



ELITE ROAD NATIONAL CHAMPIONSHIPS

8-10 FEB 2024
TIMARU

TECHNICAL GUIDE



WELCOME

On behalf of the Cycling New Zealand RTX Council, I welcome you all to the 2024 Elite Road National Championships, in Timaru.

It will be exciting to have another opportunity to see New Zealand's top road cyclists racing for the coveted National Champion jersey on the scenic yet challenging roads around Timaru.

Thanks to the event organisers, the team of volunteers, officials and our Commissaires, all of whom are volunteering 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 exciting racing.

Erin Criglington

President, Cycling New Zealand Road Track and Cyclocross (RTX)

Tena Koutou Katoa, Kia ora and welcome, on behalf of Cycling New Zealand, our wider whanau, our partners, our sponsors, and the broader cycling community of Aotearoa. Welcome to you all to Timaru for the 2024 Elite Road National Championships. As the premier event on the road cycling calendar, it's great to have so many of our top cyclists representing their teams and Centres, here in Tokoroa. I'm sure there will be a lot of support for all riders and their support teams and personnel through the Tokoroa community and we are delighted that they are able to host this important event.

I'd also like to acknowledge and thank all the coaches, managers, race day commissaries, all the other support staff and all the volunteers who are giving up their time to support and contribute to this fantastic event. Thank you all, for your time and commitment to our sport, we appreciate it. To all the riders – good luck, I wish you all the best for the upcoming days and I know I speak for all when I say, we all look forward to watching some exciting racing!

Ngā mihi mahana,

Phil Holden

Chair, Cycling New Zealand Board

KEY CONTACTS

Events Director	Chris Christensen	027 414 2221
Events Manager	Steff Holcroft	027 855 7676
Race Manager	Amy Hollamby	027 653 3981
Traffic Manager	Colin Clifton	027 369 0309
Traffic Manager	Greg Smith	027 220 5544
President of the Commissaires Panel (PCP)	Erin Criglington	021 134 2294
Technical Delegate	Mike Sim	
Commissaires	Wayne Silby	
	Steve Hurring	
	Peter Murphy	
	Ken Lasenby	
	Ken Mason	
	Mark Darvill	
	Graeme Howes	

PROVISIONAL EVENT PROGRAMME

Date	What	Location	Time
Wednesday 7 February	Confirmation of Starters	Claremont Hall, 645 Claremont Rd, Timaru	5.00pm – 5.45pm
	Team Managers Meeting	Claremont Hall, 645 Claremont Rd, Timaru	6.00pm
Thursday 8 February	Time Trial	Claremont Hall, 645 Claremont Rd, Timaru	10.00am
Friday 9 February	U19 Men Road Race	Claremont Hall, 645 Claremont Rd, Timaru	9.00am
	U23 & Elite Women's Road Race	Claremont Hall, 645 Claremont Rd, Timaru	1.30pm
Saturday 10 February	U19 Women Road Race	Claremont Hall, 645 Claremont Rd, Timaru	8.00am
	U23 & Elite Men's Road Race	Claremont Hall, 645 Claremont Rd, Timaru	11.00am

HEALTH AND SAFETY

The safety of the riders, officials, volunteer and spectators are included in the event planning. This includes (but is not limited to) traffic management and event advisories to the local businesses and residents. While the event has planned for likely scenarios, health and safety is everyone's responsibility and 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 for yourself and those around you.

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

CONFIRMATION OF STARTERS AND REGISTRATION PACK PICK UP

This will be held **on Wednesday 7th February** from 5.00pm – 5.45pm, Claremont Hall, 645 Claremont Rd, Timaru.

The team manager (or representative) **only** must confirm the identity of the riders who will be starting to the commissaires' panel. They shall then collect their Club or Trade Team race packs. There will be no individual race number pick up permitted. The race pack will include all race numbers and timing transponders for their riders. It is the Team Managers (or representative) responsibility to distribute the individual race packs to their riders.

TEAM MANAGER'S MEETING

The Managers Meeting will be held **on Wednesday 7th February at 6.00pm**, Claremont Hall, 645 Claremont Rd, Timaru.

