



AGE GROUP ROAD NATIONAL CHAMPIONSHIPS



AGE GROUP ROAD NATIONALS 2023

April 14 - 16

Event MANUAL

1. WELCOME

Cycling South Canterbury is excited to welcome all competitors and supporters to the region as we host the 2023 Age Group Road Nationals.

Last year Cycling South Canterbury celebrated 100 years of club cycling in the district, and running the Age Group Road Nationals is the perfect way to start the next 100.

Being nestled very centrally in the South Island makes Timaru a great place for big sports events. Until recently, the starting township of St Andrews had its own cycling club and Cycling South Canterbury regularly uses the local roads during its winter road racing program.

South Canterbury boasts so many course options, and the selected course for this year's championships will provide worthy winners with a mix of false flat, rolling hills and a tough climb sure to test all riders.

A huge thanks must go to the organising committee who have all given so much personal time to make sure these nationals will be run to Cycling South Canterbury's high standards. Cycling South Canterbury's club spirit will also be on display with numerous members helping behind the scenes at the race headquarters as well as on the course, marshalling the corners and driving support vehicles.

Cycling South Canterbury would like to wish all competitors the best of luck as they take part in these championships. We ask that you conduct yourself in a professional manner and show good sportsmanship toward fellow riders and officials.

Darren Cuthbertson

President, Cycling South Canterbury

On behalf of the Cycling New Zealand Road, Track and Cyclocross Council, I welcome you all to the 2023 Age Group Road National Championships in Timaru.

After a year when we are all getting used to the new normal, it will be exciting to have an opportunity to see New Zealand's top age group road cyclists racing for their respective age group and National Champion titles on the roads around Timaru.

Thanks to the event organisers, the team of volunteers, officials and our Commissaires, all of whom are giving up their time to ensure the event happens. We are grateful for the support of the people here this weekend and also to the hundreds of volunteers who work tirelessly behind the scenes at club events around the country. Volunteers are truly the backbone of cycling in this country.

We wish all the riders the best of luck and a safe and successful competition, and to the spectators, we hope you enjoy the exciting racing.

Erin Criglington

President, Cycling New Zealand Road, Track and Cyclocross

2. KEY CONTACTS

Cycling South Canterbury	
Amy Hollamby - Event Manager	027 653 3981
Wayne Morris - Course Manager	027 327 9861
Lisa Blackler - Race Secretary/First Aid	022 658 2619

COMMISSAIRES

Mark Reynolds	President Commissaire Panel
Erin Criglington	Commissaire secretary
Graeme Bell	Technical Delegate
Graeme Howes	Assistant commissaire
Brian Roulston	Assistant commissaire
Ken Lazenby	Assistant commissaire
Mark Darvill	Assistant commissaire
Neil Jamison	Assistant commissaire
Peter Murphy	Assistant commissaire
Steve Hurring	Assistant commissaire
Dulcie Reeves	Assistant Commissaire
Fiona Bennetts	Assistant commissaire

3. COVID-19 RESPONSE

KEY EVENT COVID INFORMATION

- Stay at home if you are sick
- Stay at home if you have tested for COVID-19 and are still in your isolation period
- If you are told by health authorities to self-isolate you must do so immediately.
- Have a plan if you are required to isolate away from home.

4. EVENT VILLAGE

The Event Village for all three days will be at St Andrews School, Kane Lane, St Andrews. There is plenty of space for clubs to set up tents, you will be required to bring your own pegs/weights/ropes to secure your tent. Tents and/or Gazebos cannot be left at the venue overnight. There is NO onsite security for the duration of the event. Coffee, some food and toilets will also be available in the event village. Please dispose of all rubbish in the bins provided at the school.

5. RACE OFFICE

The Race Office for all three days will be in the St Andrews School, Kane Lane, St Andrews

6. PARKING

Parking for all three days is strictly on the field at St Andrews School only. Access to the field is at the end of Kane Lane via a gateway this will be well sign posted. Parking is not permitted anywhere on Kane Lane, or Bluecliffs Road or any location that will hinder the racing programme. Please follow marshals instructions at all times.

