

grassroots
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**AGE GROUP ROAD
NATIONAL
CHAMPIONSHIPS**



**APRIL 19-21ST 2024
CAMBRIDGE, WAIKATO**

1. WELCOME

Dynamo Cycling Club is excited to welcome all competitors and supporters to the Waikato as we host the 2024 Age Group Road Nationals.

Stephen Cox – race director has been organising cycle events since the late 80's and represented New Zealand in the 1984 Olympics and 1978, 1982 and 1986 Commonwealth games in Road Cycling.

Stephen brought the first ever international Women's Cycling world cup to New Zealand and his long association with cycling includes competitor, National Coach, National team manager and club official management.

Nathan Cox brings over 20 years of execution expertise in the industry. His role is to make sure all riders are where they should be, on time and prepared.

Dynamo Cycling club welcomes young and old to the Waikato and encourage all riders to be mindful of their environment, other participants and remember they are representing their clubs and all cyclists whilst our competing on the roads.

Message to Riders

On behalf of the Cycling New Zealand Road, Track and Cyclocross Council, I welcome you all to the 2024 Age Group Road National Championships in Cambridge.

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 the Home of Cycling, Cambridge.

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

1. KEY CONTACTS

DYNAMO CYCLING CLUB

Nathan Cox -	Event Manager	021 063 1777
Stephen Cox –	Race/Course Manager	027 492 5672
Ana Cox -	Race Secretary	021 044 6227
Mike	Medical	027 447 7781

COMMISSAIRES

Mark Ireland	Tech Delegate	027 415 2863	Tauranga
Brendan Patterson	Chief Commissaire	021 335 029	Auckland
Graeme Bell			Tokoroa
Heather Smyth			Te Awamutu
Kaio Lart			Cambridge
Lesley Mouat			Papamoa
Lisa Landers			Hamilton
Mike Cornelius	Moto		Auckland
Stuart Weston			North Shore
Shaun Hayward			Auckland
Anthony Hartley			Hawkes Bay

2. EVENT VILLAGE

The Event Village for all three days will be at Leamington Primary School, Leamington, Cambridge. 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 can be left at the venue overnight but there will be NO on site security. Dynamo Cycling Club takes no responsibility for the security of your belongings at the event HQ. 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 and around the event area.

3. RACE OFFICE

The Race Office for all three days situated in the field opposite Leamington Primary. It will be clearly signposted and visible.

4. PARKING

Parking for all three days is strictly on the field opposite Leamington Primary. Access to the field is on Lamb Street this will be well sign posted. NO parking will be permitted on Lamb Street unless you are an official event vehicle. Please follow marshals instructions at all times.

Please arrive via SHAKESPEARE AVE (West end of Lamb Street). From here you can enter the parking field without driving through the main start area.

5. 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 busy course and riders will be racing in both directions. The only place to watch is the start/finish area.

Road Race: There are NO allocated spots for spectators as there are many suitable and safe viewing spots on the course.

However, it is VERY IMPORTANT that spectators take extreme care when out on the circuit – Note there will be several races on at the same time. This will make it very difficult to get back to the finish without coming across and interfering with riders.

Supporters MUST NOT PASS riders in order to return to the finish area. If spectators wish to be at the finish area to watch riders at the end of their race they need to ensure they have left the circuit prior to riders heading home. Spectators will need to park and walk some distance to get to the finish area as the road is CLOSED by the finish line.

Please ensure spectators put the SAFETY of the riders first and use common sense out on the course.

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

6. 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 18th April 2024 at the Grassroots Trust Velodrome, 15 Hanlin Road, Cambridge at 5pm. The meeting room will be upstairs and signposted.

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 manager's meeting is the only time race packs can be collected. Packs may be collected from 4.15pm. Managers meeting starts at 5pm.

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.

7. LICENSING

Every person involved (riders and team managers) with the event needs to hold a **2024** Cycling New Zealand Licence.

Riders are to ensure they have a valid 2024 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 2024 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.

8. 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.

9. 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 registered NZ domestic trade team are permitted to wear their full team kit.

A start may be refused for any incorrectly attired rider. If you have any queries over this matter, please contact stephen@dynamoevents.co.nz prior to the event.

10. 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.

11. 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.

12. 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.

13. 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.

14. 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.

15. 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.

Local medical treatment providers:

Cambridge Medical Centre
48 Alpha Street
Cambridge
07 8277184

Waikato Hospital
183 Pembroke Street
Hamilton3204

Anglesea Clinic
Gate 1, Cnr Thackeray & Anglesea Street
Hamilton
07 858 0800

Victoria Clinic – GP & Urgent Care
173 Anglesea Street
Hamilton
07 834 0333

16. SOCIAL MEDIA

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

Event Facebook	dynamoevents
Instagram	@dynamoevents
Event Hashtag	#agegrouproads
	#roadnats

17. 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 2024 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 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

18. 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	
12.30pm	15km
2.00pm	25km
SATURDAY	
11.30am	48.6km & 100km – Senior, U23 men, U19 men, U17 girls, B/VI Men & Women, Para C1-5 Men & Women, Masters Women 5,6,7,8,9.
1.30pm	32.4km – U15 Boys & Girls, Masters Men 10
1.30pm	T1-T2 Trikes, H1-H5
3.45pm	59.0km, U17 Boys, Masters Women 1,2,3,4, Masters Men 8 & 9
SUNDAY	
12pm	Masters Men 5.6 & 7, Senior, U23 & U19 Women
2:30pm	Masters Men 1,2,3 & 4

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.