Each Club or team with riders entered are required to nominate a Team Manager. Team Managers must hold a 2024 Cycling New Zealand Licence. Team Managers must be registered by emailing events@cnz.kiwi with name, phone, email and licence number. Team Manager Details will be published on the website [here](#). This Manager (or a representative thereof) **must** attend the Managers Meeting. All announcements regarding the racing will be given at this meeting, along with any amendments to the programme or procedures. The Team Manager is the point of contact between the event (including commissaires and race manager) and the riders. It is vital that the Team Manager passes on all information to riders and the wider team.

A sign in sheet will be in place to confirm team attendance at the Managers Meeting and a roll call will be conducted.

ELIGIBILITY

All riders must be of NZL nationality as shown on their Cycling New Zealand Licence.

U19 Category is for riders aged between 17 to 18 as at 31 December 2024

U23 Category is for riders aged between 19 to 22 as at 31 December 2024

Elite Category is for riders aged 23 to 34 as at 31 December 2024

Riders older than 34 can opt to relinquish their Masters status for the entire 2024 licence year and then be eligible to compete in the Elite races. Contact events@cnz.kiwi for further information.

LICENCES

Every participant involved with the event needs to hold an annual **2024** Cycling New Zealand Licence and their Nationality must state NZL. Click [here](#) to renew your licence. Riders and support personnel (managers, mechanics, drivers etc.) must have their valid 2024 licence card with them, or have it readily available, at all times during the Championships. If the licence is still being processed, a receipt from CNZ, along with a form of photographic identification (e.g., drivers licence) must be brought to the race.

ANTI DOPING

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.

RACE NUMBERS / TIMING TRANSPONDERS

Each rider will receive two copies of a race number to be worn during the race.

Each rider will receive one timing transponder to use for both events. This must be attached to your fork. Timing transponders must be returned after your race (if you are only competing in the Time Trial please return this directly after your race). There is a fee of \$150+GST for any timing transponder not returned.

ROAD RACE SIGN-ON PROCEDURE

Each rider is required to sign on before race start. Sign On will be available 1 hour and 10 minutes before the race start and will close 10 minutes prior to race start. The signature sheet will be at the entrance of the Claremont Hall on each road race day. Sanctions will be imposed for any rider failing to sign on; a start may be refused.

WITHDRAWALS

Withdrawing prior to the race - There will be no refunds offered to any rider wishing to withdraw after entries close, however notification of your intention to withdrawn must still be received by the Commissaires Secretary by emailing events@cnz.kiwi or at the Confirmation of starters. Sanctions may be imposed if notification is not received.

Withdrawing during a race – the rider must advise the finish line Commissaire or another Commissaire as soon as possible and return their timing transponder to event HQ.

EVENT REGULATIONS

Racing will be conducted under [UCI Regulations](#) and [Cycling New Zealand Road & Track Regulations](#).

Sanctions: The UCI scale of penalties will apply. Any fines issued will be imposed on the Team or Club and are invoiced by CNZ post-event. The team manager or Club is responsible for the payment.

EQUIPMENT

Bicycles must conform to current [UCI Regulations](#) and [Cycling New Zealand Road & Track Regulations](#).

Technical Checks will be conducted prior to the start of the Time Trial. Bicycles and equipment may also be checked at any other time, for both the Time Trial and the Road Race. The rider is responsible for ensuring all their equipment is in conformity with the Regulations.

RIDERS APPAREL

Riders must wear their approved Club Colours – skinsuit/jerseys and shorts. Shorts may display sponsors that are detailed on the rider's racing licence. Riders may ride in their Centre Colours if they wish, provided they have clearance from their club to do so. After 2024, Centre Kit will no longer be acceptable to race in after two years grace.

Only members of a 2024 UCI international trade team or 2024 NZ registered trade team, as detailed on the respective UCI or CNZ websites, are permitted to wear their full approved team uniform.

A start may be refused for any incorrectly attired rider. Please contact events@cnz.kiwi with any questions regarding apparel.