7. SPECTATOR INFORMATION

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

Time Trial: No spectator traffic whatsoever is permitted on the Time Trial Course as this is a very narrow course and riders will be racing in both directions. The only place to watch is the start/finish area.

Road Race: We have two allocated viewing positions for spectators on the road course and these are as follows:

- The top of Cairds Road Hill – car parking will be available
- Southburn Hall – Corner of Pareora River Road & Cairds Road – Toilets and fresh water available here as well

Please note we have a road closure in place on Old Station Road so no vehicles are permitted on this Road.

The quickest and safest way back to watch the finish will be via Pareora River Road, East to State Highway one, turn right onto State Highway one and back into St Andrews.

If you are watching the race at Cairds Road Hill you will not make it back to the finish in time to see the finish as well as the riders going up the hill for the last lap. Please allow yourself plenty of time to get back to the finish and remember you will have to park at the school and walk up to the finish line.

We ask that all supporters stay off Lyalldale Middle Road at all times as this is a very narrow road.

It is imperative you obey our event officials, marshalls & Traffic Management Company instructions at all times.

Sanctions may be imposed on riders associated with supporters who breach any of our road management or event instructions.

8. TEAM MANAGER'S MEETING

All clubs/teams are required to nominate a Team Manager (can be a rider or non-rider). Please contact your club to ensure a team manager has been appointed.

A Team Managers Meeting will take place on Thursday 13 April at St Andrews School, Kane Lane, St Andrews at 5pm.

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 managers meeting is the only time race packs can be collected.

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.

9. LICENSING

Every person involved (riders and team managers) with the event needs to hold a **2023** Cycling New Zealand Licence.

Riders are to ensure they have a valid 2023 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 2023 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.

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

10. RULES AND REGULATIONS

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.

11. RIDER APPAREL

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.

A start may be refused for any incorrectly attired rider. If you have any queries over this matter, please contact AGRN2023@gmail.com prior to the event.

12. EQUIPMENT/ GEARING

Bicycles must conform to current [UCI regulations](#). Refer Part 1 General Organisation, Chapter III.

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.

Lights: All hand cycles and trikes are required to have front and rear lights. We encourage all other riders to bring front and rear lights in case of poor visibility.

13. HEALTH AND SAFETY

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 centre line at all times during the event, and where there is no centre line 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.

14. DRUG FREE SPORT NEW ZEALAND

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.

15. WITHDRAWING FROM THE RACE

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.

16. REPRESENTATIONS TO PCP

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.

17. MEDICAL

Medical assistance will be present on the course and at the start/finish line. Please notify an event official in the case of medical attention being required. In the event of an emergency please call 111.

The nearest hospital is:
Timaru Hospital
Queen Street
Ph 03 687 2100

18. SOCIAL MEDIA

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

Event Facebook	Age Group Road Nationals 2023
Instagram	Age Group Road Nationals 2023
Event Hashtag	#agegrouproads
	#roadnats

19. PARA CYCLING

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 2023 Age Group Road Nationals 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 sport 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

20. MEDAL CEREMONY PROTOCOL

The venue for medal presentations will be confirmed at the Team Managers meeting.

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. Medal winners are required to wear racing kit and covered shoes on the podium. No caps or sunglasses are permitted.

1. Riders will be called 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 1st 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.

MEDAL CEREMONY TIMES	
Day/Time	Races
Friday	
11.30am	15km all grades
1.45pm	25km all grades
Saturday	
12pm	C1-5, B/VI, U15 boys & girls, U17 boys, Masters Men 5 & 6
2:30pm	U17 Girls, Masters Women 3 – 9, Masters Men 10
3:30pm	Masters Men 3 - 9
Sunday	
10.30am	T1-2, H1-5
12.30pm	Senior women, U23 Woman, U19 Woman, Masters 1-2 Women, Masters Men 1-2
2.30pm	Senior, U19 Men

Para cycling medals will be determined by the application of 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.

