

12-15 OCTOBER | RED HILL VICTORIA

# 2023 AUSCYCLING MOUNTAIN BIKE ENDURO NATIONAL CHAMPIONSHIPS

## TECHNICAL GUIDE



National  
Championships  
AusCycling

BROUGHT TO YOU BY



SECTION ONE

## **WELCOME**

### **Welcome to the 2023 AusCycling Mountain Bike Enduro National Championships!**

AusCycling respectfully acknowledges the Traditional Custodians of the land on which the AusCycling Mountain Bike Enduro National Championships will be held, the Bonwoorrung People, and recognise their continuing connection to the land and waterways.

On behalf of AusCycling, I extend a warm welcome to all athletes, officials, volunteers, staff, families, friends and supporters from around Australia.

Over four days of epic racing, 600 of Australia's best and most enthusiastic Enduro riders will head to the Mornington Peninsula to battle for the coveted green and gold national champions jerseys.

Each year, the Enduro Nationals produces countless incredible memories, with many of Australian cycling's international stars celebrating glory.

The Championships would not be possible without the assistance of our great partners. We extend our sincere appreciation to our host partner, Red Hill Riders MTB Club, and to the Victorian State Government for their support.

I would also like to acknowledge our principal partners in the UCI, Australian Sports Commission and ARA for their ongoing contribution to the success of our sport here and abroad.

Thank you also to all the contributions from AusCycling staff, commissaires, supporters and tireless volunteers, who make this event possible.

Lastly, I wish the very best to all our competitors. We will be right behind you as you chase your dreams.

*Marne Fechner*  
*AusCycling CEO*

SECTION TWO

## **EVENT DETAILS**

### **Competitions**

National Championships will be awarded across the following categories:

<b>Age Category<sup>^</sup></b>	<b>Code</b>	<b>Age</b>
Elite Male/Female	ME/WE	21>
U21 Male/Female	MJ/WJ	17-20
Under 17 Male/Female	M17/W17	15-16
Under 15 Male/Female	M15/W15	13-14
Under 13 Male/Female	M13/W13	11/12
Masters 35-44 Male/Female	MM/MW 35-44	35-44
Masters 45-54 Male/Female	MM/MW 45-54	45-54
Masters 55-64 Male/Female	MM/MW 55-64	55-64
Masters 65+ Male/Female	MM/MW 65+	65+
E-EDR Male/Female		19+
Adaptive/Para Male/Female *		14+

*\*ADAP/Para further classification will take place subject to the nature of those registered*

### **Schedule**

#### **Thursday 12 October – Official Practice**

8:00am – 5:00pm	Open to all categories
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#### **Friday 13 October – Official Practice**

8:00am - 12:00pm	Group B (U13, U15, U17, M45-54, M55-64, M65+)
12:00pm - 4:00pm	Group A (Elite, U21, M35-44, E-EDR)
1:00pm - 5:00pm	ADAP/Para

#### **Saturday 14 October – Racing**

8:30am	E-EDR
9:00am	U13 to U17 Male and Female
10:30am	Adaptive/Para

**Saturday 14 October – Presentations**

4:00pm – 4:30pm
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**Sunday 15 October - Racing**

8:00am	Elite, U21 and all Masters Male and Female
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**Sunday 15 October - Presentations**

4:00pm – 4:30pm
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**Contact List**
**Race Management**

President of the Commissaires' Panel (PCP)	Shane Currie
Panel Member	Tim Rowe
Panel Member	Joe Mullen
Panel Member	Damien Tressider
Panel Member	Bradley Higgins
Race Director	Nick Buckley
Technical Delegate	TBA

**AusCycling Management**

Executive General Manager - Sport	Kipp Kaufmann
Sport & Technical Manager – MTB	Andrew Miller
Head of Events   Off Road	Dale Percy (0431 648 054)
MTB Events Manager	Ian Harwood (0404 326 169)

**Timing and Results**

Timing and Results Coordinator	Chris Naughton
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**Medical**

1300Medics - Red Hill Medical Centre	(03) 5989 2077
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*Dial 000 for any emergencies.*

## Social Media

**Website:** [www.auscycling.org.au](http://www.auscycling.org.au)

**Facebook:** @AusCyclingMTBCX / @AusCyclingAus

**X:** @AusCycling

**Instagram:** @auscyclingaus

**Official Hashtag #enduronats23**

## Event Status

The 2023 AusCycling Mountain Bike Enduro National Championships is the premier Enduro event on the Australian mountain bike calendar, with riders competing for national recognition.

This will be an open National Championship event and therefore will be conducted under the guidance of the AusCycling and UCI Technical Regulations (both general and discipline specific plus the 2023 ENDURO Rulebook).