TEAM VEHICLES

Team staff intending to follow a rider in the Time Trial, or Road Race, must register their vehicle by completing the online form [here](#) prior to **Saturday 3rd February**. Please note that spaces in the convoy are limited and teams may be asked to share a vehicle.

To be eligible for a Team vehicle in the convoy, there needs to be a minimum of 6 riders being supported. We encourage teams to combine, if required, to achieve this minimum number.

Team Vehicle/Drivers briefings: All team car drivers registered to drive in the convoy for the road race must be present for a drivers meeting at the **Race HQ 645 Claremont Hall**, at the times below.

Friday	TBC	U19 Men Road race
Friday	TBC	Elite/U23 Women's Road Race
Friday	TBC	U19 Women Road Race
Saturday	TBC	Elite/U23 Men's Road Race

Time Trial – Teams are permitted to support any of their riders. The number of the rider being supported must be displayed in the car front window. The TT rider's second race number can be used for this purpose. **Every car must have a flashing orange beacon, mounted on the left/passenger side of the car roof (to be supplied by Team / Club). Every car must have a standard PRS/UHF Radio which is to be supplied by the Team/Club.** Where a team has radio communication with their rider, this will need to be on a separate radio so that the Race radio is open for official communication for the duration of the race.

Road Race – The President of the Commissaires Panel will determine which teams will be in the race convoy and preference will be given to those supporting multiple riders/teams. The team (or teams) name must be displayed in the car window. **Every car must have a flashing orange beacon, mounted on the left/passenger side of the car roof (to be supplied by Team / Club). Every car must have a standard PRS/UHF Radio which is to be supplied by the Team/Club.** To achieve optimal communication throughout the race convoy, we recommend a **5 Watt** (or minimum 2 watt) radio.

As per UCI reg 2.2.032 - Except in time trials, all the vehicles accompanying the race are restricted to a maximum height of 1.66 m (not including roof bars). Windows on the vehicle must not be obscured.

The team vehicles must be clearly identified and contain at least two occupants. The driver and mechanic (and anyone else who is required to get out of the vehicle onto the road) must be wearing a hi-viz vest (this will not be supplied so bring your own). All people in the vehicle must hold a current CNZ licence (Driver must also have a full NZ Drivers Licence).

Safe driving is essential when supporting riders. In particular, extreme care shall be exercised where there are gatherings of spectators and reduced speeds will apply when travelling through the start/finish area or feed zones. **Posted speed limits may not be exceeded under any circumstances.**

SPECTATORS

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. If you do head to a viewing position on the circuit, ensure that you head out before racing commences and make sure your vehicles are parked well clear of the carriageway. Do not impede any business or residents in gaining access or departing their property. Be aware of the potential fire risk from hot exhausts on grass verges.

Details of specific spectator areas (if applicable) will be confirmed closer to the event date.

ROAD RACE NEUTRAL SERVICES

Spare Wheels may be left at the Neutral Service vehicle area, by the **Race HQ Claremont Hall**, and must be placed there no later than 45 minutes prior to your event start time. Please ensure your race number is placed firmly on your wheels and identifying the speed of cassette, and if disc brake, if it a quick release or through axle type. Wheels can be picked up from the same location at the completion of your race. Note these Neutral Service wheels are provided for neutral support only and are not for specific individual use. Neutral technical support will be there for the whole race and will be used if no team car present. All teams and centres are expected to contribute wheels to neutral service.

As there will be extra Team vehicles allowed to follow there will be reduced neutral vehicles.

There will be 1 only neutral for the U19 Men & Women and Elite Women. There will be 2 neutral vehicles for the Elite men.

MEDICAL

Medical Support will be present at each event venue for both days. Notify an event official in the case of medical attention being required.

The nearest medical centre is:

Timaru Medical Centre, 45 Heaton Street, Timaru, 03 684 8533

The nearest hospital including a 24 hour emergency clinic is:

Timaru Hospital, Queen Street, Timaru 03 6872100

In an Emergency call 111

MEDAL CEREMONY PROTOCOL

All riders shall, in accordance with their placing, participate in official ceremonies. Riders must wear their official racing attire. Street shoes will be permitted (no sandals, scuffs, crocs or jandals). No sunglasses or caps etc to be worn on the podium. Medal winners are required to wear their medals around their necks until they have moved away from the podium area and any official media photography/filmed interviews are completed.

