

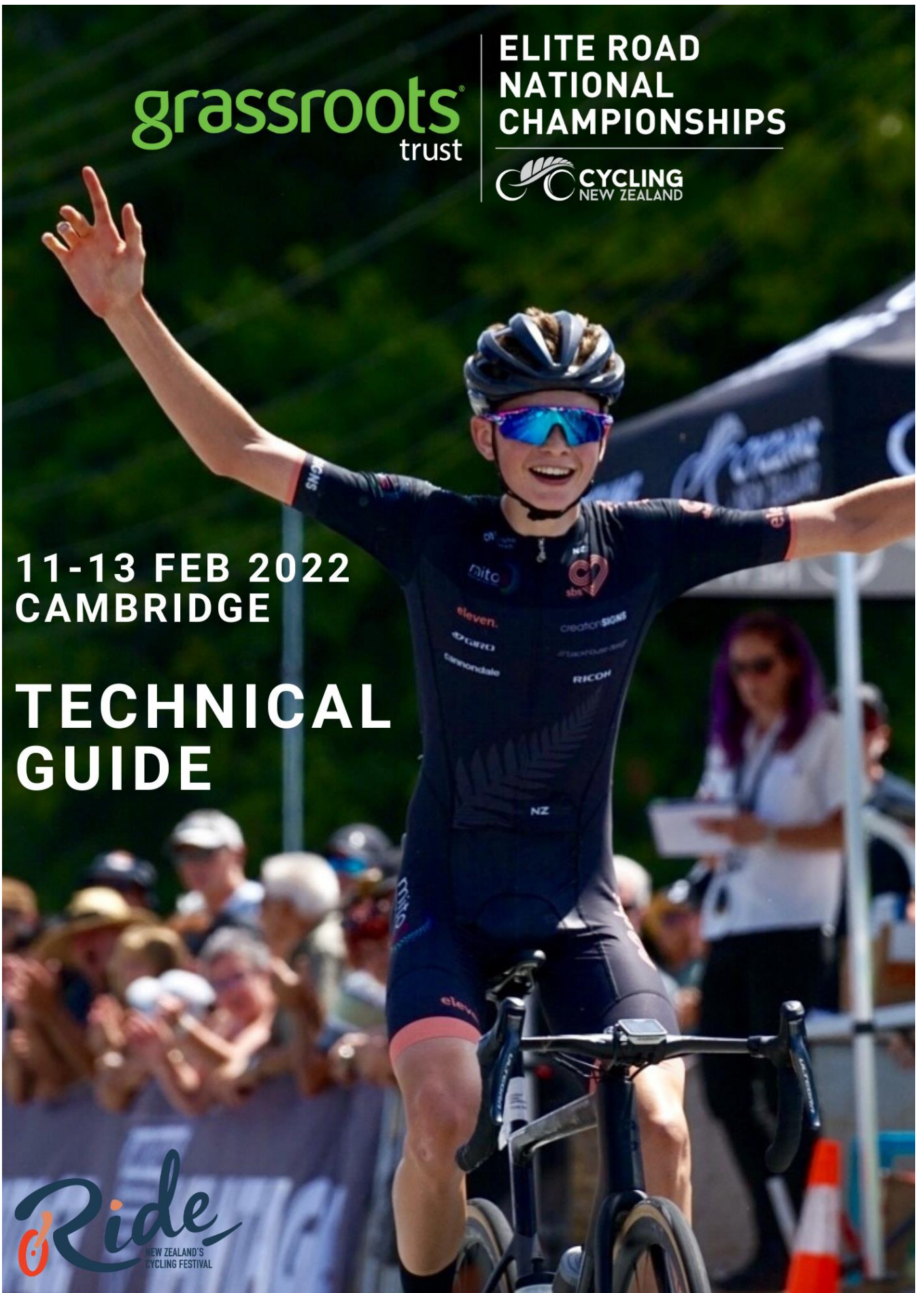
grassroots[®]
trust

ELITE ROAD
NATIONAL
CHAMPIONSHIPS



11-13 FEB 2022
CAMBRIDGE

TECHNICAL
GUIDE



WELCOME

On behalf of the Cycling New Zealand Road and Track Council, I offer you all a warm welcome to the 2022 Elite Road National Championships, here in the Waikato.

