



ELITE & U23 ROAD NATIONAL CHAMPIONSHIPS



CYCLING
NEW ZEALAND

PRINCIPAL PARTNER
APL
WINDOW SOLUTIONS

14-16
FEBRUARY
2020

CAMBRIDGE



TECHNICAL GUIDE

PART OF





WELCOME

On behalf of the Cycling New Zealand Road and Track Council, I offer you all a warm welcome to the 2020 Vantage Elite & U23 Road National Championships in Cambridge.

We are delighted to see strong participation from around the country representing their Centres and trade teams and supporting the new date and new venue.

We extend our thanks to the event organisers, The Ride Festival for including this event in their festival which is sure to provide a showcase of elite and participation cycling across the weekend.

A special thanks to the team of volunteers supporting the organisation and to our Commissaires, all of whom are 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 scene 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, our board and sponsors we welcome you all to Cambridge for the Vantage Elite & U23 Road National Championships.

This event is the premier event on the road cycling calendar and it's great to see so many of our top cyclists representing their teams and Centres.

We thank the riders who shown strong support for the change in date and to our new host venue here in Waipa and to those of you who have committed to the national championships. We know that the national jersey will be strongly contested and we look forward to watching the exciting racing.

We acknowledge the part that the coaches, managers and other support staff will play in assisting the riders this week and thank them for their time and commitment to the sport.

We thank Ride Festival for organising this event, and our valued partner; Vantage Windows & Doors for their support.

Special thanks to the volunteers and the Cycling New Zealand Commissaires who play a fundamental role in supporting the integrity of our sport and ensure safe and fair racing.

To all the riders – we wish you all the best for the upcoming days.

Jacques Landry

CEO, Cycling New Zealand



KEY CONTACTS

Cycling New Zealand Events Manager	Charlotte Pearson	021 292 0563
Event Manager	Nathan Cox	021 063 1777
Race Manager	Stephen Cox	027 4925 672
Chief Commissaire (PCP)	Stephen Holdsworth	021 394 849
Technical Delegate	Mark Ireland	
Commissaire's Secretary	Graeme Bell	
Chief Judge / Timekeeper	Heather Smyth	
Assistant Commissaires	Erin Criglington	
	Jan Carol	
	Lisa Landers	
	Mary Ingle	
	Olivia Spaans	
	Wayne Fenn	
	Mike Sim	
	Ray Sheath	
	Pam Coe	
	Penny Gough	
	Brendan Patterson	
	Russell Mudgway	
	Mark Fleming	
	Steve Elden-Gray	
	Steve Hurring	

EVENT PROGRAMME

Date	What	Location	Time
Thursday - 13 th February	Confirmation of Starters	Avanti Room 1 – Avantidrome	5.00pm – 6.00pm
	Team Managers Meeting	Avanti Room 1 – Avantidrome	6.00pm
Friday – 14 th February	Vantage Elite Time Trial	Podium Lodge – Peake Road Cambridge	10.00am -
Sunday – 16 th February	Vantage Elite Women's Road Race	Victoria Square - Cambridge	8.00am
	Vantage Elite Mens Road Race	Victoria Square - Cambridge	9.30am

EVENT SUPPORTERS

We would like to extend our thanks to the event supporters whom without their support the event would not be possible; naming partner, Vantage Windows & Doors and event organisers, The Ride Festival and their key sponsors including Grassroot Trust, Waipa District Council and Three Peaks Honey.



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.

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.

If you have any questions or concerns regarding Health and Safety please report to the President of the Commissaires Panel or to the Race Manager.

REGISTRATION PACK PICK UP AND CONFIRMATION OF STARTERS

This will be held at **Avantidrome (15 Hanlin Road, Cambridge) on Thursday 13th February** from 5.00pm – 6.00pm. The Managers Meeting will follow on from this at 6.00pm. Team Managers (or representative thereof) **only** shall collect their Centre 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 thereof) responsibility to distribute the individual race packs to their riders. **Please note Team Managers are required to present a physical licence, a photo of the licence or proof of licencing for all their riders.** Find out who your team manager is [here](#).

TEAM MANAGER'S MEETING

Each Centre or team with riders entered are required to nominate a Team Manager. 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 greater team.

The Managers Meeting will be held at the **Avantidrome (15 Hanlin Rd, Cambridge) on Thursday 13th February at 6.00pm.**

You can check who your Team Manager is here. If you have not yet appointed your Team Manager, please send name and contact phone and email details through to events@cyclingnewzealand.nz as soon as possible. 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.

U23 Category is for riders aged between 19 and 22 as at 31 December 2020.

Elite Category is for riders aged 23 to 34 as at 31 December 2020.

Riders older than 34 can opt to relinquish their Masters status for the entire 2020 licence year and then be eligible to compete in the Elite races. Contact events@cyclingnewzealand.nz for further information.



LICENSES

Every person involved with the event needs to hold a **2020** Cycling New Zealand Licence. Click [here](#) to renew your license.