21. TIME TRIAL INFORMATION

Friday 14 April – Time Trial

Age Category	Distance	Start time
U15 boys & girls	16km	First rider will start at 9.30am and riders will start at regular intervals in age groups
Masters woman (4-9)	16km	
Masters Men (6-10)	16km	
U17 boys & Girls	16km	
U19 Woman	16km	
T1 - T2 para men & woman	16km	Actual start times will be released in due course
H1 - H5 para men & woman	16km	
C1-C3 Para men & woman	16km	
C4-C5 Para woman	25km	
C1-C5 Para men	25km	
B/VI Para men & woman	25km	
Masters woman (1-3)	25km	
Masters men (1-5)	25km	
Senior/U23 woman	25km	
Under 19 Men	25km	
Senior/U23 Men	25km	

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 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.

Sign on

Sign on is NOT required for the Time Trial.

Technical Check

Riders are required to present to technical check with their bicycle approximately 10 minutes prior to their start time for their final technical check 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.

Start

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.

Start/Finish Line

The Start/Finish line for the Time Trial will be on Blue Cliffs Road.

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 whatsoever following or out on the course, other than those of the Commissaires or race officials. Sanctions may be imposed if non-authorised rider or supporter's vehicles are seen following riders or on the course.

Course Maps

25km course - https://nz.mapometer.com/cycling/route_5416851.html

16km course - https://nz.mapometer.com/cycling/route_5416850.html

The turnaround point for both courses will be marked with three cones, the third cone with a red flag. You turn after the third cone and before the marshall. Please note the U-Turn is not on the centre line of the road.

Picture of 16km turn around



Picture of the 25km turnaround



22. ROAD RACE INFORMATION

Road race Saturday 15 April

<u>Age Category</u>	<u>Distance</u>	<u>Laps</u>	<u>Provisional start time</u>
C1-5 men/woman	60.2km	2	8.10am
B/VI men/woman	60.2km	2	8.15am
U15 Boys	31.5km	1	8.35am
U15 Girls	31.5km	1	8.45am
U17 Boys	60.2km	2	9.05am
Masters Men 5	60.2km	2	9.20am
Masters Men 6	60.2km	2	9.35am
U17 Girls	60.2km	2	11.45am
Masters woman (3-4)	60.2km	2	11.55am
Masters woman (5-9)	60.2km	2	12.05pm
Masters men 10	31.5km	1	12.10pm
Masters men 3	89.7km	3	12.30pm
Masters men 4	89.7km	3	12.40pm
Masters men (7-9)	60.2km	2	12.45pm

Road Race Sunday 16 April

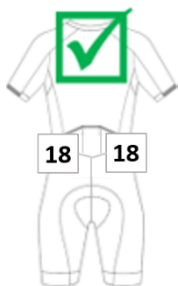
<u>Age Category</u>	<u>Distance</u>	<u>Laps</u>	<u>Provisional start time</u>
T1-2 men/woman	31km	1	8.00am
H1-H2 men/woman	31km	1	8.05am
U23/Senior Woman, Masters woman 1-2	89.7km	3	8.15am
U19 woman	89.7km	3	8.25am
Masters men 1	89.7km	3	8.50am
Masters men 2	89.7km	3	9.00am
U23/senior men	119.2km	4	10.00am
U19 men	119.2km	4	10.05am

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.



Sign on

'Sign on' by each individual rider prior to each road race is required. Sign on will be at the Race headquarters at the St Andrews School and will open 1 hour prior and will close 10 minutes prior to your category race start.

Technical Check

All race placings are provisional until the post-race check has been completed.

Start/Finish Line

The Start/Finish lines for the Road Race will be on Blue Cliffs road.

Neutralised start

There will be a neutralized start for the Road Race for up to 200m, until Commissaires determine it is safe to start the race.

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. Please do not park on the course.

Litter zone

Absolutely 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 on the false flat after the Cairds Road hill. If you wish to drop litter, it must be done in this zone. There will be signs to indicate the start and finish of the zone. This litter zone applies to all categories and races.