1. Riders will be lead to the podium by officials and the riders will stand in front of the podium (not on the podium).

2. Each rider will be acknowledged by name and representing Club/Team.
3. Riders receive their medal.
4. Rider step onto podium.
5. Once the 1st place has been presented (National Champion jersey then medal) and stepped onto the podium a photo will be taken.
6. Riders leave the podium and return to the waiting area lead by officials.
7. All trophies presented are to be returned to Event Organisers before the end of the event.

See table below for Presentation Schedule. Presentation times are approximate but will be held as soon as possible after each race/set of races

Day/Time	Event	Presentation
Thursday		
TBC	2023 Elite & U23 Time Trial National Championships	All grades
Friday		
TBC	Emerging Talent Award 2023	U19 & Elite Women
	Junior Road Rider of the Year Award 2023	U19 Men
	Elite Road Rider of the Year Award 2023	Elite Women
	U19 Road Race National Championships	U19 Men
	Elite & U23 Road Race National Championships	U23 & Elite Women
Saturday		
TBC	Junior Road Rider of the Year Award 2023	U19 Women
	U19 Women Road Race National Championships	U19 Women
TBC	Emerging Talent Award 2023	Elite Men
	Elite Road Rider of the Year Award 2023	Elite Men
	Elite & U23 Road Race National Championships	U23 & Elite Men

NATIONAL CHAMPIONS TITLE AND JERSEYS

Time Trial

All results are submitted to the UCI as separate races, with riders receiving UCI allocated points based on their race classification in each category.

There will be national jerseys awarded to the first placed U19, U23 and Elite rider in the Time Trial. Top 3 medals will be presented to both categories in each gender.

Road Race

As the Elite & U23 Road Race events are combined, results are submitted to the UCI as one race, with riders receiving UCI allocated points based on their race classification in each race.

There is only one NZ National Champion (men and women), the winner of the combined race.

If an Elite rider wins the combined race, they will be awarded the NZ National Champions jersey, and the first placed U23 is awarded a NZ U23 Champion Jersey, which they may only wear at U23-only events.

If an U23 rider wins the combined race, they will be awarded the NZ National Champions jersey. The first placed Elite rider does NOT receive a Jersey. Top 3 medals will be presented to both categories.

The first placed U19 rider in the male and female races will be awarded the national jersey.

RESPECT FOR THE ENVIRONMENT

Waste Zones will be established before and after Feeding Zones. All riders must deposit their waste and empty bins either at those locations, or to their team vehicles/neutral service.

No waste of any description is to be discarded from vehicles.

Please note: Sanctions can be imposed on breaches of this regulation. The penalty is applied to the team if the licence holder cannot be specifically identified. During training, please ensure that you take responsibility for your own rubbish and discard it responsibly.

GENERAL

We do also ask that whether you are racing, 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 about the championships or the procedures and rules we will be following, we encourage you to contact the President of the Commissaires Panel (Technical matters) or the Events Manager well prior to your arrival to the South Canterbury.

SOCIAL MEDIA

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

Event Facebook	https://www.facebook.com/CyclingNZL
Instagram	https://www.instagram.com/cyclingnewzealand
Twitter	https://twitter.com/CyclingNZL
Website	https://www.eliteroadnationals.nz
Event Hashtag	#EliteRoads

START FINISH AREA



Parking Zones: TBC

Convoy Area: TBC

Spectator Zones: TBC

TIME TRIAL INFORMATION

Location: Claremont Hall, 645 Claremont Road, Timaru

Date: Thursday 8 February 2024

Start Time: The first rider will start at 10.00am. Riders will start at 1 minute intervals and there will be a gap between the various grades. Start times will be published after entries close.

The Roads are OPEN. There is Traffic Management in place at key intersections however **the roads are OPEN** and riders should expect and anticipate public and officials vehicles on the course at all times in both directions. Riders will be **required to stay on the left** of the road and as far left as responsibly practicable. At all intersections you must take the correct side of any cones.