19. TIME TRIAL INFORMATION

Friday 19th April – Time Trial

Age Category	Distance	Start time
U15 boys & girls	15km	First rider will start at 10.30am and riders will start at regular intervals in age groups
Masters woman (4-9)	15km	
Masters Men (6-10)	15km	
U17 boys & Girls	15km	
T1 - T2 para men & woman	15km	
H1 - H5 para men & woman	15km	Actual start times will be released in due course
C1-C3 Para men & woman	15km	
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/U19 Woman	25km	
Senior/U23/U19 Men	25km	

Timing Transponders

Timing Transponders will be issued at the Team Managers meeting. There will be a separate timing sticker allocated to the Time Trial event.

The timing transponder must be placed on the seat post of the bike with the tail end of the sticker at the back of the bike.



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 can be found below.

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-authorized rider or supporter's vehicles are seen following riders or on the course.

Course Maps

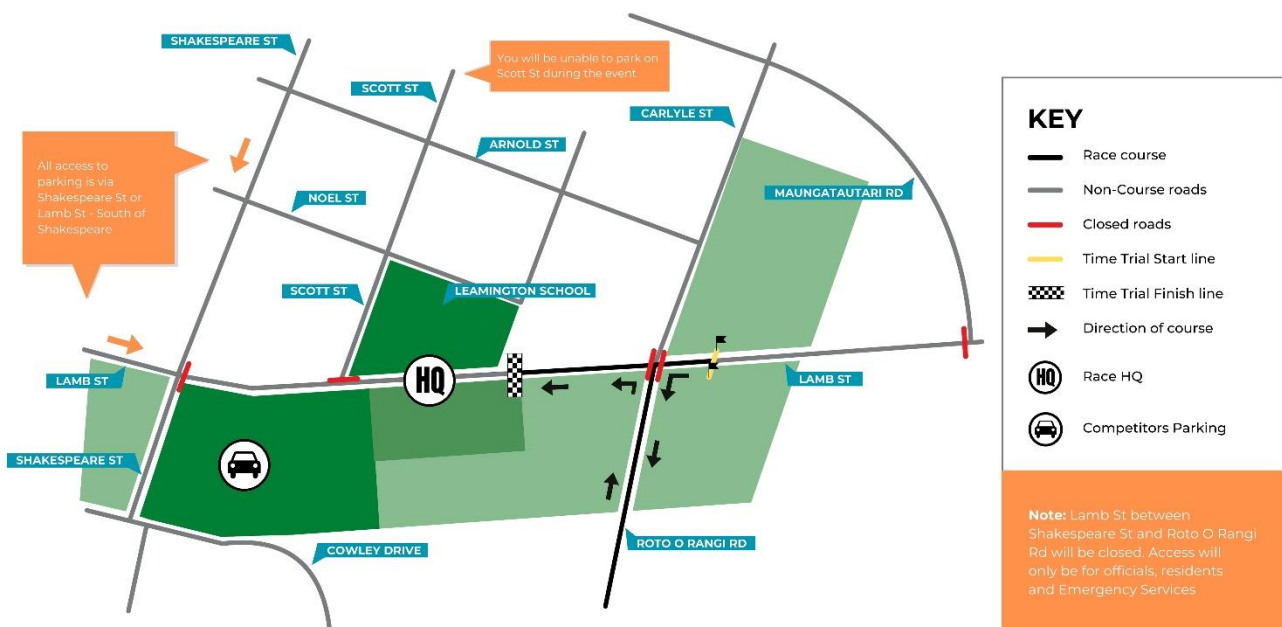
25km course - <https://www.strava.com/routes/3086854102598186478>

15km course - <https://www.strava.com/routes/3093001118544730112>

The turnaround point for both courses will be marked with three cones, the third cone with a white flag
You turn after the third cone and before the marshal.