*AusCycling Technical Regulations – General: Section 1*

*2.00.02 Open Championships are Championships that allow cyclists registered with AusCycling or another UCI recognised National Federation, provided they have a current UCI International licence and who meet with regulation 2.01.02.*

*2.00.03 AusCycling may, from time to time, declare a National Championship as an Open Championship. Open Championships shall allow non-Australian riders to compete. International participants must present a current UCI licence issued by their National Federation before they may participate in the event. Placegetters, regardless of their nationality shall receive the relevant medals and prize money on offer for their placing. The first placed Australian citizen or team shall be acknowledged as the Champion for that event and will be presented with the National Champions jersey, where applicable. Where UCI points are applicable, the allocation shall be according to UCI regulations.*

All UCI sanctioned MTB Enduro national and continental championship races are automatically designated as World Series Qualifier races and EDR Global Ranking Points as well as Golden Ticket EDR World Cup direct entries can be collected by eligible riders. Riders that wish to collect GR Points require a UCI ID prior to competition.

## Rider Registration

**Registration is available via EntryBoss here.**

Registration will close 6pm 10 October 2023 or when the event is sold out.

## Membership/License Requirement

**Riders will be required to hold one of the following:**

- A current AusCycling 'Race – Off Road or All Discipline' membership
- A 2023 UCI License issued by a UCI National Federation

Failure to provide one of the above will result in the rider having to pay to renew their membership at registration.

## **General**

### **Medical**

Professional medical services will be provided by 1300Medics. They will be onsite from village opening to village close. There will be a medical marquee within the event village plus mobile teams operating throughout the course

Red Hill has a medical centre within proximity to the event village.

In the event of an incident, the nearest course marshal or official should be notified and medical staff will be directly contacted via two-way radio communications.

In the case of an emergency, please call 000.

### **Hospital**

Rosebud Hospital is located approximately 10km from Red Hill (15 minutes by car).

### **Results**

Results will be posted at [results.auscycling.org.au](https://results.auscycling.org.au).

The AusCycling appointed Chief Commissaire (PCP) will have the final say in regard to rule violations and penalties.

Any rule violations must be registered with the Commissaires within 30 minutes of the last competitor finishing the final stage.

There is no appeal process for rule decisions following the hosting of the podium. All results will stand following this time.

### **Event Photo Services**

Event photos will be coordinated by Bossfotos and available at [www.bossfotos.com](http://www.bossfotos.com).

## *SECTION THREE*

# ***VENUE DETAILS***

### **Village Map**

The event village will be located adjacent to Boundary Rd, nearby Rainier Avenue.

### **Course Map**

The course map will be released one week prior to practice starting.

SECTION FOUR

## **TECHNICAL REGULATIONS**

### **Rules and Regulations**

The event will be conducted under the rules and regulations of AusCycling and the Union Cycliste Internationale (UCI). The AusCycling & UCI scale of penalties will apply. For more information, please refer to the AusCycling website [www.auscycling.org.au](http://www.auscycling.org.au) and UCI website [www.uci.org](http://www.uci.org)

The event will be conducted under the guidance of the UCI and AusCycling Technical Regulations, both General and Mountain Bike specific plus the 2023 Enduro Rulebook.

Additionally, the following supplementary regulations apply for the event:

### **E-Bike Regulations**

UCI Technical Regulations re E-MTB apply for the event and the following E-MTB bike compliance testing protocol will be in place:

- All podium bikes will be quarantined immediately upon race completion and submitted to scrutinization including software, physical and ergometer testing;
- In addition, up to five (5) random bike checks will also be completed.

### **Safety Equipment**

All riders are expected to always wear a compliant helmet whilst on their bike.

This applies during competition, practice and when commuting to and from their events.

Bicycle helmets that satisfy current Australian or equivalent international standards are compulsory in all AusCycling sanctioned events.

Helmets must be always fastened whilst on a bicycle. Helmets must be in good condition and fit for purpose. All helmets must be compliant as determined by the presence of an appropriate compliance sticker.

To ensure all riders comply with the regulations, and their helmet meets current safety standards, helmets may be inspected by a Commissaire at any time throughout the duration of the event.

In accordance with AusCycling Technical Regulations an Enduro A Standard helmet requirement will be in place for the event. Specifically, this requires:

- For Special Stages/Racing a full faced helmet meeting AS2063 or equivalent standard with or without detachable mouthpiece;
- For Liaison Stages any helmet meeting AS2063.
- A jersey or shirt covering the elbows must be worn as a minimum. 3/4 length jerseys are acceptable. Knees must be covered by full-length trousers and/or self-fastening knee or knee/shin guards expressly designed for off-road competition.
- For all riders who are eligible to compete in the Under 13, 15, and Under 17 categories, the following equipment is mandatory at all times while on track regardless of registered category:

- Full-finger gloves must be worn;
- Full-length jersey – jersey must cover elbows at all times;
- Knee pads and elbow pads must be worn.

AusCycling strongly recommends the use of the following for all competitors:

- Neck brace expressly designed for off-road competition;
- Back and shoulder protection expressly designed for the purpose;
- Full finger gloves;
- Elbow protectors and/or long sleeve jersey to the wrist;
- Goggles that are expressly designed for the purpose.

## **Competitor Information**

### **Competitor Responsibilities**

Participants shall:

- Shuttling during practice and competition is prohibited. Stakeholder permission facilitating the event has expressly forbidden shuttling. Riders transgressing this will be subject to disqualification.
- Display race or official number plate during official practice. Course access prohibited otherwise.
- Obey instructions from the Event Organisers, Commissaires and event marshals/officials.
- Employ correct etiquette and ride safely in all situations.
- Be required to wear minimum safety gear including appropriately approved helmet.
- Ensure that their bicycle is in good working order.
- Ensure they have adequate supply of water, sports drink and nutrition as required for the activity they are to participate in. Outside assistance is not permitted, riders are required to be self-sufficient for technical and nutrition requirements.
- Be responsible for ensuring they are fit enough for the activity.