Important safety note:

There are two one lane bridges on the time trial course. Riders will cross these on the way out at 7km and 9.5km on the way out and also on the way back at 14.5km at 17km for U19s and women and 27.5km and 30.1km for elite men

The bridges are narrow however there is room for two cyclists to pass each other however it is important riders stay as far left as possible so as to not impede any rider coming in the other direction.

Support vehicles must give way to all cyclists and oncoming traffic.

Age Category	Distance	Start Time
U19 Men	24.4km	10.00am
U19 Women	24.4km	TBC following 10.00am start
U23 Women	24.4km	TBC following 10.00am start
Elite Women	24.4km	TBC following 10.00am start
U23 Men	37.4km	TBC following 10.00am start
Elite Men	37.4km	TBC following 10.00am start

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



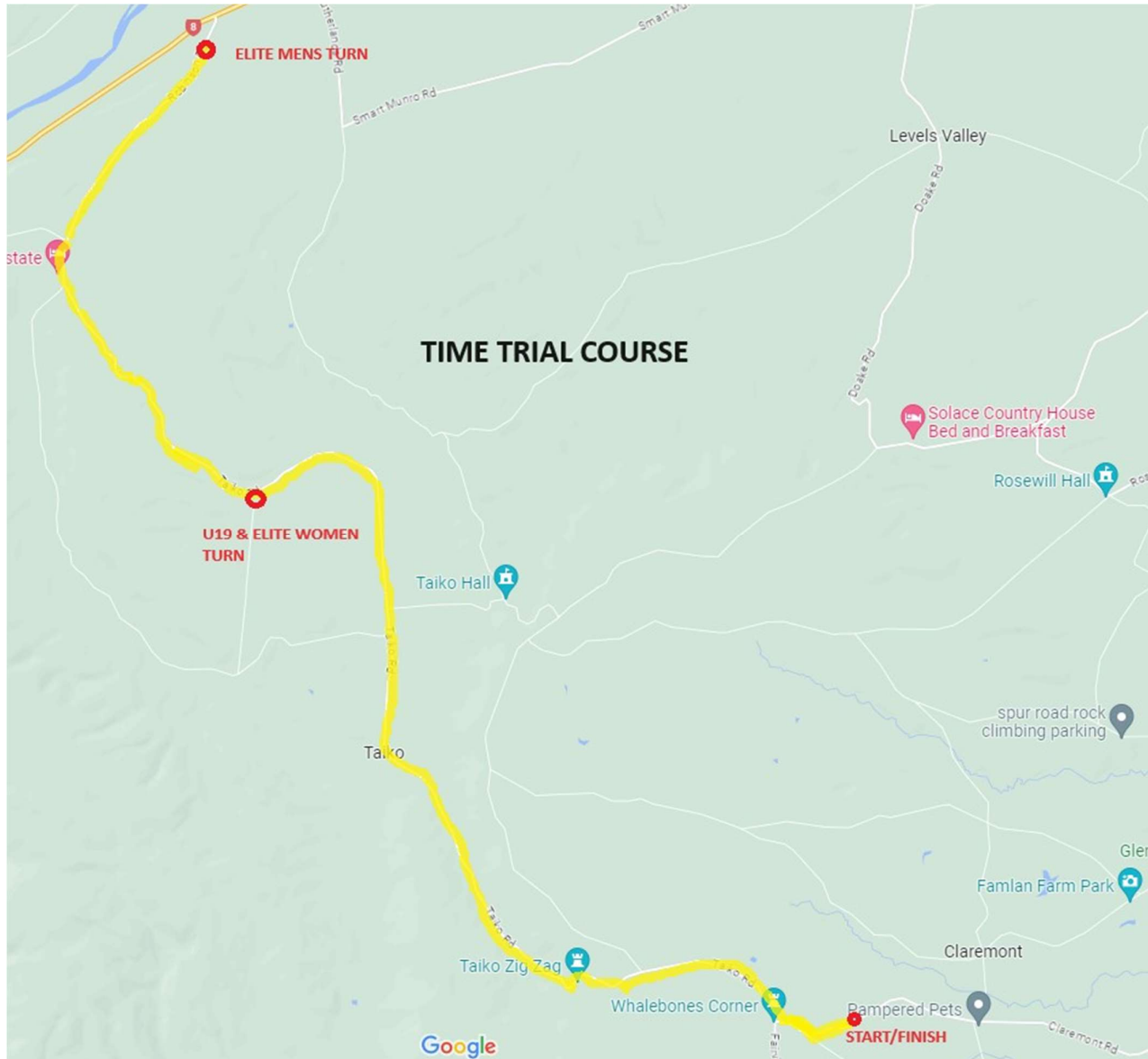
Technical checks: Riders are to present ready to start to the start area with their bicycle 10 minutes prior to their start time for final technical checks, otherwise a start may be refused. A Technical Check area will be open approximately 1 hour prior to the first rider starting, for riders wishing to have a pre-check carried out. Note that Race checks will take priority over pre checks.

