



AGE GROUP ROAD  
NATIONAL  
CHAMPIONSHIPS



# EVENT MANUAL



ROADNATIONALS.NZ

14-16 APRIL 2021  
ROTORUA



AGE GROUP ROAD  
NATIONAL  
CHAMPIONSHIPS



RI CYCLING  
ROTORUA INC.



## 1. INTRODUCTION

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On behalf of Cycling New Zealand, Cycling New Zealand Road and Track and Cycling Rotorua it's our pleasure to welcome riders, team managers, coaches, officials and supporters to the 2021 Vantage Age Group Road National Championships in Waikite Valley, Rotorua.

We look forward to a great event and hope you have an enjoyable time during the Championships.

This manual provides useful information for all riders, team members and officials.

## 2. WELCOME

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On behalf of the Cycling New Zealand Road and Track Council, I offer you all a warm welcome to Rotorua for the 2021 Vantage Age Group Road National Championships.

We are pleased to see such strong support and participation for the event, with 600 riders from around the country representing their clubs.

We extend our thanks to the local volunteers from Cycling Rotorua and to our Commissaires who are all volunteering their time to ensure the event happens. Volunteers are truly the backbone of cycling in this country and we are grateful for the support of the people here this week but also to the hundreds of volunteers who work tirelessly behind the scenes at club events around the country.

We wish all the riders the best of luck and a safe and successful competition.

**Mike Sim**

**President, Cycling New Zealand Road and Track**

On behalf of Cycling New Zealand and our partners we welcome you all to the 2021 Vantage Age Group Road National Championships in Rotorua.

This event is a highlight on the road cycling calendar and it's great to see so many of our members representing their clubs with pride. With over 60 national titles up for grabs across youth, masters and para-cycling grades, there's sure to be some tough competition and exciting racing on display.

With commitments such as education, work and family, it is heartening to see the number of not only riders participating in this event, but active members and supporters of local cycling clubs, helping to grow the sport of cycling in New Zealand. We acknowledge the part that coaches, managers and other support staff play in assisting the riders this week and thank them for their time and commitment to the sport.

We extend our gratitude to our naming rights sponsor of this event, Vantage Windows and Doors, for their ongoing support of national road and track events, and of our elite road and track programmes.

Special thanks to Cycling Rotorua and the volunteers for the commitment and passion they have shown for the event, and to the Cycling New Zealand Commissaires who play a fundamental role in ensuring racing is safe and fair. To all the riders – we wish you all the best for the upcoming days.

**Jacques Landry**

**CEO, Cycling New Zealand**

### 3. KEY CONTACTS

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Event Director	Janette Douglas	027 644 8921
Event Manager	Charlotte Pearson	021 292 0563
Race Manager	Shanelle Barrett	027 457 6736
PCP (Chief Commissaire)	Brendan Patterson	021 335 029
Technical Delegate	Mark Ireland	
Commissaire's Secretary	Lyle Hastings	
Chief Judge/Timekeeper	Heather Smyth	
Assistant Commissaires	Graeme Bell	
	Graeme Moffat	
	Robin Wood	
	Tony Hartley	
	Pam Coe	
	Jan Carol	
	Kerry Ludlam	
	Mike Cornelius	
	Ray Sheath	
	Wayne Silby	
	Jeremy Christmas	

### 4. EVENT SUPPORTERS

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We would like to extend our thanks to the event supporters whom without their support the event would not be possible.



## 5. RACE PACK PICK UP

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Riders Packs will be distributed to one club representative (the Team Manager or alternative representative) not to individual riders (with the exception of non-championship riders). Riders should contact their Team Manager to arrange collection. Click [here](#) to see who your Team Manager is.

Rider Packs will be available for collection from 5pm Thursday 15<sup>th</sup> April from the Totara Room at the Holiday Inn, 10 Tyron St, Rotorua. Please park in the reserve next to the hotel or on the street. The hotel carpark is reserved for hotel guests only.

## 6. LICENSING

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Every person involved (riders and team managers) with the event needs to hold a **2021** Cycling New Zealand Licence.