### **Presentations**

Presentations will be conducted as soon as possible after the finish of each day's competition. Athletes must be presented in their correct attire (race kit).

All placegetters must make themselves available for the media opportunities as directed by the AusCycling Media Manager.

### **Participation**

All categories and races are open to members of any UCI national federation. Only the first Australian rider may win the National Champion jersey and be awarded the National Champion title.



## Neutral Race Support

Neutral race support will be available at the Technical Zone located at the end of Stage 3.

## Race Numbers

Riders will be issued a number plate and transponder at registration. They must be fitted as per the below images.

Frame Plates must not be cut, folded or modified in any way.

Transponders must be returned to the registration marquee immediately following the completion of the riders' race.

Any rider failing to return their transponder will be charged \$125.

Frame Plate:



Transponder:

To be worn on the wrist

## Rider Equipment

Only one frame, fork and one set of wheels can be used by a racer during a race.

Only upon approval of the Commissaire or Race Director, a racer may replace a frame, fork or wheel during the race.

A 3-minute penalty will be awarded to every racer who, having received approval by the Commissaire or Race Director, replaces the equipment listed above.

Any racer found to have replaced a frame, fork or wheel during the race without consent from the Commissaire or Race Director will be disqualified (DSQ).

A racer can use different/unmarked equipment during Official Training.

## Equipment Marking

Equipment Marking Stickers will be utilized for Elite and U21 categories.

Stickers must be applied on the rider's right-hand side of the bike.

- Fork Crown
- Swingarm / Rear triangle
- Front triangle
- Both wheel rims

Stickers must be placed on the bike by the racer prior to the race start. Any problems with the Stickers must be reported to the Commissaire or Race Director at the earliest opportunity and/or prior to race start.

Racers who lose their Stickers prior to the race start may be issued a time penalty. Racers' bikes will be checked for marking at the start of the race and at the finish of the final stage. Other random checks of stickered equipment may be carried out throughout the race. Following a repair, the racer must return to the Commissaire or Race Director to have the replacement part(s) re-marked (if applicable) before rejoining the race.

**Sticker Location Diagrams:**



## **Race Seeding**

Seeding/Plate order is determined as follows:

### **Elite, U21**

1. The defending format class National Champion;
2. Recognised UCI World Champion;
3. Any rider ranked in the top 200 UCI World Rankings in ranking order;
4. All other riders in entry order.

### **Masters**

1. All riders in entry order.

### **J13, J15, J17**

2. All riders in entry order.

## **Technical Assistance Zone (TAZ)**

Designated Technical Assistance Zones (TAZ) will be located at the base of Stage 4 and within the race village plus nearby the end of Liaison 3, before Stage 3 start (adjacent to Arthurs Seat Road).

Feeding and Technical support may only be provided within these Zones.

- Only in the Technical Assistance Zone (TAZ) are racers allowed to change any part of their clothing or equipment (not stickered bike parts) with the assistance from non-racers.
- Racers are allowed to collect and drop equipment or food in the TAZ.
- Racers are only allowed to give any waste equipment to another person (this includes event or team staff and fans) in the TAZ.
- No food is allowed to be prepared or given to a racer by a member of the racer's support crew unless the rider is in an officially marked TAZ.
- Racers can gain verbal assistance from anyone during a race but no one other than another racer can physically help a racer, touch their equipment or provide any supplies outside of the TAZ.
- Team staff are not allowed to set a pace for their team riders along Liaisons by riding with them or in front of them. Pacing is defined as when a rider is assisted with their speed on a Liaison through either ongoing and regular verbal or aerodynamic assistance by a non-racer.

## **Severe Weather Guidelines**

When looking at weather conditions, the safety of the athletes, spectators, staff, and volunteers is the utmost priority. While often providing an additional challenge, adverse weather in its extremes may result in hypothermia, heat exhaustion or other dangerous conditions. In all cases the event will follow the AusCycling Extreme Weather Guidelines.

## **Doping Control**

All competitors may be subject to anti-doping testing under AusCycling and Sport Integrity Australia regulations.

### **Therapeutic Use Exemption (TUE)**

A TUE is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance). TUE approval may protect athletes from receiving a sanction if a prohibited substance is found in their sample.

Who needs to complete a TUE in-advance for Cycling?

Athletes who are:

- Competing in the Elite and U21 categories
- A member of the Registered Testing Pool, National Testing Pool or Domestic Testing Pool
- A member of a national open team/squad including athletes with a disability planning to compete at the Elite National Championships

If you are currently taking any medication, please check whether this substance is banned in or out of competition via [www.globaldro.com/AU/search](http://www.globaldro.com/AU/search)

Further information on the TUE process can be found on the Sport Integrity Australia (SIA) website <https://www.sportintegrity.gov.au/resources/therapeutic-use-exemption> or by calling 1300 027 23

### Sport Integrity Australia App

Any athlete and official can download the SIA app. The SIA App has been designed with athletes in mind.