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TIME TRIAL COURSE START/FINISH AREA



20. ROAD RACE INFORMATION

Road race Saturday 20th April

<u>Age Category</u>	<u>Distance</u>	<u>Laps</u>	<u>Provisional start time</u>
Senior, U23 & U19 men	100km	1	8.00am
U17 Girls	48.6km	1	8.03am
B/VI men/women	48.6km	1	8.07am
Para C1-5 Men & women	48.6km	1	8.10am
Masters women 5.6.7.8.9	48.6km	1	8.14am
U15 Boys	32.4km	1	11.05am
U15 Girls	32.4km	1	11.05.30 sec
Masters Men 10	32.4km	1	11.06am
H1-H2 (Hand Cyclists)	30.0km	1	11.10am
T1-T2 (Trikes)	27.2km	1	11.15am
U17 Boys	59km	1	1.05pm
Masters Women 1,2,3 & 4	59km	1	1.10pm
Masters Men 8	59km	1	1.20pm
Masters Men 9	59km	1	1.25pm

Road Race Sunday 21st April

<u>Age Category</u>	<u>Distance</u>	<u>Laps</u>	<u>Provisional start time</u>
Masters Men 6	85.3km	1	8.00am
Masters Men 5	85.3km	1	8.05am
Senior, U23 & U19 Women	85.3km	1	8.10am
Masters Men 7	59km	1	8.15am
Masters Men 1	85.3km	1	11.30am
Masters Men 2	85.3km	1	11.35am
Masters Men 3	85.3km	1	11.40am
Masters Men 4	85.3km	1	11.45am

Timing Transponders

Timing transponders will be issued to Team Managers at the Managers meeting.

Transponders must be attached to the seat post of riders bikes.



There will be different coloured stickers for the Time trial and for the Road Race. Once used these can be disposed of. Time Trial will use a RED sticker, and Road Race will use a WHITE sticker.

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 Dynamo tent on the grass area across from the Leamington School grounds/pedestrian crossing and will open 1 hour prior and will close 10 minutes prior to your category race start.

Technical Check

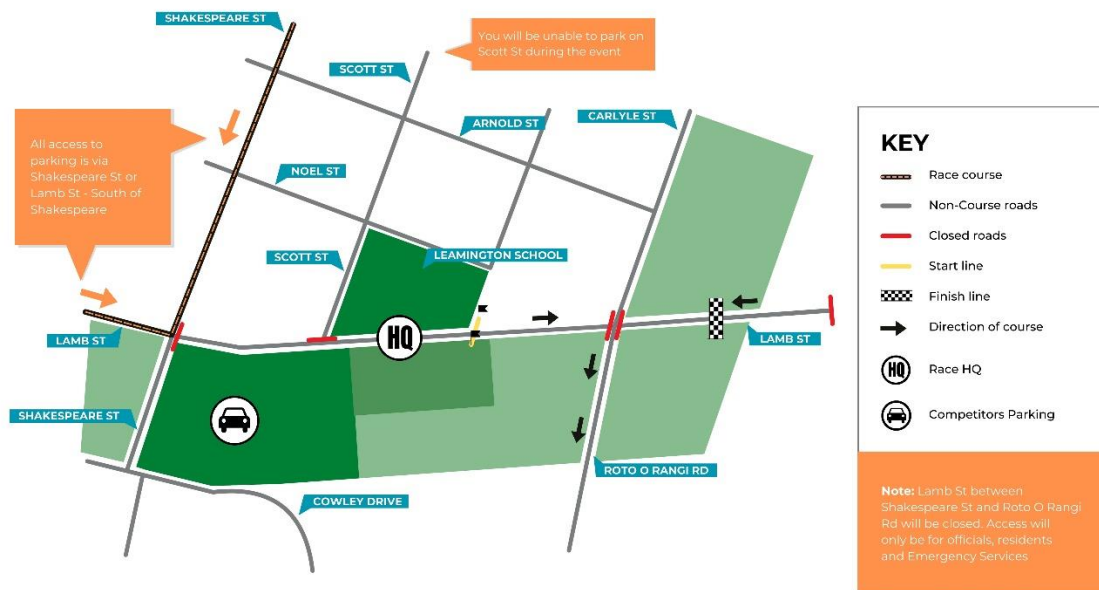
All race placings are provisional until the post-race check has been completed.

Start/Finish Line

The Start/Finish lines for the Road Race will be on **Lamb Street East**.

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ROAD RACE START/FINISH AREA



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.

Feeding

There will be no feeding of riders in any of the races. All 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 stephen@dynamoevents.co.nz 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.

IMPORTANT NOTE: If there are no volunteers to provide Neutral support for races then they will go ahead WITHOUT a support vehicle.

Course Maps

Road Race course -

32.4km Route for U15 Boys, Girls and Masters Men 10

<https://www.strava.com/routes/312667131117359160>

59km Route for U17 Boys, Masters Women 1,2,3 & 4, Masters Men 7,8 & 9

<https://www.strava.com/routes/3093001728497078678>

48km Route for U17 Girls, B/VI Men & Women, Para C1-5 Men & Women, Masters Women 5,6,7,8 & 9

<https://www.strava.com/routes/3133931112177298624>

86km Route – Masters Men 1,2,3,4,5, & 6 and Open, U23, U19 Women

<https://www.strava.com/routes/3133933133954619584>

100km Route for Senior, U23 & U19 Men

<https://www.strava.com/routes/3133934863947751954>

Road course T1-T2

<https://www.strava.com/routes/3149125192147987724>

Road Course – Hand Cyclists

<https://www.strava.com/routes/3202821376605185434>

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