Riders are to ensure they have a valid 2021 Cycling New Zealand Licence and have it readily available, at all times during the Championships, (an electronic licence is acceptable). If the licence is still being processed, a receipt of payment from Cycling New Zealand and a form of photographic identification (e.g. drivers licence, passport) should be brought to the event.

All Australian riders must have a current 2021 Cycling Australia domestic licence and appropriate travel insurance to cover riding and racing while in New Zealand. Riders must be prepared to provide proof of insurance if required.

A special event licence is included in the entry fee for all riders in the non-championship Time Trial.

Team Managers will NOT be required to collect and present licences at the Managers meeting.

## 7. DRUG FREE SPORT NEW ZEALAND

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Drug Free Sport New Zealand may be in attendance at this event. Riders must ensure they have a photo ID available at all times if requested. Therapeutic Use Exemptions (TUE's) must be available ready to be presented to the Doping Control Office.

## 8. RIDER'S APPAREL

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Riders must wear their approved Club jerseys and shorts. Shorts may only display sponsors that are detailed on the rider's Cycling New Zealand Membership. Plain black shorts are permitted.

Members of a UCI international trade team or registered NZ domestic trade team are permitted to wear their team shorts but must wear club jerseys.

Non-Championships riders are required to wear a jersey with sleeves and a pair of shorts, possibly in the form of a one-piece skinsuit. Sleeveless jerseys are not permitted.

A start may be refused for any incorrectly attired rider. If you have any queries over this matter, please contact [events@cyclingtonzealand.nz](mailto:events@cyclingtonzealand.nz) prior to the event.



## 9. HEALTH AND SAFETY

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The safety of the riders, officials, volunteer and spectators are included in the event planning. This includes (but not limited to) road restrictions, traffic management and event advisories to the local businesses and residents. Refer also to CNZ Road & Track Technical Regulations 6.1, 6.2, 6.3 & 72.7

The event takes place a mix of urban residential and rural roads. It is your responsibility to manage your own safety during the event, to be aware of other road users at all times and to make responsible decisions. There is traffic management in place however, **the roads are OPEN** and there will be public and official traffic on the circuit during your race. Riders must keep left of centreline at all times during the event, and where there is no centreline riders must stay to the left half of the road.

We do also ask that whether you are racing, warming up, training or just riding back to accommodation, that you show other road users and residents courtesy, adhere to all road rules and respect the environment.

If you have any questions or concerns regarding Health and Safety please report to the Event Director or Race Manager.

## 10. EQUIPMENT/BIKE CHECK/GEARING

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Bicycles must conform to current [UCI regulations](#). Refer Part 1 General Organisation, Chapter III with the exception of the Non-Championship Time Trial where Bicycles do not need to comply with the UCI Rules, but must however be fitted with two brakes, free wheel and be road worthy.

Helmets must be compliant with appropriate NZ Transport Agency Standards for use on open roads, including those used in the Individual Time Trial and must be worn at all times when riding your bike.

**Time Trial:** Technical checks will take place out the front of the school at the green Skoda tent. Riders are required to present to technical check with their bicycle approximately 15 minutes prior to their start time for their final technical check and for junior grades rollout measurement, otherwise a start will be refused. Once the final technical check is completed, the rider is deemed to be 'on the circuit' and is released to ride to the start line. Once they reach the start line, please follow instructions of the commissaires.

A drop service will be available at the start line, whether you can leave any warm clothing. This will be delivered back to the hall, where you can collect it after your race.

**No spectators are permitted at the start line. All spectators must stay on the school side of the road at the finish line.**

**Road Race:** Pre event technical checks will take place for junior grades out the front of the school at the green Skoda tent. The first five place getters also must present for roll-out immediately following the race. Other riders may be randomly selected. All race placings are provisional until the post-race check has been completed.

The following gear restrictions for Junior riders apply in both the Time Trial and the Road Race:

- A maximum gearing of 6.61 metres rollout applies to all U15 Riders.
- A maximum gearing of 7.00 metres rollout applies to all U17 Riders.
- A maximum gearing of 7.93 metres rollout applies to U19 Riders.