The App gives a complete list of all supplements sold in Australia that have been screened for prohibited substances by an independent laboratory. The testing and certification of sports supplements cannot provide athletes a 100% safety guarantee but does significantly lower the risk of a positive test. For non-tested supplements the App gives athletes access to a quiz to assess the risk posed by highlighting key risk factors.

The App can also be used to report doping, check if a medication is banned in sport, give SIA feedback on testing missions, and complete online education modules.

## SECTION FIVE

# **COURSE DETAILS**

### **EDR Course**

Course details are provided below and individual stage maps are are appended.

- Elite, U21 and E-EDR will complete the full course, Stages 1 – 6.
- U13 and U15 will complete an abridged course comprising Stages 1 plus 3-6.
- ADAP/Para will complete a specific course, Stages A1-A4.
- All other categories will complete the full course, Stages 1 – 6.

### **Event Details**

Official Practice will be held on Thursday 12 October and Friday 13 October from 8am – 5pm.

- NB: Shuttling during practice and competition is prohibited. Stakeholder permission facilitating the event has expressly forbidden shuttling. Riders transgressing this will be subject to disqualification.

Competition will take place on Saturday 14 October and Sunday 15 October

### **Event Village & Start/Finish Location**

**Hillview Community reserve/Arthurs Seat State Park – Boundary Road, Dromana**

Time	Event Schedule	Location/Trails
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**Thursday 12 October**

Official Training	8:00am – 4:00pm	All Liaison and Special Stages open to all categories
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**Friday 13 October**

Official Training	8:00am – 12:00pm Group B (U13, U15, U17, M45-54, M55-64, M65+)	All Liaison and Special Stages
	12:00pm – 4:00pm Group A (Elite, U21, M35-44, E-EDR)	
	1:00pm – 5:00pm ADAP/Para	

**Saturday 14 October**

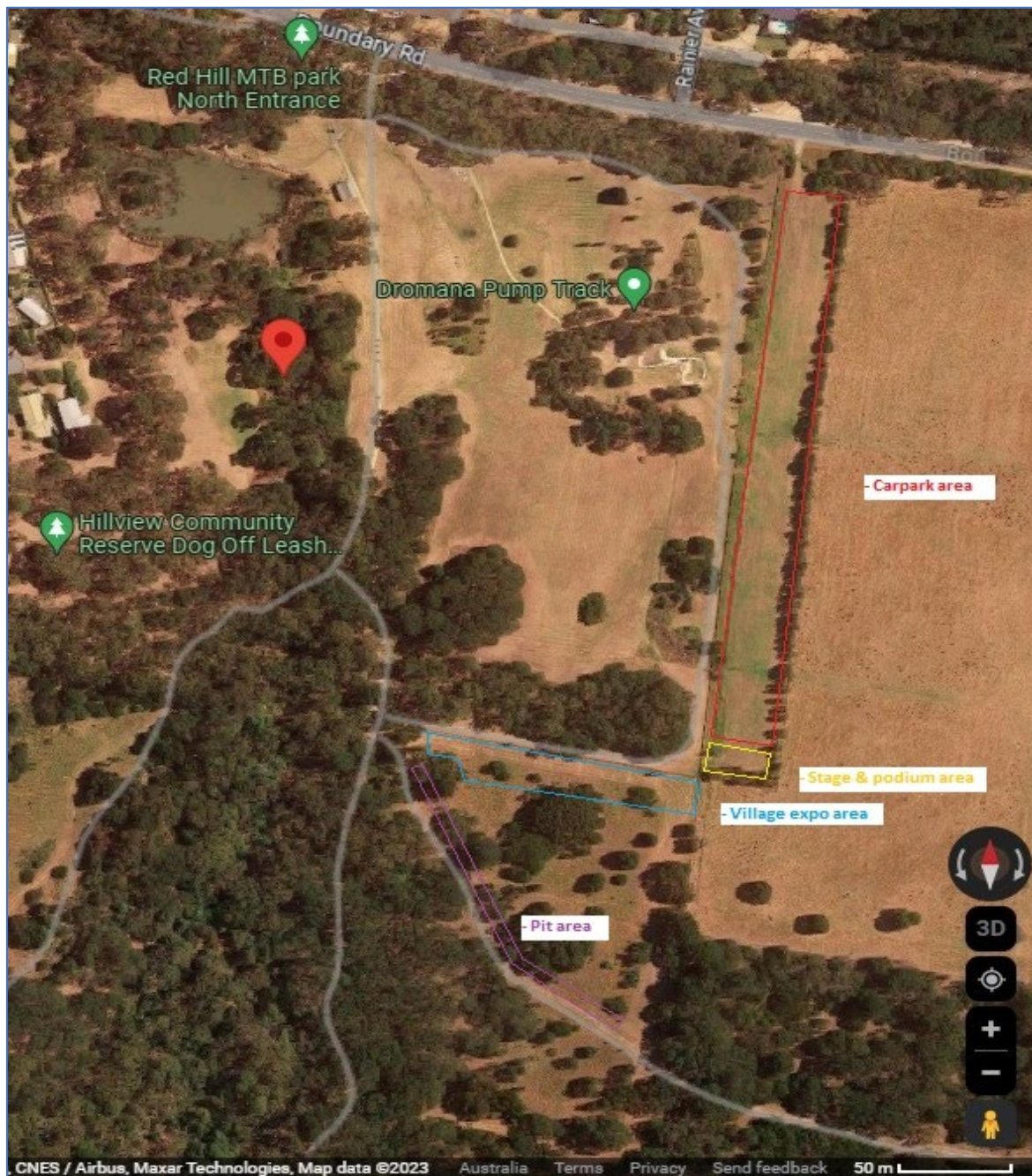
Racing	8:30am E-EDR	Stages 1 – 6
	9:00am U13 U15 U17	5 Stages – 1, 3-6 5 Stages – 1, 3-6 Stages 1 – 6
	10:30am ADAP/Para	A1 – A4
	Presentations	4:00pm – 4:30pm