Start line: Riders will be held in the start box but not restrained. Accordingly, riders who break the start will incur a time penalty. A start ramp will **not** be used.

On the course: Only riders who are in competition are to be on the time trial course. Warm ups are not permitted on the course. Warm up area for rollers and stationary trainers will be within the car parking area, this is the preferred method of warmup due to the nature of the time trial course.

Medal Presentations: Medal presentations will take place for all categories at the conclusion of the Elite Men's race.

Time Trial Course Map:



Time Trial Course Descriptions:

U19 Women, U19 Men, U23 Women & Elite Women

START Claremont Hall, 645 Claremont Road, Timaru
1.0km Veer right onto Taiko Road

3.3km	Taiko Zig Zag descent
7.0km	One lane bridge – stay left
9.5km	One lane bridge – stay left
10.0km	Stay left on Taiko Road
12.0km	U-turn at intersection with McLeod Road
13.2km	Veer right on Taiko Road
14.5km	One lane bridge stay left
16.9km	Left on Taiko Road
17.0km	One lane bridge stay left
23.0km	left onto Claremont Road
24.4km	Finish

Elite Men

START	Claremont Hall, 645 Claremont Road
START	Claremont Hall, 645 Claremont Road, Timaru
1.0km	Veer right onto Taiko Road
3.3km	Taiko Zig Zag descent
7.0km	One lane bridge – stay left
9.5km	One lane bridge – stay left
10.0km	Stay left on Taiko Road
16.0km	Straight ahead onto Robinson Road
18.7km	U-turn on Robinson Road
21.4km	Straight ahead onto Taiko Road
26.7km	Veer right on Taiko Road
27.5km	One lane bridge keep left
30.0km	Left on Taiko Road
30.1km	One lane bridge stay left
36.3km	Left onto Claremont Road
37.4km	Finish at Claremont Hall

FRIDAY ROAD RACE - INFORMATION

Location: Claremont Hall, 645 Claremont Road, Timaru

Date: Friday 9 February 2024

The Roads are OPEN. There is Traffic Management in place to support a rolling road block* however the roads should be considered OPEN and riders should expect and anticipate public and officials vehicles on the course at all times in both directions and make responsible decisions and stay on the left side of the road. **If a rider falls outside of the main convoy (behind the commissaire car) then they will be outside of the rolling block and full road rules will apply and cyclists will have to give way to any traffic.**

*A 'rolling road block' is where there is additional traffic management to actively manage oncoming traffic however riders and drivers in the convoy should be aware that at any time there may still be cars on the course and they should keep to the left.

Age Category	Start Time	Number of Laps	Distance
U19 Men	9.00am	5	122.5km
U23 Women	1.30pm	5	122.5km
Elite Women	1.30pm	5	122.5km

SATURDAY ROAD RACE - INFORMATION

Location: Claremont Hall, 645 Claremont Road, Timaru

Date: Saturday 10 February 2024

The Roads are OPEN. There is Traffic Management in place to support a rolling road block* however the roads should be considered OPEN and riders should expect and anticipate public and officials vehicles on the course at all times in both directions and make responsible decisions and stay on the left side of the road. **If a rider falls outside of the main convoy (behind the commissaire car) then they will be outside of the rolling block and full road rules will apply and cyclists will have to give way to any traffic.**

*A 'rolling road block' is where there is additional traffic management to actively manage oncoming traffic however riders and drivers in the convoy should be aware that at any time there may still be cars on the course and they should keep to the left.