**Lights: Waikite Valley is known for having thick fog, we encourage all riders to bring front and rear lights for both the Time Trial and Road Race in case of thick fog.**

## 11. RULES AND REGULATIONS

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Racing will be conducted under [UCI regulations](#) and [Cycling New Zealand Road & Track](#) Technical Regulations. The Cycling New Zealand Road & Track scale of penalties will apply. Clubs will be invoiced post event for any sanctions incurred.

As all events take place on open roads, it is a condition of racing that New Zealand Traffic Regulations are adhered to. It is also mandatory that helmets are worn at any time a rider is on their bike. Riders must keep left and, must not cross the road centre line, or centre of the road (if unmarked) at any time.

## 12. RACE OFFICE

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The Race Office for all three days will be in the Waikite Valley Hall, next to Waikite Valley School. This is where you will find communiques, medal presentations and First Aid.

## 13. EVENT VILLAGE

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The Event Village for all three days will be at Waikite Valley School. There will be space on the school courts for clubs to set up tents, you will be required to bring your own weights/ropes to secure your tent. Please DO NOT use pegs in the astro-turf. Overnight security will be in place for Thursday, Friday and Saturday nights however we request that you lower your tent to reduce the risk of your tent blowing away or getting damaged if it is windy. Food, coffee and toilets will also be available in the event village.

## 14. START/FINISH LINE

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The Start Line for the Time Trial will be on Te Kopia Rd, the Finish line for the Time Trial and the Start/Finish lines for the Road Race will be held on Waikite Valley Road, outside of the school. For the Road Race, there will be a neutralized start for the Road Race for up to 800m, until Commissaires determine it is safe to start the race.

## 15. SPECTATOR INFORMATION

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Parts of the race circuits are on narrow and some busy roads, so it is essential that spectator vehicle traffic is kept to an absolute minimum.

**Parking at the event venue** – please see parking information below.

**The official viewing area for spectators during the Time Trial** is at Waikite Valley School. **Spectators are required to stay on the school side of the road at the finish line. Spectators are not permitted at the start line.** Please do not drive out on the Time Trial Course as this is a very narrow course.

**The official viewing area for spectators during the Road Race** is from Ngakuru School, 913 Whirinaki Valley Rd or Ngakuru Hall, 936 Whirinaki Valley Rd. Please use the school or hall carparks and do not park on the course.

## 16. PARKING

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Parking for all three days is limited, please consider carpooling if you can.

### Time Trial

For those arriving **prior to 9.30am** - Event parking is within Waikite Valley School, entry and exit from the driveway next to Best Start Kindergarten. Please follow the signs.

For those **arriving after 9.30am** – Please park on Hossack Rd.

No parking is allowed on Waikite Valley Rd or outside the school.

### Road Race

Event parking is within Waikite Valley School, entry and exit from the driveway next to Best Start Kindergarten. Please follow the signs. Parking is also available on Hossack Rd.

No parking is allowed on Waikite Valley Rd or outside the school.

## 17. TEAM MANAGER'S MEETING

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All clubs/teams are required to nominate a Team Manager (can be a rider or non-rider). You can find out who your team manager is [here](#) or nominate a team manager by emailing [events@cyclingnewzealand.nz](mailto:events@cyclingnewzealand.nz).

A Team Managers Meeting will take place at 5.00pm Thursday 15<sup>th</sup> April from the Totara Room at the Holiday Inn, 10 Tyron St, Rotorua. Please park in the reserve next to the hotel or on the street. The hotel carpark is reserved for hotel guests only.

Important information such as confirmation of starters, distribution of race numbers and transponders and any updated programme information will be provided at this meeting. Attendance by each Team Manager is compulsory and representatives will be required to sign in.

The role of the Team Manager includes (but not limited to):

- Officially representing the Club at the event
- Connecting with all riding club members
- Ensuring that all riding club members have a current licence
- Managing the relationship with Event Officials on behalf of club members
- Attending the Team Managers meeting
- Collecting and distributing Race Numbers to club members
- Circulating Event Information to club members
- Ensuring place getters attend the Medal Ceremony
- Ensuring riding members have the required information to help them have a safe and fair race.