**Sunday 15 October**

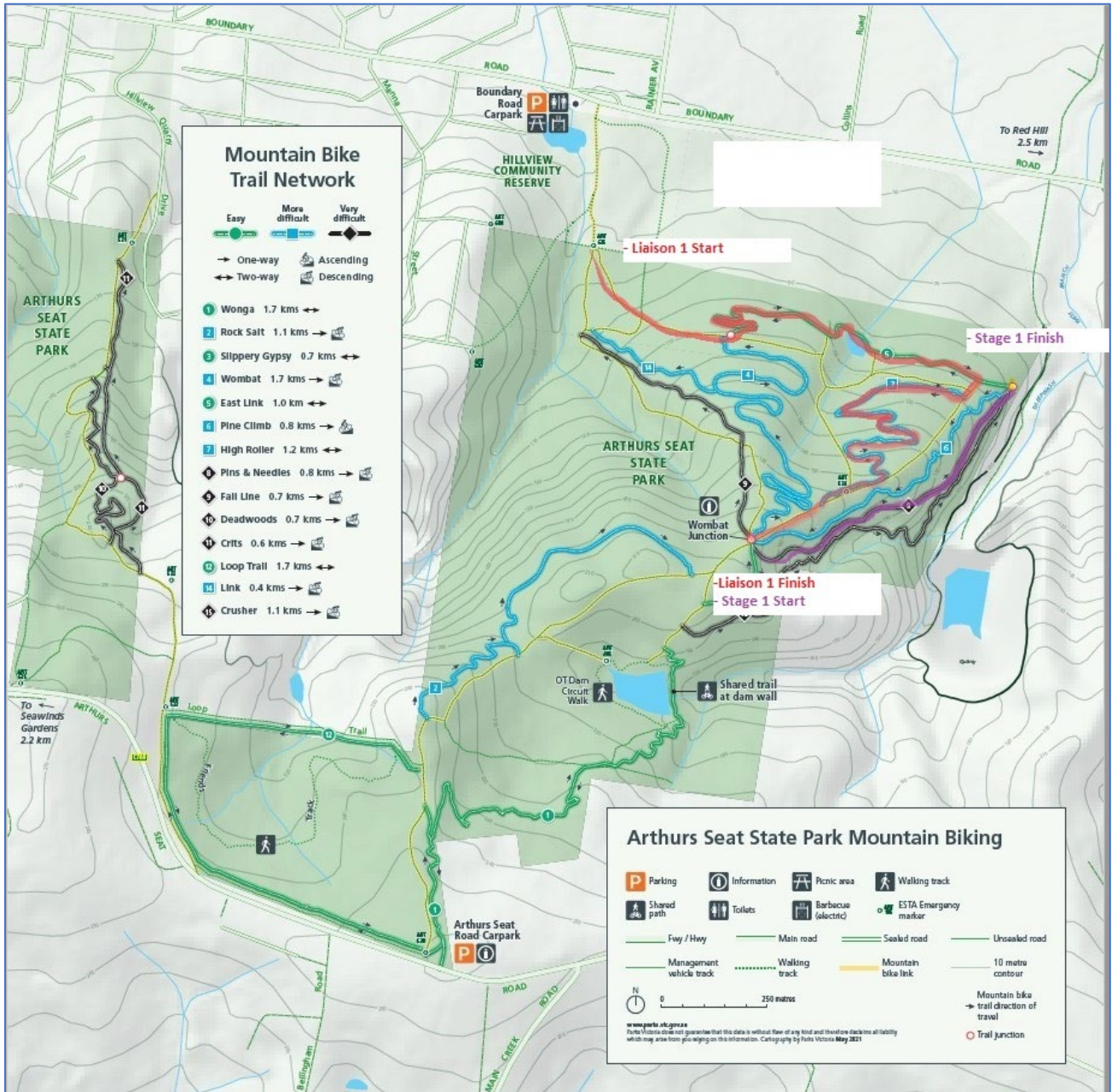
Racing	8:00am Elite, U21 and all Masters Male and Female	Stages 1 - 6
Presentations	4:00pm – 4:30pm	Event Village