After a year that has seen many challenges for travel, gatherings, economies, and holding sporting events, 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 Cambridge.

Thanks to the event organisers, The Ride Festival for including this event in their festival. We also extend our thanks to the team of 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 but also to the hundreds of volunteers who work tirelessly behind the scene 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 and Track

Tena Koutou Katoa, Kia ora and welcome, on behalf of Cycling New Zealand, our wider whanau, partners, and sponsors, we welcome you all to Cambridge for the 2022 Elite 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, here in Cambridge.

We acknowledge the important role that the coaches, managers and other support staff will play in assisting the riders this week and we thank them for their time and commitment to our sport, we appreciate it.

Special thanks to the volunteers and the Cycling New Zealand Commissaires who play such a fundamental role in supporting the integrity of our sport and ensure safe and fair racing can be delivered. We are grateful for their continued commitment and professionalism.

To all the riders – we wish you all the best for the upcoming days and we all look forward to watching the exciting racing!

Phil Holden
Chair, Cycling New Zealand Board

KEY CONTACTS

Event Manager	Nathan Cox	021 063 1777
Race Manager	Stephen Cox	027 4925 672
Cycling New Zealand Events Manager	Charlotte Pearson	021 292 0563
President of the Commissaires Panel (PCP)	Zac Prendergast	022 345 1969
Technical Delegate	Mark Ireland	
Commissaire's Secretary	Olivia Spaans	
Chief Judge	Heather Smyth	
Assistant Commissaires	Erin Criglington	
	Mark Reynolds	
	Graeme Bell	
	Lisa Landers	
	Penny Gough	
	Stephen Holdsworth	
	Mike Cornelius	
	Steve Elden-Gray	
	Lesley Mouat	
	Stuart Weston	

EVENT PROGRAMME

Date	What	Location	Time
Thursday - 10 th February	Confirmation of Starters	Cambridge High School Hall, 25 Swayne Road, Cambridge	5.00pm – 5.45pm
	Team Managers Meeting	Cambridge High School Hall, 25 Swayne Road, Cambridge	6.00pm
Friday – 11 th February	Time Trial	Tom Voyle Park, Taylor Street, Cambridge	From 10.30am
Sunday – 13 th February	Road Race	Tom Voyle Park, Taylor Street, Cambridge	8.00am Women 9:55am Men

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.

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 Event Manager.

CONFIRMATION OF STARTERS AND REGISTRATION PACK PICK UP

This will be held **on Thursday 10th February** from 5.00pm – 5.45pm, at the Cambridge High School Hall, 25 Swayne Road, Cambridge.

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 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) 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.**

TEAM MANAGER'S MEETING

The Managers Meeting will be held **on Thursday 11th February at 6.00pm**, at Cambridge High School Hall, 25 Swayne Road, Cambridge

Each Centre or team with riders entered are required to nominate a Team Manager. Team Managers must hold a 2022 Cycling New Zealand Licence. Team Managers must be registered by emailing events@cyclingsnewzealand.nz 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.

U23 Category is for riders aged between 19 and 22 as at 31 December 2022

Elite Category is for riders aged 23 to 34 as at 31 December 2022

Riders older than 34 can opt to relinquish their Masters status for the entire 2022 licence year and then be eligible to compete in the Elite races. Contact events@cyclingsnewzealand.nz for further information.

LICENCES

Every participant involved with the event needs to hold a **2022** Cycling New Zealand Licence. Click [here](#) to renew your licence. Riders and support personnel (managers, mechanics, drivers etc.) must have their valid **2022 licence card** with them, or have it readily available, at all times during the Championships (including presentation at the 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. 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 events and a frame number.