Riders and support personnel (managers, mechanics, drivers etc.) must have their valid **2020 licence card** with them, or have it readily available, at all times during the Championships (including presentation at Confirmation of starters via the team manager). If the licence is still being processed, a receipt from Cycling New Zealand, 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 and have TUE's must have these available ready to be presented.

RACE NUMBERS

Each rider will receive two copies of a unique number to be worn during both events and a frame number.

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

Road Race - Two numbers must be worn on the jersey, one on the lower pocket area, the other on the left flank. Frame numbers are to be affixed behind the seat post.

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 and will be available 1 hour 10 minutes prior to your category race start (closing 10 minutes prior to race start). Sign on will be on the stage near the start/finish on each day on the road race day. Sign on is not required for the Time Trial.

*What is Sign on? Sign on is the act of each rider signing only their own name prior to their race to notify the event officials that they are intending to race that event. It is the individual responsibility of each rider to sign on in the specified times. If you do not sign on, then your start may be refused.

WITHDRAWALS

Withdrawing prior to the race - There are no refunds available for any rider wishing to withdraw from this point, however notification of your intention to withdraw must still be received by the Commissaires Secretary by emailing events@cyclingtonewzealand.nz or at the Confirmation of starters. Sanctions may be imposed if notification is not received.

Withdrawing during a race – rider must remove their race numbers and advise the finish line Commissaire or other Commissaire as soon as possible.



RULES

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

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 riding their bike. Riders must keep to the left of the road and must not cross a marked centre line at any time.

Sanctions: The UCI scale of penalties will apply.

Any fines issued are on the Team and are payable by the Team Manager to the Commissaires Secretary at the event or the Centres or Trade Team will be invoiced post event.

EQUIPMENT

Bicycles must conform with current UCI and Cycling New Zealand Regulations, along with appropriate NZTA requirements.

Technical Checks will be conducted prior to the start of the Time Trial, but bikes 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 Centre jerseys and shorts. Shorts may display sponsors that are detailed on the rider's racing licence profile.

Members of a 2020 UCI international trade team or 2020 NZ registered trade team are permitted to wear their full approved team uniform.

A start may be refused for any incorrectly attired rider. Please contact events@cyclingnewzealand.nz with any questions regarding kit.

TEAM VEHICLES

If you are wishing to follow a rider in the Time Trial, or Road Race, you must register your vehicle in advance by emailing events@cyclingnewzealand.nz. Please note that spaces in the convoy are limited and teams may be asked to share a vehicle.

All team car drivers registered to drive in the convoy for the road race must be present for a drivers meeting on Sunday morning at the Cricket Pavilion on Victoria Square at the times below:

Women's Road Race: 7.15am

Men's Road Race: 8.45am

Time Trial – Teams are permitted to support any of their Time Trial riders. The number of the rider being supported must be displayed in both the front and rear car windows. **Every car must have a flashing orange beacon, mounted on the left/passenger side of the car roof and must have UHF radio communication with the event (both to be supplied by Team / Centre).** The radio channel to be used will be advised at the Managers Meeting.



Road Race – Team car positions in the road race convoy will be limited and will be for the rural part of the race circuit only. Only neutral support will be permitted in the town circuit. The PCP 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 / Centre). Every car must have a Radio which will be supplied by the event and allocated at the drivers meeting on Sunday morning.**

A Vehicle may be a maximum of 1.66m high. Vehicle must comply with UCI 2.2.032. All vehicles must have signage per UCI 2.2.031

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. All people in the vehicle must hold a current Cycling New Zealand 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.

NEUTRAL SERVICES

Neutral service **only** will be available in the town circuit so your support is needed to provide neutral spare wheels for each race. Spare Wheels may be left at the Neutral Service vehicle area 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 is it a quick release or through axel. 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 and will be the only source of support when the race gets to the town circuit.

MEDICAL

Medical Support will be present at each event venue for both days and a race doctor will be in the convoy for the Road Race. Notify an event official in the case of medical attention being required.

The nearest medical centre is:

Cambridge Medical Centre

48 Alpha Street, Cambridge, (07) 827 7184

The nearest hospital is:

Waikato Hospital

Pembroke Street, Hamilton, (07) 839 8899

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 podium).
2. Each rider will be acknowledged by name and representing Centre/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. Riders are required to leave their medal on until they return to the waiting area.
8. **All trophies presented are to be returned to Event Organisers before the end of the event.**

NATIONAL CHAMPIONS TITLE AND JERSEYS

Time Trial

As the Time Trial events (men and women) are separate Elite & U23 races, the results go to the UCI as two race, with the place getters getting UCI points allocated based on race finish position in each category.

There will be two national jerseys awarded, to both the top place Elite rider and the top placed U23 rider. Top 3 medals will be presented to both categories.

Road Race

As the Road Race events (men and women) are combined Elite & U23 races, the results go to the UCI as one race, with the placegetters getting UCI points allocated based on race finish position.

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 wear at U23 only events.