Feeding

Feeding of riders is only available for the Senior Men, under 23 men and U19 Men road races on Sunday (119km). This will take place within the Litter Zone which will be marked out by signs. Feeding is to be done from the left side of the road. No feeding will be allowed from vehicles during the race. Feeding from the feed zone will be open on laps two and three only.

There will be no feeding of riders in any of the other races. These riders need to be self-sufficient with their own food and drink from the start of the race.

Neutral Support

We would appreciate your support in providing neutral support for each race. Please email AGRN2023@gmail.com if you are able to help out by doing neutral support.

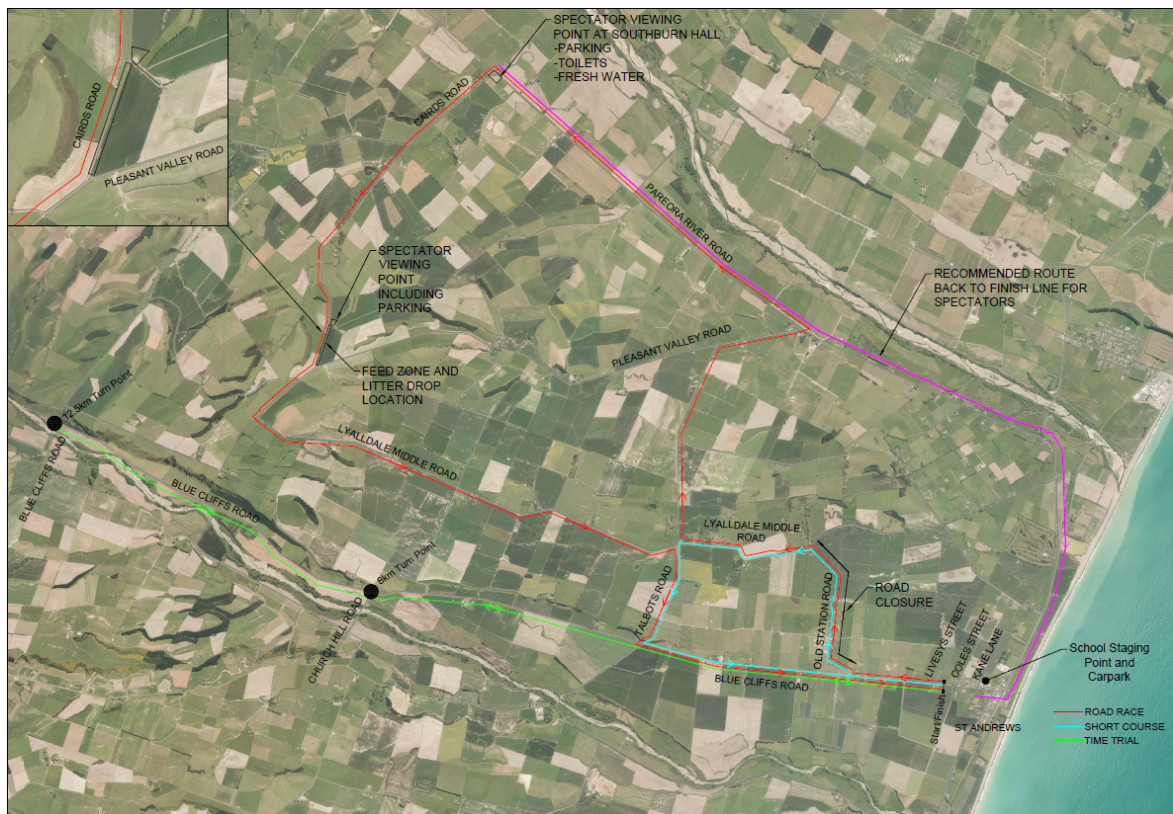
Spare Wheels may be left at the vehicle staging area at Race Head Quarters and must be placed there no later than 30 minutes prior to your event start time. Please ensure your race number is placed firmly on your wheels and identifying if your cassette is 10,11, or 12 speed. Wheels can be picked up from 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

Road Race course - https://nz.mapometer.com/cycling/route_5416849.html

Aerial view of course map including spectator viewing points, Recommended route back to finish line and litter & feed zone.



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