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 on Friday 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 the signature sheet, which will be available 1 hour and 10 minutes before the race start, and close 10 minutes prior to race start. The signature sheet will be on the stage near the start/finish 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 are no refunds available for any rider wishing to withdraw after entries close, however notification of your intention to withdraw must still be received by the Commissaires Secretary by emailing events@cyclingnewzealand.nz or at the Confirmation of starters. Sanctions may be imposed if notification is not received. Withdrawing during a race – rider must advise the finish line Commissaire or other Commissaire as soon as possible and return their timing transponder to the event headquarters.

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 Centre and are invoiced by Cycling New Zealand post-event. The team manager or Centre is responsible for the payment.

EQUIPMENT

Bicycles must conform with current UCI and Cycling New Zealand 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 Centre jerseys and shorts. Shorts may display sponsors that are detailed on the rider's racing licence profile.

Only members of a 2022 UCI international trade team or 2022 NZ registered trade team, as detailed on the respective UCI or Cycling New Zealand websites, are permitted to wear their full approved team uniform.

A start may be refused for any incorrectly attired rider. Please contact events@cyclingtonewzealand.nz 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 emailing events@cyclingtonewzealand.nz prior to Friday 4th February. Please note that spaces in the convoy are limited and teams may be asked to share a vehicle.

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 on Taylor Street at the times below.

Elite/U23 Women's Road Race: 7.15am

Elite/U23 Men's Road Race: 9.10am

Time Trial – Teams are permitted to support any of their riders. The number of the rider being supported must be displayed in the car rear 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 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 – 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 / Centre). Every car must have a Radio which will be supplied by the event and allocated at the drivers meeting.**

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. 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. Do not impend any business or residents in gaining access or departing their property. Be aware of the potential fire risk from hot exhausts on grass verges

ROAD RACE NEUTRAL SERVICES

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, 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.

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:

Cambridge Medical Centre - 48 Alpha Street, Cambridge, (07) 827 7184

The nearest 24 hour emergency clinic is:

Anglesea Clinic - Thackeray St, Hamilton, (07) 858 0800

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. 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
Friday		
1.30pm*	2022 Elite & U23 Time Trial National Championships	All grades
Sunday		
11.30am*	Emerging Talent Award	Elite Women
	Elite Road Rider of the Year Award	Elite Women
	Elite & U23 Road Race National Championships	U23 & Elite Women
2.30pm*	Emerging Talent Award	Elite Men
	Elite Road Rider of the Year Award	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 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.

RESPECT FOR THE ENVIRONMENT

Waste Zones will be established before and after Feeding Zones. All riders must deposit their waste and empty bidons 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 discard no rubbish.

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 would encourage you to contact the President of the Commissaires Panel (Technical matters) or the Event Manager well prior to your 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	@ridenz.bike
Event Hashtag	#eliteroads

TIME TRIAL INFORMATION

Location: Tom Voyle Park, Taylor St, Cambridge

Date: Friday 11 February 2022

Start Time: The first rider will start at 10.30am. 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.

Age Category	Distance	Start Time
U23 Women	32.6km	10.30am
Elite Women	32.6km	TBC
U23 Men	42.4km	TBC
Elite Men	42.4km	TBC

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 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.

Hot seat: A Leading riders' hot seat will be located at the finish line for the leading rider throughout the day. Please note it is compulsory for all leading rider in each category to sit in this chair when directed.