If a 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.



GENERAL

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 and do not impend any business or residents to gaining access or departing their property.

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.

During training or racing ensure that you discard no rubbish.

If you have any questions about the championships or the procedures and rules we will be following, we would encourage you to contact the President of the Commissaires Panel or the Race Manager well prior to your (departure for) or arrival in Cambridge.

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
Key Partners	@VantageWindowsNZ
	@ridenz.bike
Event Hashtag	#eliteroads



TIME TRIAL INFORMATION

Location: Podium Lodge, Peake Road. Cambridge

Date: Friday 14 February 2020

Age Category	Distance	Start Time
U23 Women	19.5km	10.00am
Elite Women	19.5km	
U23 Men	38.5km	11.20am
Elite Men	38.5km	

Please note these times are subject to change depending on entries. 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.

Race numbers – one required, centrally placed on the lower back. NO frame number required.

Riders will be held in the start box but not restrained. Accordingly, riders who break the start will incur a time penalty. Please note, a start ramp will be used.

Only riders who are in competition are to be on the time trial course. Warm ups are not permitted on the course.

A winner's hot seat will be located at the finish line for the leading rider(s) throughout the day. Please note it is compulsory for all leader riders to sit in this chair when directed.

All medal presentations will take place at the conclusion of the Elite Men's race.

Course description.

The start and finish area is at The Podium Lodge, Peake Road, Cambridge.

Please enter Peake Road from Cambridge Road (Avantidrome end). See map for details.

The course will be an out and back for both men and women, this means at all times riders will be required to stay on the left hand side of the road, and at all intersection you must take the correct side of any cones, or concrete traffic islands. It is a flat course.

Roads are open at all times.

Women's course is 19.5km and the Men's 38.5km.

Riders will start at 2minute intervals and there will be a gap between the women and men.

Please take care around the start finish area at all times. Take care whenever you need to cross the road. Please ensure that the roadway is kept clear at all times, do not create undue congestion.



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TT Course Women.

From the start you will travel straight ahead through two intersections before a TURN LEFT into Pickering Road, continue along here until the roundabout, turn here and head back over the same road to the finish. Please make sure at all times you are on the left hand side of the road.





TT Course Men.

From the start you will travel straight ahead through two intersections before a TURN LEFT into Pickering Road, continue along here, at the roundabout go straight ahead and soon after TURN RIGHT, onto Tamahere Drive, then you have a LEFT TURN into Day Road, followed 1.4km later another LEFT TURN into Pencarrow Road, follow this until you TURN RIGHT into Hooker Road, continue until you do the U TURN after 19.2km. (Take care at the turn). You then follow the same route back to the finish. Again make sure you stay left at all times and go on the correct side of any road cones, concrete traffic island.