## Appendix B – Course Maps

### Event Village



## Stage 1

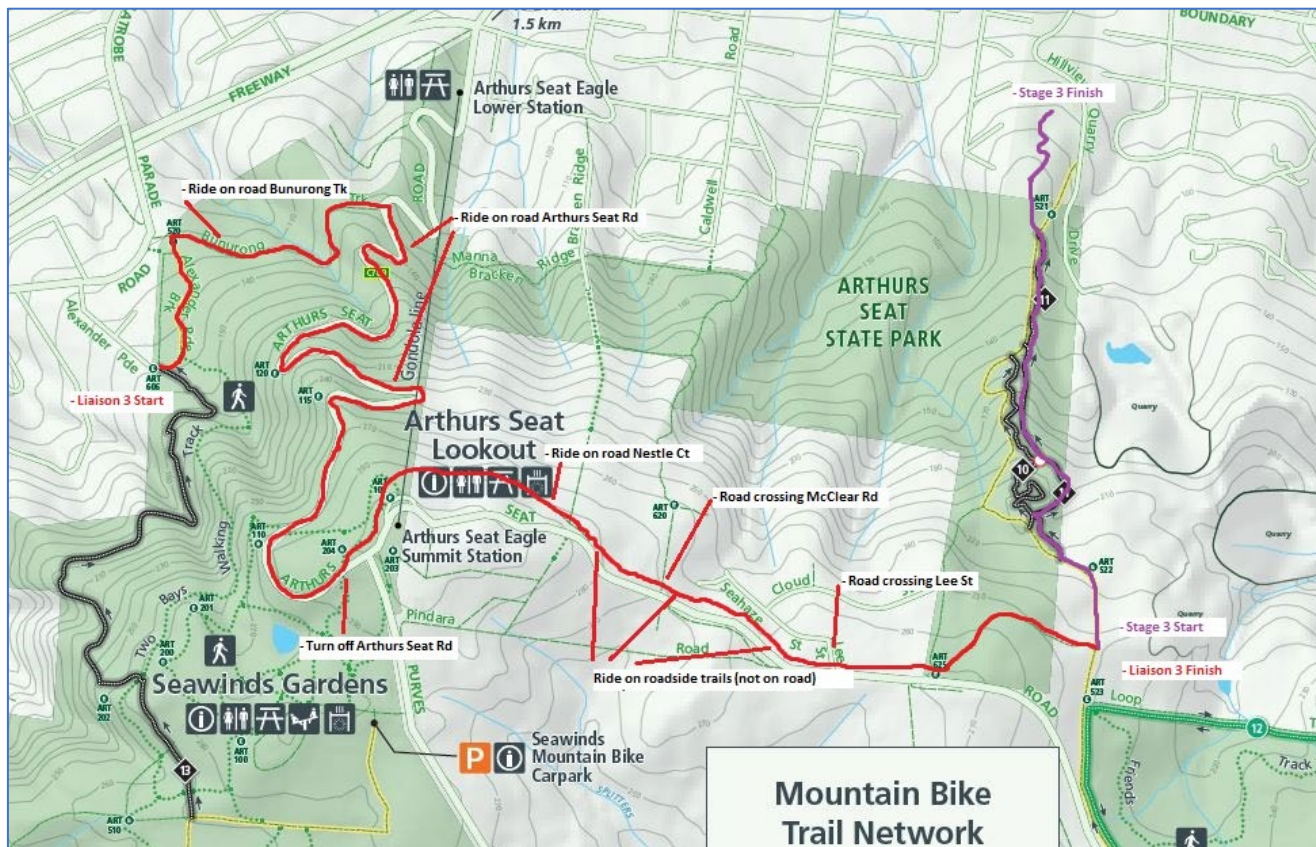


## Stage 2