## 18. SIGN ON

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'Sign on' by each individual rider (prior to each road race) is required. The Sign On will close 10 minutes prior to your category race start. Sign on is not required for the Time Trial. **Sign on will be situated under the Cycling New Zealand Tent outside the hall.**

What is Sign on? Sign on is the act of each rider signing their name prior to their race to confirm to the event officials that they will be competing in that event. It is the individual responsibility of each rider to sign on in the specified times.

## 19. WITHDRAWING FROM THE RACE

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Any rider withdrawing from a race must remove their race numbers and advise the Event Manager, Race Manager or a Commissaire. All riders must remember to return their timing transponder to either the Timing Team at the finish line or the Race Office in the hall.

## 20. REPRESENTATIONS TO PCP

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Any representations regarding race incidents are to be made to the President of the Commissaires' Panel (PCP) within 30 minutes of completion of the event. Only a Team Manager is permitted to make a representation, on behalf of the rider and must do so in a courteous and professional matter. Any decision of the Commissaires' Panel is final, there are no appeals.

## 21. FOOD AND BEVERAGES

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There will be a food truck and coffee cart at the Event Village. There is a café down the road at the Waikite Valley Hot Pools.

## 22. MEDICAL

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Peak Safety will be present on the course and in the Waikite Valley Hall. Please notify an event official in the case of medical attention being required. In the event of an emergency please call 111.

The nearest medical centre/s are:

**Lakes PrimeCare Medical Centre**

Open 7 days, 8am – 9pm

1165 Tutanekai St, Rotorua

Ph: 07 348 1000

The nearest hospital is:

**Rotorua Hospital**

Open 24 hours

Cnr Arawa St, Pukeroa Rd, Rotorua

Ph: 07 348 1199



## 23. SOCIAL MEDIA

We encourage you to get involved in the event through social media. The key links are provided below:

Event Facebook	<a href="https://www.facebook.com/CyclingNZL">https://www.facebook.com/CyclingNZL</a>
Instagram	<a href="https://www.instagram.com/cyclingnewzealand">https://www.instagram.com/cyclingnewzealand</a>
Twitter	<a href="https://twitter.com/CyclingNZL">https://twitter.com/CyclingNZL</a>
Website	<a href="http://www.roadnationals.nz">www.roadnationals.nz</a>
Key Partners	@VantageWindowsNZ
Event Hashtag	#agegrouproads
	#roadnats

## 24. MEDAL CEREMONY PROTOCOL

Team Managers are responsible for ensuring their riders are at the presentation area at least 10 minutes prior to the presentation taking place. Medal winners must make themselves known to medal ceremony officials upon arrival.

1. Riders will be call up onto the stage by the MC
2. Riders will stand in front of the podium (not on podium).
3. Each rider will be acknowledged by name and representing club.
4. Riders receive their medal
5. Rider step onto podium.
6. Once the 1<sup>st</sup> place has been presented a photo will be taken.
7. Riders leave the podium and return to the waiting area lead by officials.
8. Riders are required to leave their medal on until they return to the waiting area.
9. All trophies presented are to be returned to Event Organisers before the end of the event.

<b>MEDAL CEREMONY TIMES</b>	
<b>Please note these are approximate</b>	
<b>Day/Time</b>	<b>Races</b>
<b>Friday</b>	
11.00am	U15 Girls and Boys, Masters Women 8 – 4
12.00pm	Masters Men 9 – 6, U17 Girls and Boys, U19 Women
1.00pm	Para-Cycling (all classifications), Non Championship, Masters Women 3 – 1
2.00pm	Masters Men 5 – 1, U23 & Snr Women
2.30pm	U23 & Snr Men, U19 Men
<b>Saturday</b>	
11.15am	C1-2, B/VI, U15 Boys and Girls
12.15pm	U17 Boys, Masters Men 5-6
3.15pm	U17 Girls, Masters Women 3-9
4.15pm	Masters Men 7-10, Masters Men 3-4
<b>Sunday</b>	
9.30am	T1-2, H1-5
12.15pm	Masters Women 1-2, U19 Women
1.30pm	U23 & Senior Women, Masters Men 1-2
4.15pm	U23 & Senior Men, U19 Men

Para cycling medals will be determined by Para cycling officials, who will apply standard performance factors, listed in the UCI regulations, to ensure equity between the combined sport classes.