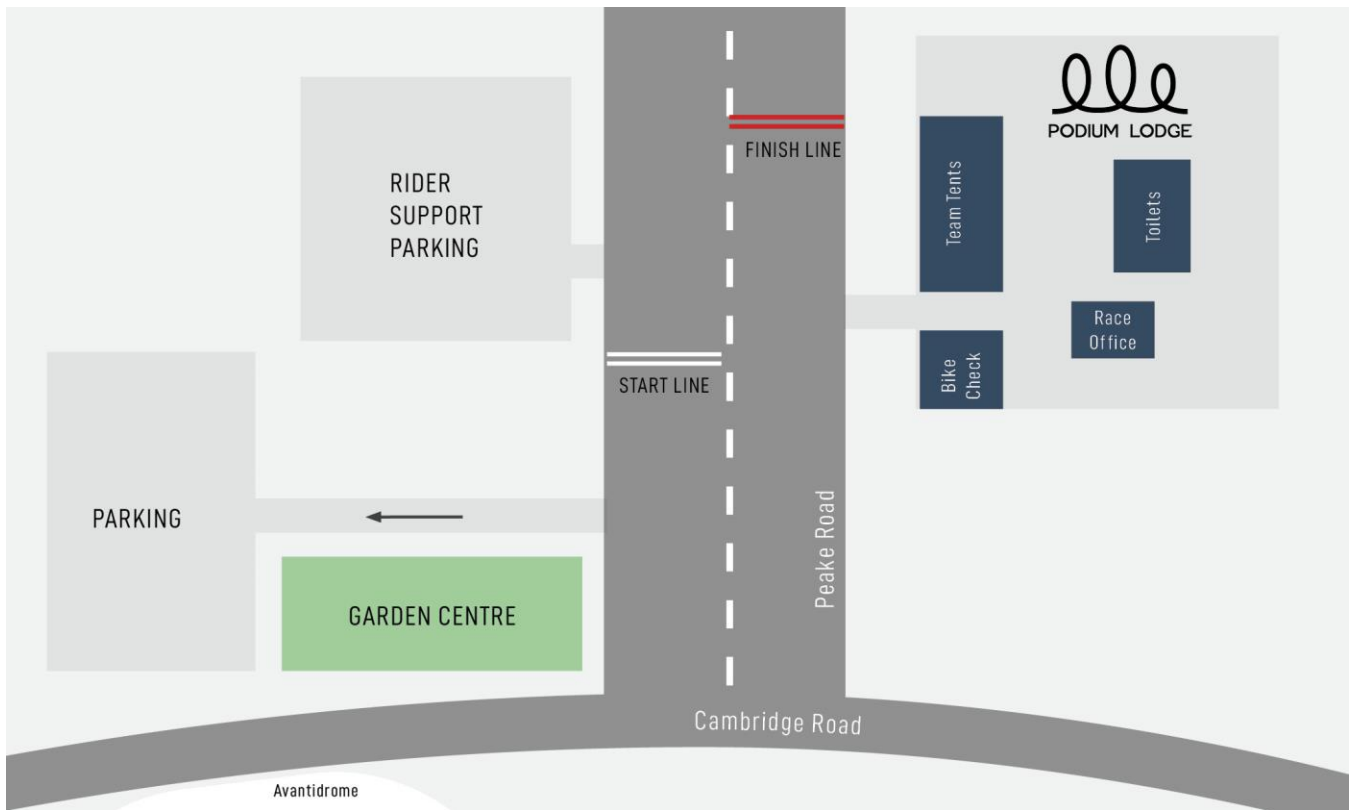




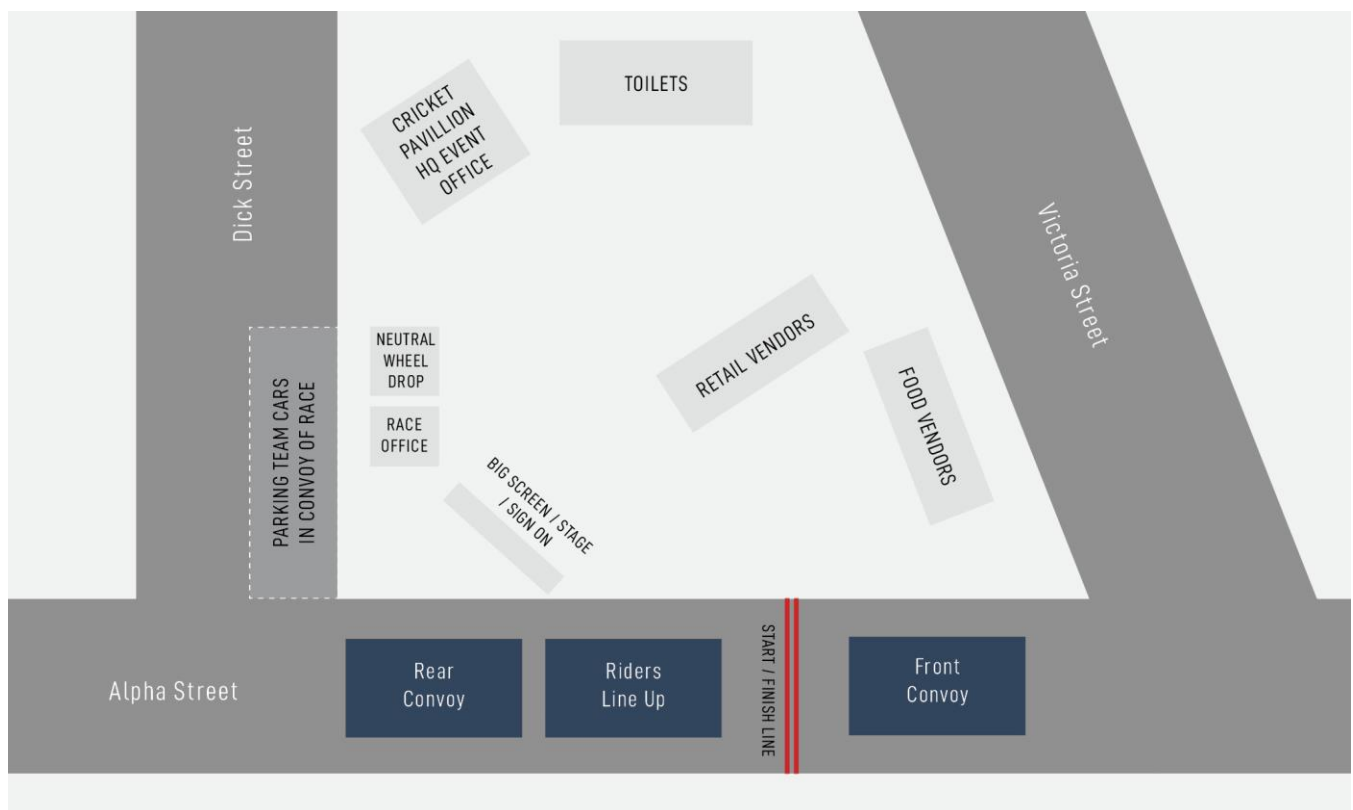
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Time Trial Start/Finish Map



Road Race Start/Finish Map





ROAD RACE - INFORMATION

Location: Victoria Square, Cambridge

Date: Sunday 16 February 2020

Age Category	Distance (including 4km neutralised)	Start Time
U23 Women	108km	8.00am
Elite Women	108km	8.00am
U23 Men	174km	9.30am
Elite Men	174km	9.30am

Race Numbers: Two numbers must be worn on the jersey, one on the lower pocket area, the other horizontally on the left flank. Frame numbers are to be affixed behind the seat post. Numbers are not to be altered or folded in any way.

