

CIARA MACMANUS RACE BIO

2011



Ciara MacManus 2010 Breck Epic (courtesy of Liam Doran Photography)

Rider Profile

Name: Ciara MacManus

D.O.B: 27/12/1973

About Me

I am a female elite category mountain bike racer based in Belfast, Northern Ireland. I love bikes, in fact anything with two wheels, I own an eclectic collection of mountain and road bikes, and until recently a lovely sports motorbike, much neglected due to my racing and training. I love to travel and try to mix this with my competitive sporting nature by getting a chance to race at both local races, national and international events.

I love the way mountain biking opens up chances to get out into the open countryside where you can experience beautiful and varied landscapes. I also really enjoy the varying nature of the challenges of the sport, no two trails or race courses are the same so you really have to develop all round skills

Qualifications/Experience

My primary job is as a self employed as an archaeologist, however in 2009 I gained a qualification as a Mountain Bike Leader from the Scottish MTB Leaders Association. As such I recently expanded my enjoyment of all things mountain biking to start a MTB guiding and coaching business under the heading of **SummitMountainBiking** based in Belfast. I have a foundation level coaching qualification through Cycling Ireland and I am also active in the promotion of Mountain Biking in Ireland being a member of the regional body Cycling Ulster's Executive as MTB officer and a member of the Irish National MTB Commission. Part of my role is to help develop young XC MTB riders in Ireland and work with the Women's Association to encourage more women into the sport.

Competition Overview

I train with the help of a professional UK coach. The physical challenge of pushing yourself to the limit is something that I thrive upon and along with the satisfaction of all the hard work of training coming together to achieve results.

I've been highly competitive regionally since I started competing; I've been racing in the Irish women's Elite category since 2006 when I was part of the Irish Elite MTB Squad from 2006 – 2007. I took a break in 2008 after a heavy 2007 race schedule as part of Ireland's Olympic qualification and have since been steadily improving on my race fitness and results which have included branching out into road racing. I am currently Northern Ireland's sole Elite International Female MTB rider and recently won the 2011 Irish National Cyclocross Championships.

Always looking for new challenges and experiences, I made my first foray into the world of ultra endurance MTB racing in 2010, competing in the 6 Day Breck Epic MTB stage race held at altitude in Breckenridge, Colorado, both for the competition and to raise money for a local cancer charity, under the self funded SummitMountainBiking Race Team.



2007 Buyukada Cup Turkey Team Ireland

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TEAM SUMMIT
MTB RACE
TEAM

Results 2008 - 2011.

2010

2011 Irish National Cyclocross Championships
1st Senior women's category

2010

Overall Results

2010 UCI MTB World Ranking 219
Irish National XC MTB Championship – 2nd place
Irish National XC Marathon Championship – 2nd place
Irish XC MTB National Points Series - 3rd Place

International Results

Breck Epic 6 Day MTB Stage Race (Colorado) – 7th place

Results Road Race

Ras na mBan 3 Day International Road Race – 27th GC, 3rd
Place County Rider classification
Madigan Northern Ireland GP – 1st place women's category

2009

Overall Results

2009 UCI MTB World Ranking 198
Irish National MTB League Elite women 1st Place
Irish National XC Championships – 2nd place
2009 Cooley MTB Marathon – 1st Place

International Results

Scottish XC Series Round 6 – Elite women 1st place
British MTB Series Round 6 (UCI 2) – Elite women 11th
place

Road Race Results

2009 Northern Ireland Road Race Championships – 2nd
place



Presentation of Irish National Cyclocross Medal & Jersey 2011

Results 2006 - 2007

2008

Overall Results

Irish National XC Championships – 2nd place.

2007

Overall Results:

2007 UCI MTB World Ranking: 124
K-Capital Cup Irish XC league (UCI 2) 4th place overall
Irish National XC Championships – 4th place

International Results

Alanya MTB Cup Turkey (UCI1) – 6th Place
Skoda Grand Prix Poland (UCI 1) – 13th place
Velomarket CSKA Cup Russia (UCI 1) – 13th place
Itera Cup Russia (UCI 1) – 12th place

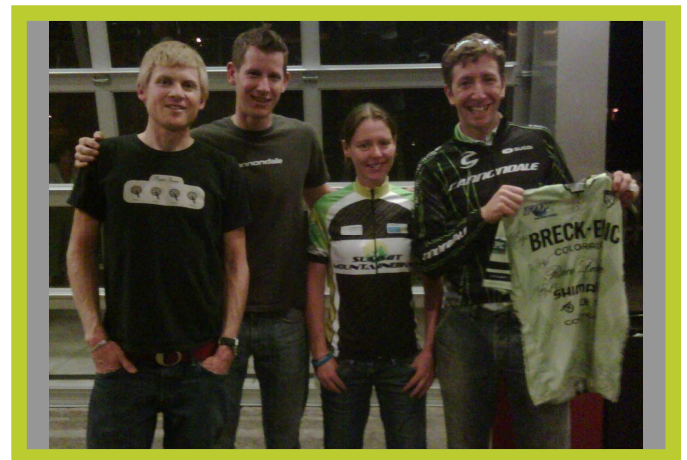
2006

Overall Results:

2006 UCI MTB World Ranking: 210
Ulster Region XC Elite women MTB Champion
Ulster Region XC Elite women MTB league 1st Place
Irish National MTB League Elite women 1st Place
Irish National MTB Marathon Championships – 2nd place
Irish National Cyclocross Championships – 2nd place

International Results

Buyukuda MTB Cup Turkey (UCI1) – 4th place
British National Points Race R5 – 10th place
British National Points Race R4 – 7th place



Presentation of the Breck Epic Solo Male winner's jersey by Jeremiah Bishop to SummitMountainBiking charity fundraiser

2011

2011 Goals



Presentation of Irish National XC MTB Silver Medal 2010

My immediate goals are to continue racing as Team Summit, hopefully with the support of some exciting new partners for 2011.

Season goals for 2011 are to really aim for top spot in the Irish MTB National Championship, both XC and Marathon and to compete at the UCI World Cup round at Dalby in England as well as a number of additional UK races. I will also be returning to Colorado in 2011 for the Breck Epic, which I hope to attain a podium placing building on the lessons learnt from multi day stage racing at altitude in 2010.

Outside of competing I will be developing the Cycling Ireland Off Road Development Squad for Juniors and Under 16's and also plan to attain the Level 1 Coaching Award through Cycling Ireland.

Performance Blueprint:

Irish XC Championship: 1st spot

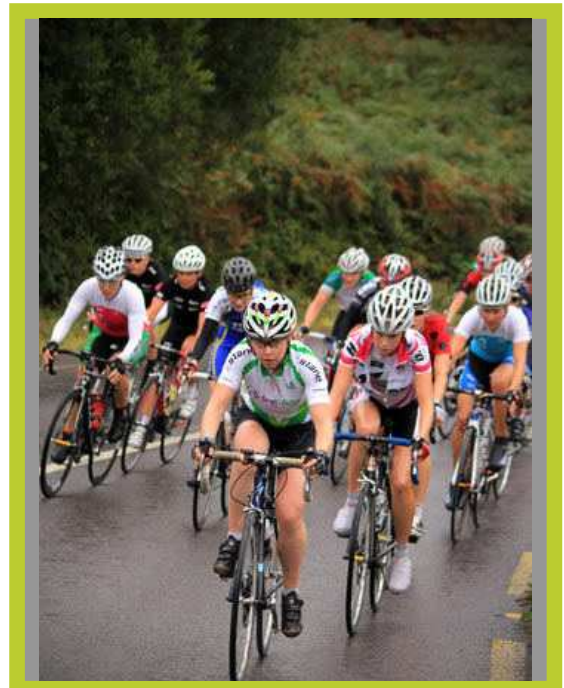
Dalby World Cup race: Top 50 position

British NPS Series: Top 5 placing

Colorado Breck Epic MTB race – Podium spot



McConveys Cycles/XMTB Ulster MTB XC Race Podium

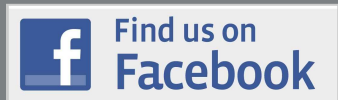


Leading the bunch on Day 3 Ras naMBann Women's Road Race as lead rider in the Cycling Ulster Women's Squad

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Promotion and advertising



As a small business owner I fully understand the advantages of effective promotion and advertising.

We formed Team Summit in 2010 - consisting of myself as racer and my partner as race support - exactly for the purposes of promoting SummitMountainBiking and our participation in the Breck Epic Stage race as well as to assist in our fund raising for our chosen national cancer charity.

Our business has a dedicated website www.summitmountainbiking.com through which we advertise our services, partners and sponsors and manage our courses/guiding and client bookings. We revamped our website in December 2010 and actively promote it through Google Ad Words, with the first month alone receiving over 1300 hits. Summit Mountain Biking also has a dedicated facebook page and linked twitter account through which we actively post info regarding both the business and promotion of Team Summit results and training rides and other interesting bike related stories. Summit Mountain Biking also assisted in sponsoring the 2010 Ulster Cross Country MTB league which I actively organize and promote, consisting of a 7 race league which attracts up to 180 riders at each event.

In 2010 we also had a dedicated website for the Summit MTB Race team – www.teamsummit.org.uk – which itself has had over 300 page views for December 2010 despite being relatively quiet during the winter off season. The site contains a dedicated page for partners/sponsors and a blog for updating training and racing stories and results as well as picture and video uploads. Our team MTB strip and personalized SummitMountainBiking work wear offer ample space for potential sponsor logos. We also received coverage and support from local extreme sports magazine **Uberdog** in 2010 in the form of a pre and post Breck Epic event write up in the summer and autumn issues of the magazine.

As an experienced MTB racer and business owner, a well known figure in the regional and national cycling bodies and a proponent of women's cycling I believe that there is ample opportunity for widespread promotion and advertising associated with partnering with myself as SummitMountainBiking/Team Summit in 2011.



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