Age Category	Start Time	Number of Laps	Distance
U19 Women	8.00am	3	73.5km
U23 Men	11.00am	8	196km
Elite Men	11.00am	8	196km

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



Team Vehicle Support: Refer to Team Vehicle Section.

Neutral service: Wheels will be required from teams to support the races. Please identify your wheels with the riders' number on cardboard and give these to the neutral wheel vehicles well before the race start. 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.

On the course: Only riders who are in competition are to be on the race circuit. Supporters and any unauthorised vehicles are not to follow riders or interfere with the official race convoy.

Feed Zones:

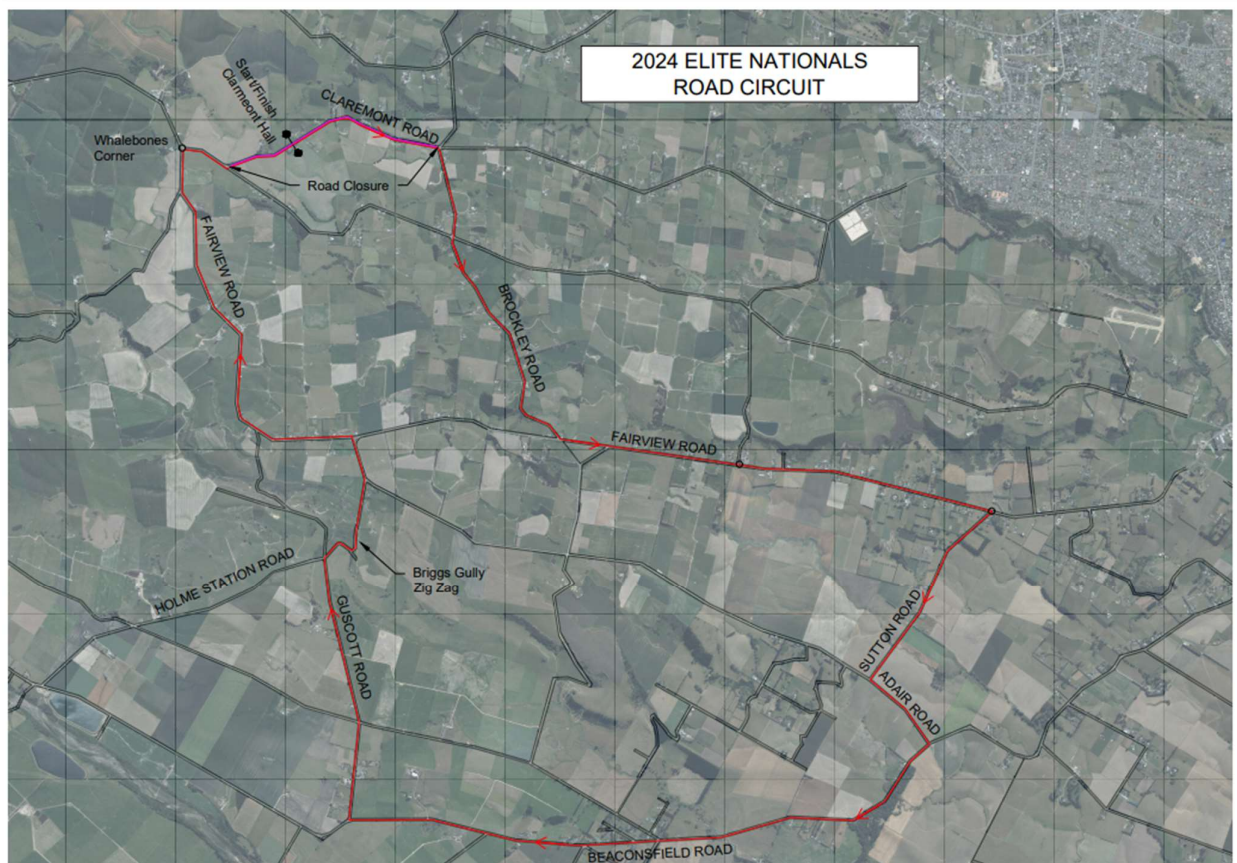
Feeding will only be conducted from the designated feed zone by team managers and their accredited assistants on the laps specified at the Managers Meeting.