On Road Team Vehicle Support – Refer to Team Vehicle Section.

Neutral service vehicles in the form of cars will also be provided. 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.

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.

Course description:

The start and finish of both road races is right in the town CBD on Alpha Street, the overall course is made up of a large rural circuit and then followed by a number of laps of the town circuit.

The race will commence with a 4km neutralised section taking riders from the start line out to St Kilda Road. The first climb (Te Miro), of the day starts after some 13km of flat, this is pretty fast climb and you will be over it before you even know. Once past the Te Miro School (at the top of the climb) the next 26km is fast narrow undulating roads, until you hit Victoria Road (45km), then the next 10km flat section leads you into the main climb of the day Maungakawa. The climb is just over 3.7km and takes you up 328m at an average of 7.8%. However you will know when you hit the steeper sections.

Once over the top with some 60km completed there is a fast downhill section. You need to take care on some of these corners as they prove to be much sharper than they first look.

At 64km you TURN RIGHT into Brunskill Road, this is narrow, undulating and fast at times, however a couple of the "UPS" may be a little harder than expected. The fun part of the circuit. At 73km you again make another TURN RIGHT into French Pass Road, a quick drop down before another wee rise to challenge some of you. Once over the top a very fast decent, however extra care is required for sharp corners as you drop down into "The Gully", then it is a short steep climb out of the gully and onto the flat.

At 82km the Women's race will head back to the Town Circuit to complete their race, while the Men's Race will make a RIGHT TURN back into Maungakawa Road and start a second lap of this section of the



course. By the time you arrive back at this spot you will have completed 110km, now the men head back to the Town Circuit.

A short 4.5km of flat road from Maungakawa Rd to Vogel Street where the Town Circuit starts. It is just over 2km from the start of Vogel Street, to the start/finish line, where the Women will complete 2 more laps and the Men will complete 6 full laps. Note the complete 9.5km of the Town Circuit is flat.

Care will be required on the Town Circuit as at times riders will be travelling in both directions and obviously in town there is an increase in other vehicles on the road.

Please note you are on open roads.

Riders who do not keep pace with the front of the race will be “actively managed” in order to ensure the front of the race is unhindered

FEED ZONES:

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

- 1; after 50km, Goodwood School, Fencourt Road. Both for Men and Women
- 2: after 82km, at the Maungakawa Road intersection. Both for Men and Women,
3. after 110km (end 2nd lap) at the Maungakawa Road intersection. Men only.
4. Town Circuit, on Bryce Street, between Alpha and Queen Streets. Men only.

Note: Women, no feeding after 82km zone.

Note: Men no feeding on the last 2 laps of the Town Circuit.

