



Competitive Cross Country Mountain Bike Racing

Guide presented by: Name

Name, Centre number, Candidate number

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The Racing Course

- off-road venues with mixed terrain including parklands, forestry sites, fields and gravel paths
- incorporates climbs, descents and technical features
- races held over multiple laps of an undulating circuit
- number of race laps depends on type of event and rider category - less experienced riders tackle fewer laps
- to ensure similar lap times a hilly course will be shorter than a flat course

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(-1) text aligned vertically not horizontally



Competition Types (-1) letters C and R in Country Race

Cross Country race types				
Type	Code	Min Age	Length (km)	Characteristics
Olympic	XCO	19	4 to 6	Riders released in groups, number of laps depends on ability category
Endurance	XCM	19	60 to 160	Riders released in groups, race run over single or multiple laps Contested by individuals and/or teams
Point-to-Point	XCP	17	Min 25	Mass start endurance race Race starts in one location and finishes in another
Short Circuit	XCC	17	Max 2	Start and finish in same location, race duration of less than 60 minutes A system of heats and final used
Eliminator	XCE	17	Max 1	Series of short circuit races contested by elimination heats Riders released in groups of 4 or 6, starts in one location and finishes in another Natural and artificial obstacles make a dynamic short race
Time Trial	XCT	17	Max 15	A race against the clock Riders are set off individually or in teams and timed over a set distance
Team Relay	XCR	19	Max 1	Team composition must be mixed ability – minimum 1 female, maximum 1 Elite/Expert male Relay between teams of 2 or more riders, each completes a single lap of a short circuit or eliminator type course
Stage Race	XCS	19	60 to 160	Multi-stage team race of 2 to 6 riders, held over 3 to 9 days with one stage per day Judged on total time/points resulting from two or more stages Riders must complete each stage to be eligible for the next stage

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Racing Categories

- elite, expert and sport are ability categories
- all other categories are based on age
- progression to elite/expert is through ranking points
- a full race licence is compulsory to qualify for national ranking points

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Racing Equipment

- lightweight bikes with front or dual suspension, strong brakes on all wheels and a wide range of gears to cope with mixed terrain
- wide knobbly tyres which help with off-road access
- bikes must be mechanically sound and capable of safely completing the course
- a protective helmet is compulsory

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During the Race

- a good grid position and start are vital in mass start races
- a front number plate must displayed at all times
- the use of headphones, earpieces or any communication devices is prohibited
- signposts every kilometre indicating the distance remaining to the finish line
- bike changes are not permitted
- technical assistance can only be given in the dedicated technical zone
- feeding is only permitted in the designated assistance zone

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Total marks lost: (-3)

Excellent !!!