Where categories are combined due to entry numbers, medals will still be awarded for each category within the combined race.

Any change to medal numbers or change to the basis for awarding medals in a given race category will be determined by the Commissaires' Panel and advised by way of Communique prior to race start.

## 25. TIME TRIAL INFORMATION

### Friday 16<sup>th</sup> April

Age Category	Distance	Start Time
U15 Boys & Girls	16.9km	The first rider will start at 9.30am and riders will start at regular intervals in their age groups.
Masters Women (4 – 9)	16.9km	
Masters Men (6 - 10)	16.9km	
U17 Boys & Girls	16.9km	
U19 Women	16.9km	See Communique 1 on the website for entry lists.
T1 – T2 Para Cycling Men & Women	16.9km	
H1 – H5 Para Cycling Men & Women	16.9km	Start Lists will be posted on Thursday evening after the Team Manager's meeting.
C1 – C3 Para Cycling Women	16.9km	
C4 – C5 Para Cycling Women	24.5km	
C1 – C5 Para Cycling Men	24.5km	
B/VI Para Cycling Men & Women	24.5km	
Non Championship Men & Women	24.5km	
Masters Women (1 – 3)	24.5km	
Masters Men (1 – 5)	24.5km	
U23 Women	24.5km	
Senior Women	24.5km	
U23 Men	24.5km	
Senior Men	24.5km	
U19 Men	24.5km	

### Timing Transponders

Timing Transponders will be issued and must be attached to your fork using a cable tie (provided). If you are competing in both the TT and RR, you will have one transponder for both events. Please return your timing transponder to the Event HQ/Race Office as soon as possible after your final race. Riders will be charged \$150+gst for any timing transponder not returned.

## Race Numbers

One required, centrally placed on the lower back. NO frame number required.



## Warm Up

Only riders who are in competition are to be on the time trial course. Warm ups are not permitted on the course. The best option for warm up is Hossack/Corbett Road or the use of rollers/wind trainers.

## Start

- Riders are required to present to technical check at the front of the school with their bicycle approximately 15 minutes prior to their start time for their final technical check.
- Once the final technical check is completed, the rider is deemed to be 'on the circuit' and is released to ride to the start line. Once they reach the start line, please follow instructions of the commissaires.
- No spectators are permitted at the start line. All spectators must stay on the school side of the road at the finish line.
- A drop service will be available at the start line, whether you can leave any warm clothing. This will be delivered back to the hall, where you can collect it after your race.
- Riders will be held on the start line but not restrained. Accordingly, riders who break the start may incur a time penalty. A rider having missed their start time may, at the discretion of the Starter, be allowed a start which will be from a stationary, held position. The race time will be taken from the rider's original allocated start time.

## On the course

**Roads are open.** The "field of play" for the Time Trial is the left half of the left lane. Riders must ride well left to allow traffic and faster riders to overtake. There is no rider support permitted and no vehicles following or out on the course, other than those of the Commissaires or race officials. Sanctions may be imposed if non-authorized rider or supporter's vehicles are seen following riders on the course

## Finish

Once riders have crossed the finish line they should return to the Event Village using caution and obeying NZ Road Rules. Please remember that roads are open.

## Presentations

Presentations shall take place in the Waikite Valley Hall. Times will be confirmed after entries close.

