prime flags, and will, where possible, be communicated to the riders.

KING OF THE MOUNTAINS.

1. The approach to a mountain prime is indicated by "KOM Climb" sign on each side of the road.

STAGE 3 – Castleisland.

1. Riders behind the leading groups may be delayed from entering the Castleisland circuit; such delay will be recorded by time keepers and deducted from the riders' stage time.

FINAL STAGE.

1. Riders will be timed on the finish line at the completion of the stage.
2. All competitors, including lapped riders, shall finish on the same lap as the winner, due to restrictions imposed by the local authorities.
3. Riders who are lapped will receive for their GC time their finish time plus a time equivalent to the number of laps lost multiplied by a nominal lap time.

RACE SERVICE.

1. The first neutral service vehicle will normally be placed with the leading group; the second with a following group, and the third 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. Riders receiving equipment will be responsible for returning or replacing it. Wheels shall be clearly marked with the team name. Equipment must be returned undamaged or compensation paid to cover the cost of a similar replacement. It is the responsibility of the team manager to return equipment obtained from neutral or team service vehicle immediately after the stage finishes.
2. 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. Team vehicles of the first three riders on General Classification are exempt from this rule and the next vehicle in line must provide service.
3. In the event of a puncture or other mechanical fault riders must stop on the left side of the road. Riders shall be serviced only from the rear of any group.
4. Only officially approved team vehicles will be allowed to act as team service.
5. Race cavalcade team vehicles may not exceed 1.6 meters in height.
6. Team service vehicles are obliged to supplement race service on specific stages (or part thereof) where requested by the Commissaire President. These will be listed on the General Classification Sheet prior to the stage.

CONTROL FLAGS.

1. The standard control flags to be used throughout the race are:
 - a. AN POST RÁS flag for the Ceremonial Start of each stage
 - b. AN POST RÁS chequered flag for stage finish.

- c. White flag with blue border 200m before prime & KOM points
- d. White and blue diagonal flag to denote prime & KOM points.
- e. Orange and white chequered flag to denote neutralized zone
- f. Red flag to mark danger points.

Appendix 1.

DECLARATION OF AWARENESS

"I am aware that:

1. *I participate in this race entirely at my own risk, that I must rely on my own ability in dealing with all hazards and that I must ride in a manner that is safe for all others and myself.*
2. *The only function of race stewards/marshals is to indicate direction and that I as a road user must decide whether any intended movement is safe.*
3. *The roads are not closed to other traffic.*
4. *and accept, that I am, at all times during the race, bound by the Road Traffic Acts and other laws of both jurisdictions.*
5. *it will not be possible for race marshals to steward all safety hazards. (road obstructions and traffic calming measures, such as centre road traffic islands, protruding footpaths and roundabouts). Where possible a race marshal will be in position at the first of a series of centre road traffic islands.*
6. *As time gaps develop during a stage race marshals may be unable to (not) remain in position for all individuals/groups.*
7. *it is necessary for race marshals to be allowed overtake, I undertake to co-operate fully in giving way to the marshals in the execution of their duties.*
8. *I have studied the map for each stage finish and am acquainted with the intricacies of each finish and will exercise due caution.*
9. *The race takes place on roads varying from well-surfaced dual carriageways to poorly-surfaced narrow, winding mountain roads.*
10. *and accept that no liability whatsoever shall attach to the race organisation, race sponsors, consultants, Cycling Ireland, or any race official or member of Cycling Ireland in respect of any injury loss or damage suffered by me in or by reason of the race, however caused.*

SIGNED

Race Number

22ND May 2011