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

Time Trial Course Maps



ELITE MEN'S TIME TRIAL

KEY

-  RACE COURSE
-  NON-COURSE ROADS
-  START/FINISH
-  DIRECTION OF COURSE
-  TURN AROUND POINT



Time Trial Course Descriptions:

Elite / U23 Women

START - Taylor Street

cross over Swayne/Bowen St

cross over Watkins/Robinson St

1.0km becomes MaClean Street

1.6km TURN LEFT onto Thornton Road

2.6km TURN LEFT onto Saint Kilda Road

4.4km TURN RIGHT onto Wells Place

4.6km TURN LEFT onto Fencourt Road

7.6km TURN RIGHT onto Flume Road

11.6km becomes Te Miro Road

16.0km Te Miro School (Turn for Women)

20.3km VEER LEFT onto Aspin Road

26.3km TURN LEFT onto Fencourt Road

27.5km TURN RIGHT onto Maungakawa Road

29.0km VEER RIGHT onto Thornton Road

30.8km TURN RIGHT onto MaClean Street

31.2km becomes Taylor St

cross over Swayne/Bowen St

cross over Watkins/Robinson St

32.8km FINISH

Elite / U23 Men

START - Taylor Street

cross over Swayne/Bowen St

cross over Watkins/Robinson St

1.0km becomes MaClean Street

1.6km TURN LEFT onto Thornton Road

2.6km TURN LEFT onto Saint Kilda Road

4.4km TURN RIGHT onto Wells Place

4.6km TURN LEFT onto Fencourt Road

7.6km TURN RIGHT onto Flume Road

11.6km becomes Te Miro Road

16.0km Te Miro School

20.9km U. TURN and return Te Miro Road

30.1km VEER LEFT onto Aspin Road

36.1km TURN LEFT onto Fencourt Road

37.3km TURN RIGHT onto Maungakawa Road

38.8km VEER RIGHT onto Thornton Road

40.6km TURN RIGHT onto MaClean Street

40.8km becomes Taylor St

cross over Swayne/Bowen St

cross over Watkins/Robinson St

42.4km FINISH

ROAD RACE - INFORMATION

Location: Tom Voyle Park, Taylor Street, Cambridge

Date: Sunday 13th February 2022

The Roads are OPEN. There is Traffic Management in place to support a rolling 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.

*A 'rolling 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	Distance	Start Time
U23 Women	109.8km	8.00am
Elite Women	109.8km	8.00am
U23 Men	146.4km	9.55am
Elite Men	146.4km	9.55am

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.

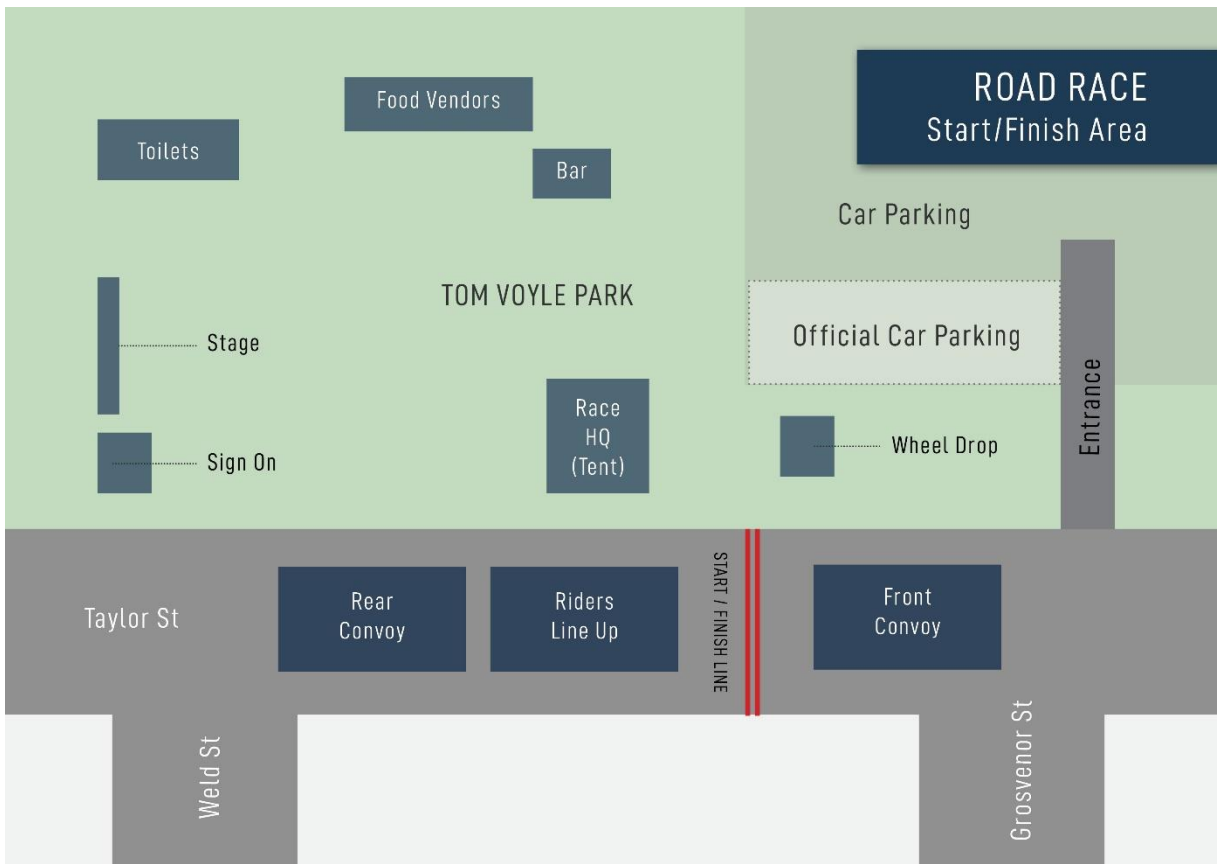
Feed zones:

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.

See feed zone maps.

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

Road Race Start/Finish Map



Road Race Course Maps



ELITE MEN - 4 LAPS

KEY

-  RACE COURSE
-  NON-COURSE ROADS
-  START/FINISH
-  DIRECTION OF COURSE
-  FEED ZONE



**Road Race Course Descriptions:
Elite Women and Men**

Start Race HQ on Taylor St.

0km START - Taylor Street

cross over Swayne / Bowen St

cross over Watkins/Robinson St

1.4km becomes MaClean Street

1.9km TURN LEFT onto Thornton Road

3.7km VEER LEFT onto Maungakawa Road

5.8km start of Maungakawa Hill

9.2km summit of Maungakawa Hill

12.1km becomes Te Miro Road

19.8km Te Miro School

24.1km VEER LEFT onto Aspin Road

30.0km TURN RIGHT onto Fencourt Road

30.5km TURN LEFT onto Wells Place

31.3km VEER RIGHT onto Zig Zag Road

33.0km TURN LEFT onto Swayne Road

34.6km TURN RIGHT onto Norfolk Drive

35.7km TURN LEFT onto Victoria St

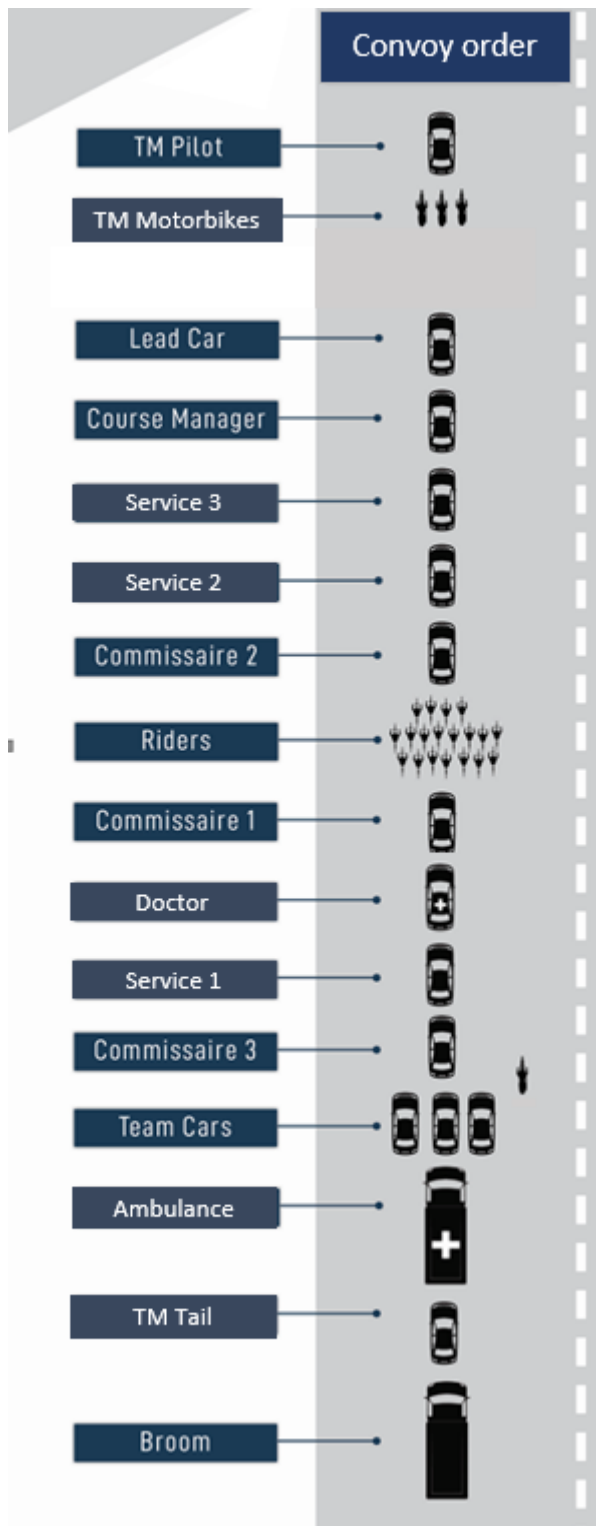
36.4km TURN LEFT onto Taylor Street

36.6km FINISH

109.8km 3 Laps Women's Race Finish

146.4km 4 laps Men's Race Finish

Road Race Convoy – Elite Women and Elite Men’s Races



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

COVID-19 RESPONSE

The 2022 Grassroots Trust Elite Roads National Championships is a 'My Vaccine Pass' event. A valid My Vaccine Pass is required for all attendees to access the event village including; riders, supporters, officials, volunteers, staff and spectators. (Children under the age of 12 years and 3 months do not need to provide a My Vaccine Pass to enter places with a vaccination requirement).

My Vaccine Passes will be scanned and verified at the entrance to the event village at Tom Voyle Park.

This is a new process for all involved, we ask that you are patient and understanding with the staff and volunteers who will be doing their best to help you have a great experience at the event.