## Course Maps

24.5km course [here](#)

16km course [here](#)

## 26. ROAD RACE INFORMATION

Saturday 17 <sup>th</sup> April – Road Race			
Age Category	Distance	Laps	Provisional Start Time
C1 – 5 Men / Women	60.8km	2 laps	8.20am
B / VI Men / Women	60.8km	2 laps	8.25am
U15 Boys	36.8km	1 lap	8.35am
U15 Girls	36.8km	1 lap	8.45am
U17 Boys	60.8km	2 laps	9.05am
Masters Men 5	60.8km	2 laps	9.20am
Masters Men 6	60.8km	2 laps	9.35am
U17 Girls	60.8km	2 laps	11.45am
Masters Women (3-4 – waved start)	60.8km	2 laps	11.55am
Masters Women (5-9 – waved start)	60.8km	2 laps	12.05pm
Masters Men 3	84.8km	3 laps	1.00pm
Masters Men 4	84.8km	3 laps	1.10pm
Masters Men (7-10 – waved start)	60.8km	2 laps	1.15pm

Sunday 18 <sup>th</sup> April - Road Race			
Age Category	Distance	Laps	Provisional Start Time
T1 – 2 Men / Women	23km	1 x short lap	8.00am
H1 – H2 Men / Women	33km	2 x short laps	8.05am
Masters Women 1-2	84.8km	3 laps	8.30am
U19 Women	84.8km	3 laps	8.40am
U23 & Senior Women	84.8km	3 laps	8.55am
Masters Men 1	108.8km	4 laps	9.45am
Masters Men 2	108.8km	4 laps	10.00am
U23 & Senior Men	108.8km	4 laps	12.00pm
U19 Men	108.8km	4 laps	12.45pm

### Timing Transponders

Timing Transponders will be issued and must be attached to the front fork (on either side). If you are competing in both the Time Trial and the Road Race you will have ONE transponder for both days. Please return your timing transponder to the Race Office as soon as possible after your final race. Riders will be charged \$150+GST for any timing transponder not returned.

## Race Numbers

Two numbers must be worn on the jersey, on the lower pocket area, with a hand width separation. Numbers are not to be altered or folded in any way.



## On the course

**Roads are open.** Only cyclists who are in competition are to be on the race circuit. Supporters and any unauthorized vehicles are not to follow riders or interfere with the official race convoy. Cycling spectators may only ride in the opposite direction to the race. Spectators can only view at the official viewing area as indicated above (Ngakuru School or Hall on Whirinaki Valley Rd). Please use the school or hall carparks and do not park on the course.

## Finish

Once riders have crossed the finish line they should return to the Event Village using caution and obeying NZ Road Rules. Please remember that roads are open.

## Feeding

The Commissaires' Panel has determined that there **will be no** feeding of riders in any of the races. Riders need to be self-sufficient with their own food and drink from the start of the race.

## Litter

No litter is to be dropped around the race circuit. Litter includes gel packs, bottles or fruit skins. However a Litter Drop Zone will be provided for riders in the last 200m of Mangatete Road (before you turn back onto Waikite Valley Road). If you wish to drop litter it must be done in this zone. There are signs to indicate the start and finish of the zone.

## Neutral Support

We would appreciate your support in providing neutral spare wheels for each race. Spare Wheels may be left outside the Waikite Valley Hall and must be placed there no later than 30 minutes prior to your event start time. Please ensure your race number is placed firmly on your wheels and identifying if your cassette is 10 or 11 speed. Wheels can be picked up from the same location at the completion of your race. Officials will aim to get the correct wheel to a rider but no guarantee can be given. Priority for service will be to those riders in medal contention. In all cases, service will be on the left side of the road only and riders must be stationary.

Riders using Disc Brakes need to be aware that neutral wheel service will be very limited or not available at all, due to the specific design of each bike. We recommend that these riders carry their own tyre repair equipment

## Course Maps

Long lap click [here](#)

Short lap click [here](#) (for Handcycles and Trikes only)



## 27. PARA CYCLING

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Para cycling is cycling for people with impairments resulting from a health condition (disability). Para athletes with physical impairments either compete on handcycles, tricycles or bicycles, while Para athletes with a visual impairment compete on tandems with a sighted 'pilot'. Para cycling is divided into track and road events, with seven events in total.

### **Classification explained**

In Para sport classification provides the structure for fair and equitable competition to ensure that winning is determined by skill, fitness, power, endurance, tactical ability and mental focus, the same factors that account for success in sport for able bodied athletes, and not just based on impairment.