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



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ELITE WOMEN'S COURSE

KEY

- RACE COURSE
- NON-COURSE ROADS
- TOWN CIRCUIT
- NEUTRALIZED START SECTION
- DIRECTION OF COURSE
- | QOM

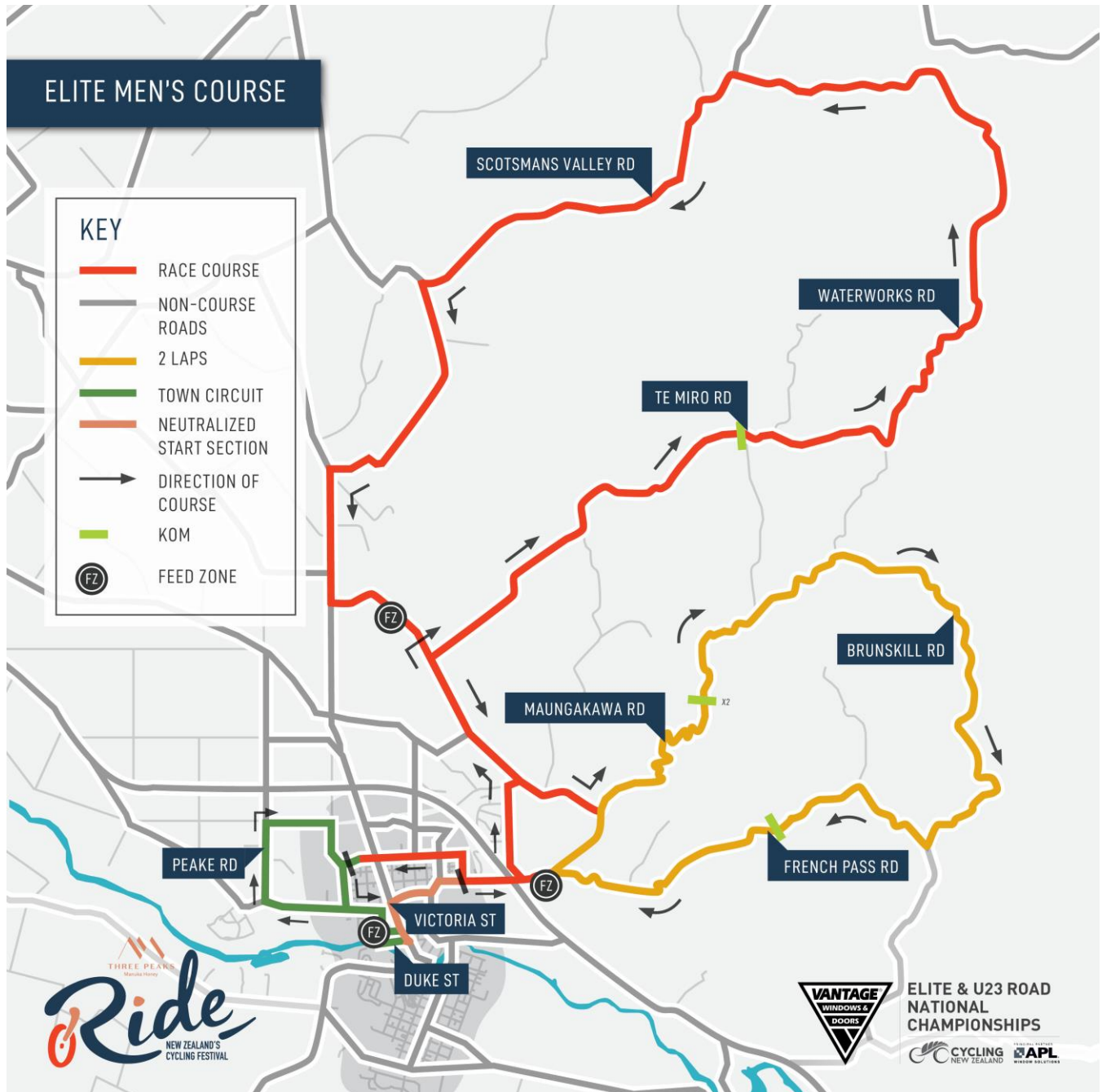


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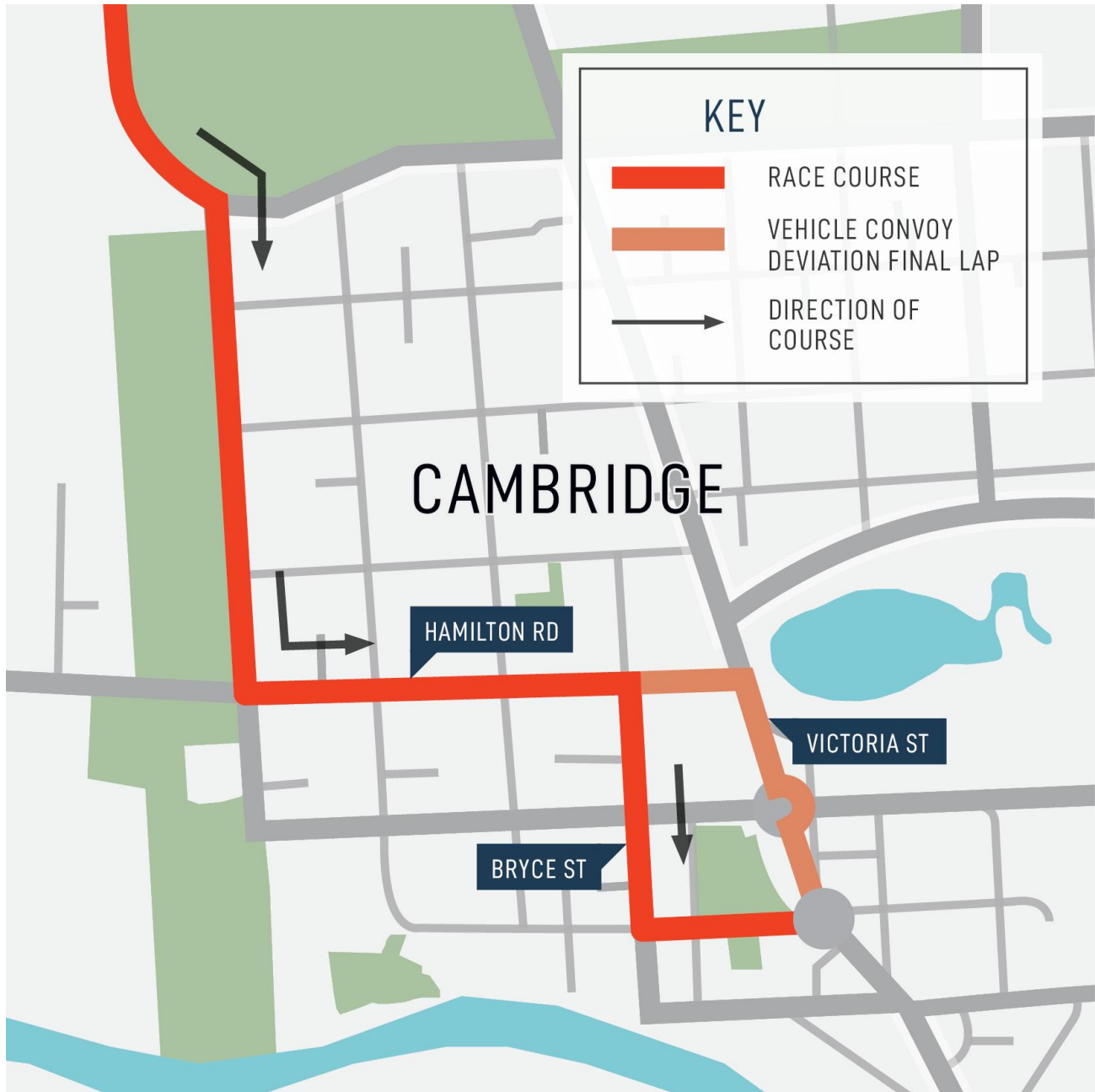