Feeding will also be possible from Team vehicles.

Feed zones are to be confirmed.

Feeding will be conducted in accordance with UCI rules 2.3.025, 2.3.026 and 2.3.027

Road Race Course Maps



Road Race Course Description:

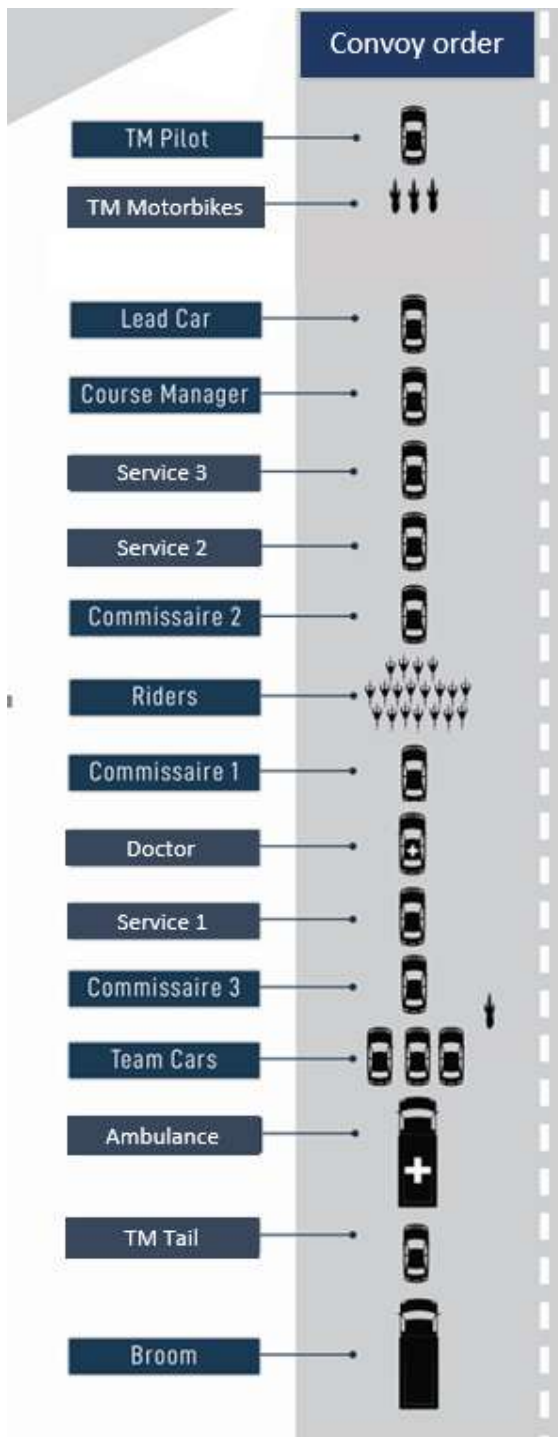
START	Claremont Hall, 645 Claremont Road, Timaru
1.3km	Right onto Brockley Road
2.2km	Straight through still on Brockley Road
4.3km	Left onto Fairview Road
8.10km	Right onto Sutton Road
10.0km	Left onto Adair Road
10.8km	Right onto Beaconsfield Road
16.1km	Right onto Guscott Road
18.5km	Right onto Holme Station Road
19.8km	Left onto Fairview Road
23.4km	Right onto Claremont Road
23.9km	Veer left on Claremont Road
24.5km	Finish lap

Road Race Convoy

Please see appendix 1 below.

*Road Race Convoy order amendments will be confirmed at the Team Manager's Meeting.

Appendix 1: Road Race Convoy Order



* Road Race Convoy order amendments will be confirmed at the Team Manager's Meeting.