Click [here](#) to find out how to access your My Vaccine Pass.

In the case that the region is under Orange in the Covid Protection Framework, the event will operate as advertised. In the case that the region is changes to Red under the Covid Protection Framework, the event's Covid-19 Response Plan will be communicated to riders and stakeholders.

In addition to My Vaccine Pass, all stakeholders are encouraged to continue with the other protections available:

- Stay at home if you are sick (If you have cold or flu symptoms call your doctor or Healthline and make sure you get tested and do not attend the event.)
- Stay at home if you are awaiting the results from being tested for COVID-19
- Stay at home if you have been in contact with any known/suspected cases in the past 14 days
- Stay at home if you have returned or been in contact with anyone else who has returned from overseas in the past 7 days
- You must sign in using the Contract tracing QR code that is displayed around the event or via the manual sign in form at reception to register their attendance
- You are encouraged to wear a mask when not participating
- You are encouraged to maintain physical distancing when not participating
- Wash your hands. Wash your hands. Wash your hands.
- Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
- If you are told by health authorities to self-isolate you must do so immediately and advise organisers.
- If you're concerned about your wellbeing or have underlying health conditions, work with your GP to understand how best to stay healthy.
- If you test positive for Covid-19 following your attendance at the event, please notify the Event Organiser immediately.
- People will have had different experiences over the last few months. Whatever you're feeling — it's okay. Be kind to others. Be kind to yourself.
- For more information, click [here](#).