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Final Lap – Vehicle Convoy Deviation





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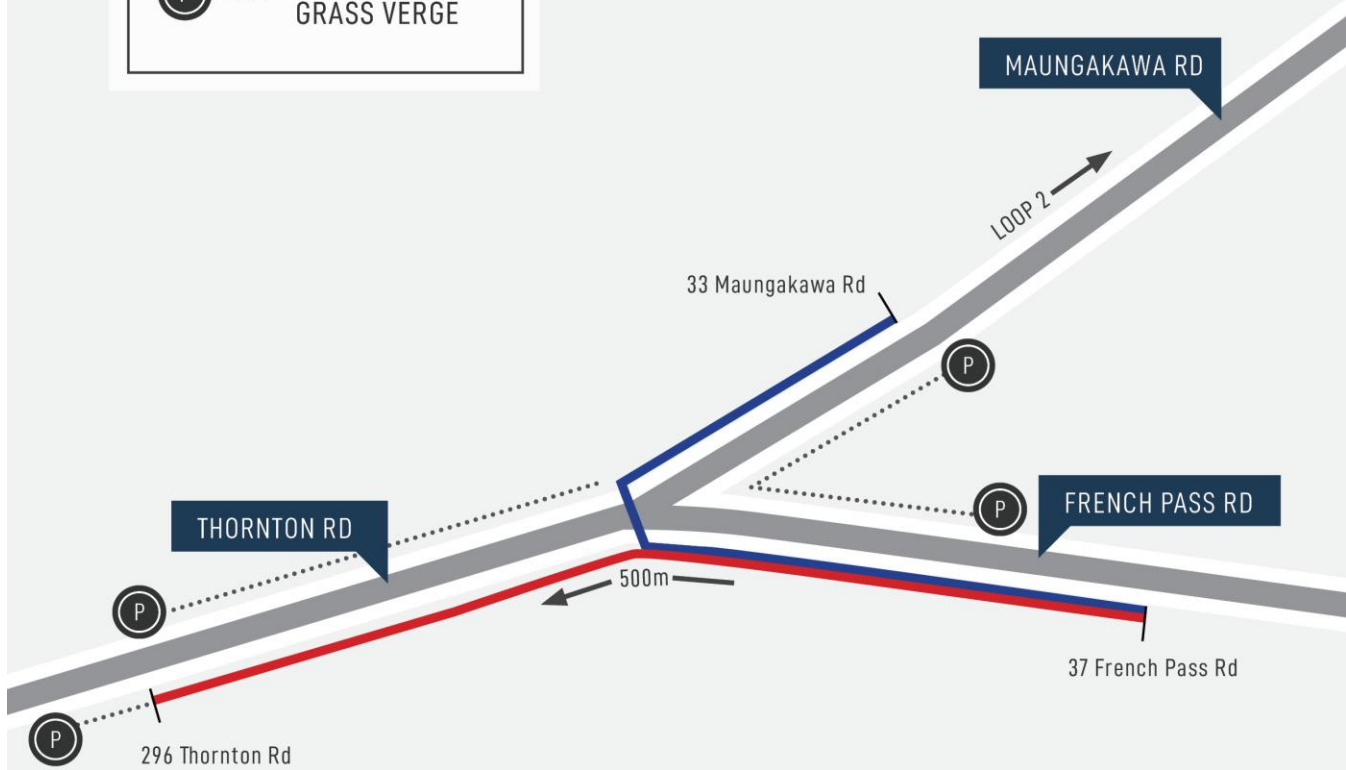
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KEY