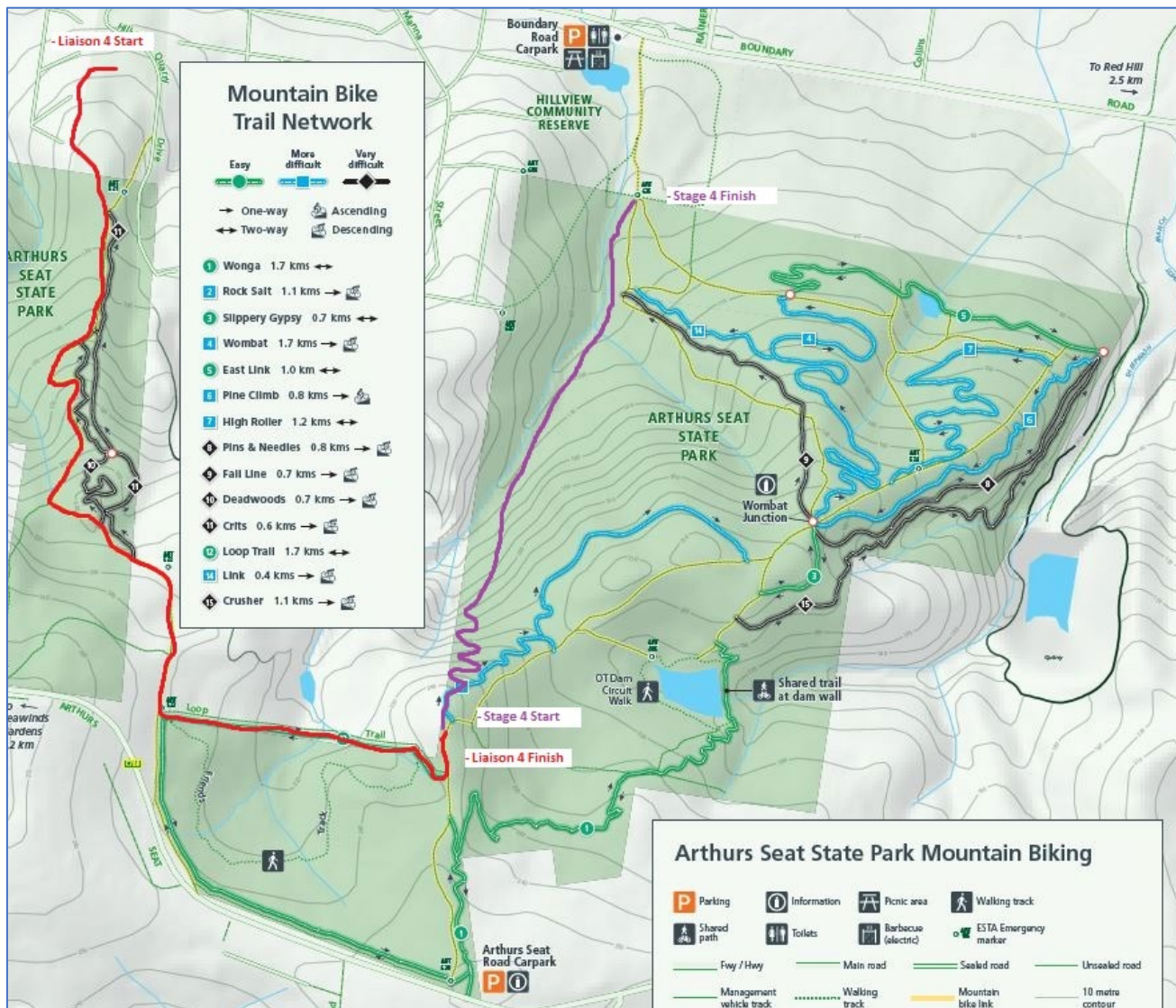




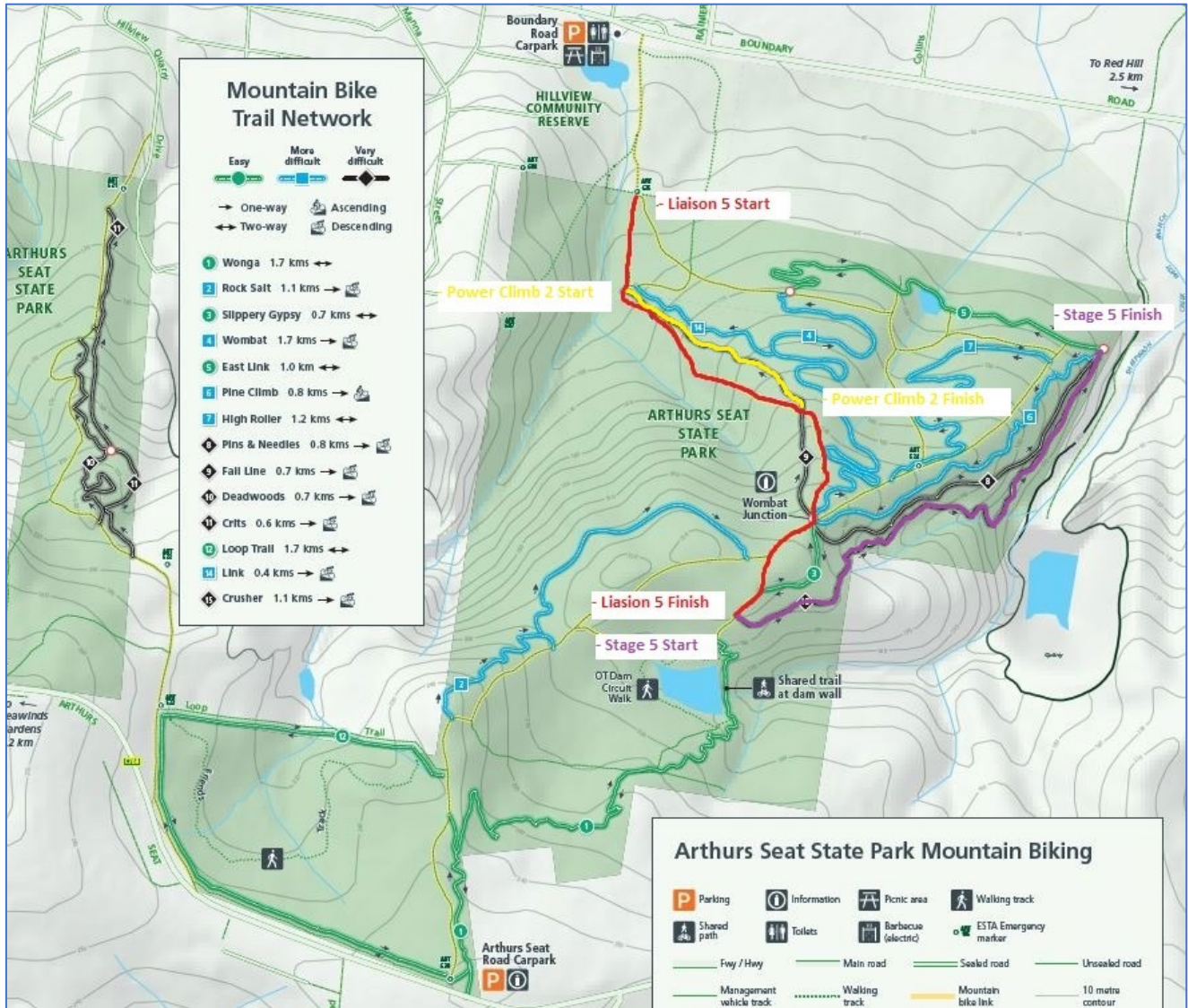
### Stage 3



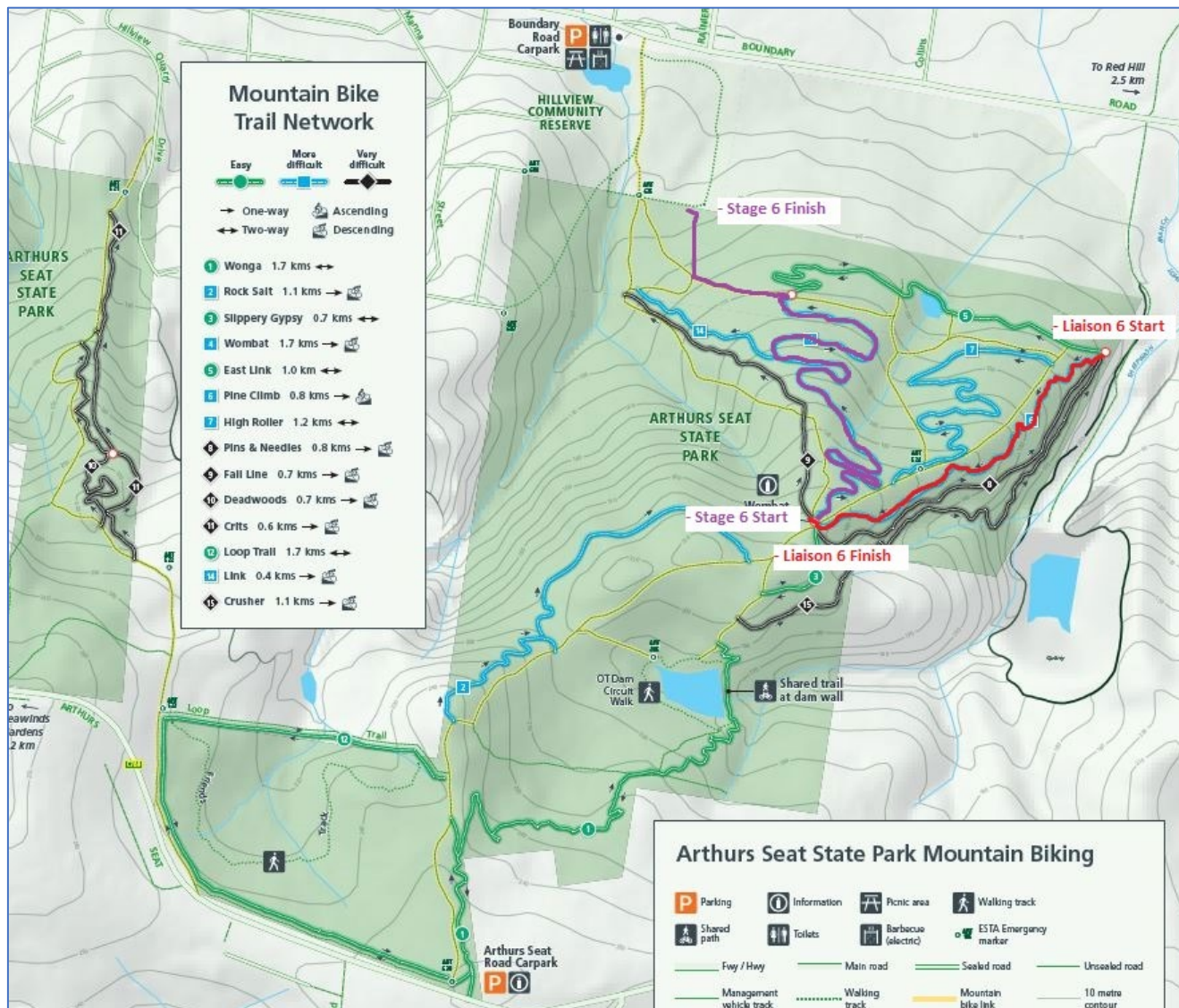
## Stage 4



## Stage 5



## Stage 6



ADAPTIVE COURSE

Stage A1



## Stage A2



### Stage A3



## Stage A4