The Para sport classification assessment process identifies the eligibility of each Para athlete's impairment and groups them into a sport class according to the degree of activity limitation resulting from their impairment.

Classification is sport specific as an eligible impairment affects a Para athlete's ability to perform in different sports to a different extent. Each Para sport has a different classification system.

### **Mixed Classification Format**

Para cycling races at the 2021 Vantage Age Group Road National Championships will be run in mixed classification format. Para cyclists with different classifications will compete in the same race with the winner of each race calculated by applying a factor.

### **Standard Classification in detail**

#### **Sport Classes**

The sport class names in Para cycling consist of a prefix "H", "T", "C", or "BVI" and a number. The prefixes stand for the type of bike and the number indicates the sport class the athlete competes in.

#### **Handcycle Sport Classes H1 - 5:**

There are five different sport classes for handcycle racing. The lower numbers indicate a more severe activity limitation:

- Para cyclists competing in the H1 classes have a complete loss of trunk and leg function and have limited arm function.
- Para cyclists in the sport classes H1 - 4 compete in a reclined position.
- Para cyclists in the H5 sport class sit on their knees because they are able to use their arms and trunk to accelerate the handcycle.

#### **Tricycle T1 - 2:**

Para cyclists who ride a tricycle are unable to ride a bicycle safely due to impairment affecting their balance and coordination. They are divided into two classes. The sport class T1 is allocated to Para cyclists with more significant loss of coordination or muscle power than those competing in T2.

#### **Bicycle C1 - 5:**

Para cyclists who are able to use a standard bicycle compete in one of five sport classes, C1 - 5. Para cyclists in these sports classes might have amputations, impaired muscle power or range of motion and also impairments affecting co-ordination.

Sport class C1 is allocated to Para cyclists with the most severe activity limitation, while the sport class C5 is allocated to Para cyclists who meet the minimum disability criteria.



### **Tandem BVI (Blind / Visually Impaired)**

Para Cyclists with visual impairment race on a tandem bicycle with a sighted cyclist (pilot) at the front. Para cyclists with visual impairment either have a low visual acuity (less than 6/60) and/or a visual field less than 20 degree.

The New Zealand Para Cycling Programme is run by Paralympics New Zealand. For further information visit [www.paralympics.org.nz](http://www.paralympics.org.nz)

## **28. COVID**

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We are monitoring the government updates on the Covid-19 response daily and will provide further updates if there are any changes that may impact the event including but not limited to a change in Alert Level status.

If you test positive for Covid-19 post the event please contact event organisers immediately.

### **Golden Rules for Covid Alert Level 1**

Please ensure that you and your supporters use the contact tracing available at the event and scan the event QR code.

- If you're sick, stay home. Please do not turn up at the event.
- If you have cold or flu symptoms call your doctor or Healthline and make sure you get tested.
- Wash your hands. Wash your hands. Wash your hands.
- Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
- If you are told by health authorities to self-isolate you must do so immediately.
- If you're concerned about your wellbeing or have underlying health conditions, work with your GP to understand how best to stay healthy.
- Keep track of where you've been and who you've seen to help contact tracing if needed. Use the NZ COVID Tracer app as a handy way of doing this.
- It is still worthwhile to keep a safe distance from people you don't know while out and about. This will help to minimize the spread of Covid-19 if community transmission returns.
- Continuing good habits with face coverings will keep you and others safe, even at Alert Level 1 when it's no longer compulsory.
- People will have had different experiences over the last couple of months. Whatever you're feeling — it's okay. Be kind to others. Be kind to yourself.



AGE GROUP ROAD  
NATIONAL  
CHAMPIONSHIPS



# FORM. FUNCTION.

Proud sponsors of the  
Vantage Age Group  
Road National Championships



Guide your clients with our inspiration gallery,  
customer stories and entrance door creator  
[vantage.co.nz](http://vantage.co.nz)

Featured project: Splay House by NZ Windows Waiata  
Edwards White Architects, Suretrade Building Services