-  FEED ZONE
-  FEED ZONE MEN ONLY
-  PARKING ON GRASS VERGE

FEED ZONE 2 Elite Men & Women





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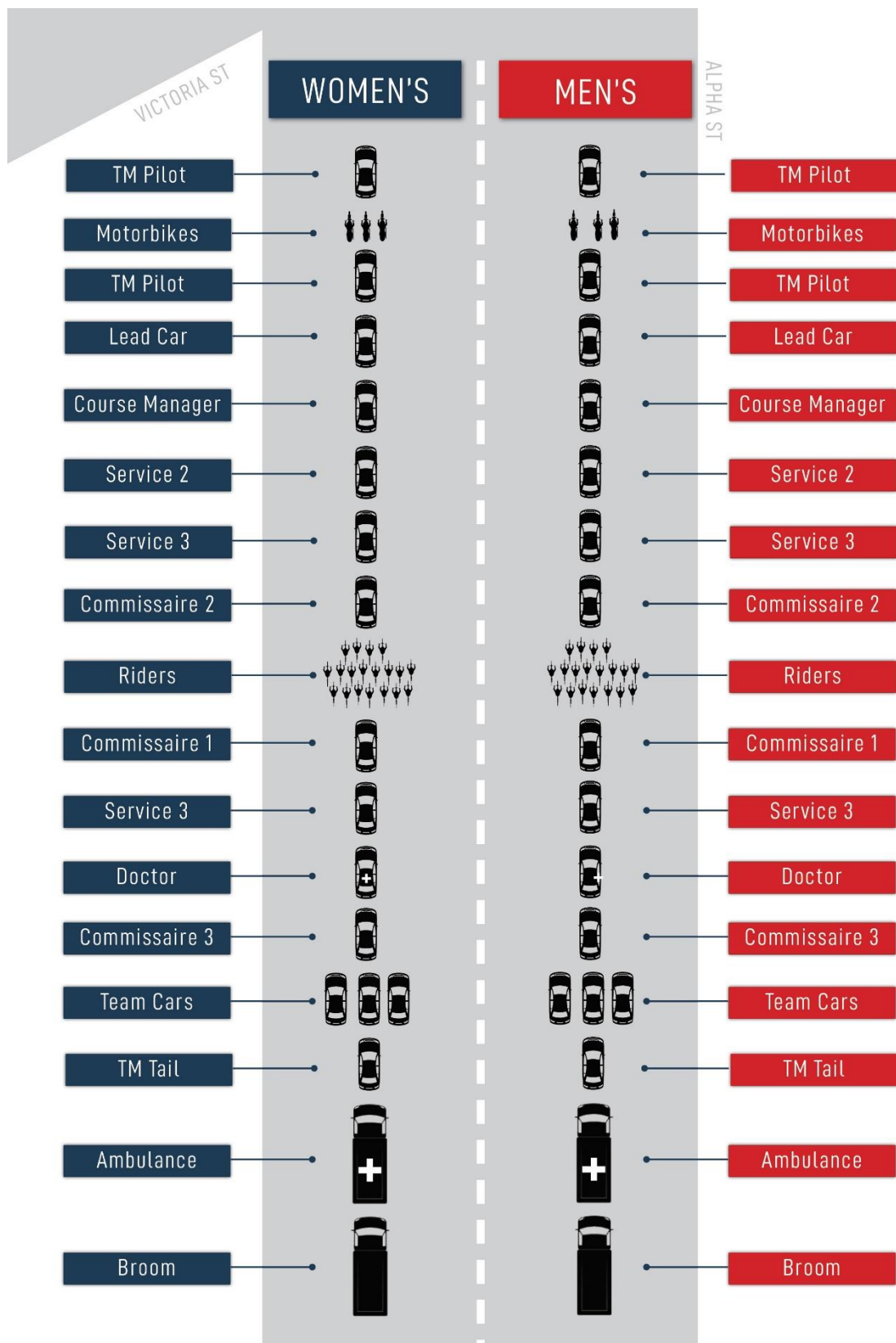




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Road Race Convoy Order





PRIMES

SIS KOM and Forsyth Barr QOM

There is a King and Queen of the Mountain Prime available. The winner of the KOM and QOM will be the rider with the most aggregated points.

The climbs include:

- 1; Te Miro
- 2; Maungakawa
- 3; French Pass

For the Men's KOM there are 4 climbs that count, Te Miro, Maungakawa, French Pass and Maungakawa a second time.

Points for 1st, 2nd and 3rd are as follows. Maungakawa has increased points.

- 1st – 10 points Te Miro and French Pass, Maungakawa 15 points each time
- 2nd - 6 points Te Miro and French Pass, - Maungakawa 10 points each time
- 3rd - 3 points Te Miro and French Pass, - Maungakawa 6 points each time

Winner of the KOM and QOM will receive \$500 each.

THANK YOU

On behalf of Cycling New Zealand and our race organisers we wish you a safe and fair race. Please enjoy the hospitality of the Waikato during your time here.