



## New Zealand Masters Games 2023

### Cycling Events 4<sup>th</sup> to 6<sup>th</sup> February

Greetings and a warm welcome to Whanganui for the Masters Games Cycling. The Wanganui Cycling Club is pleased to host these events once again.

Provisional start sheets for all road cycling events will be on the Wanganui Cycling Club website ([www.wanganuicycling.club](http://www.wanganuicycling.club)) and Facebook.

### Individual 20km Time Trial (TT)- Saturday 4<sup>th</sup> February (Aramoho) - 2pm Start

The Time Trial starts from 460 Somme Parade, Aramoho, adjacent to the Top 10 Holiday Park. The TT start/finish area is an easy 10 minute drive from Master Games Headquarters.

Parking is on the roadside south of the Start / Finish zone. Please do not park vehicles on the Time Trial course itself or too close to the finishing area. There will be a portaloos on site and there is a public toilet just inside the third cemetery entrance. Access by the footpath / cycle path through the start and race areas to avoid competing riders.

Competitors will ride out in a northerly direction on Papaiti Road for 10km to the turn point and then return on the same route to the finish line. Registration will be open from 1.00pm, with the first rider away at 2.00pm sharp. Riders will be called to the start line 5 minutes prior to their allotted time and sent off at 1 minute intervals. The road is generally in good condition, but there are several short sections where the road surface is rough.

#### Important rules for the Time Trial

- Riders will be held (but not restrained) at the start, and any broken (early) start will incur a time penalty.
- Disc wheels, handle bar extensions and aero bars can be used
- **The road is open to traffic, so riders must obey the road rules** - keep to the left hand side of the road at all times as some sections of the road are narrow and have no centre line markings
- Marshals will be stationed at key point along the route, and at the turn. Marshals do not have the ability to stop traffic.
- Drafting is NOT permitted.
- No support vehicles are to follow riders. Time checks may be given from the side of the road
- Failure to obey these rules could result in the rider incurring a time penalty and/or disqualification.

Please ensure you return your race number after you finish. Medal presentations will be on site at conclusion of the event.

## Hill Climb - Sunday 5<sup>th</sup> February (Okoia Road) - 9.00am Start

Register at Okoia Hall (No 3 Line) from 8.00am. There is some parking at the Hall but be considerate if parking on the roadside. Use No 3 Line for warm up - riders to be clear of the course by 8.00am.

- Climb starts over the railway line - Distance = 1.6km; Elevation = 92m
- Riders will be held at the start, with departures at 1 minute intervals
- Riders to be at the departure point (over the railway line) 5 minutes before their allotted start time.
- No vehicles to drive or park on the course as the road is narrow.
- **The road is open to traffic, riders must obey the road rules** - keep to the left-hand side of the road.
- After finishing, riders will be grouped by Marshals for descending down the hill back to the Okoia Hall area.

Please ensure you return your race number after you finish. Medal presentations will be held at the Hall at conclusion of the event.

## Road Race - Monday 6<sup>th</sup> February (Brunswick) - 9am Start

All road races will be held on the Western Line circuit, with the first race away at 9.00am sharp. Registration will be at the Brunswick Hall (Cnr Brunswick/Campbell Roads) and open from 8.00am. Brunswick Hall is an easy 15 minute drive from Masters Games Headquarters. Parking is down Campbell Road and at Brunswick School. Please do not park on Brunswick Road or in front of the Hall. Toilets are available at the Hall.

Women and Men over 55 will ride 4 laps of the circuit (44km). Men under 55 will complete 6 laps (66km). Depending on numbers registered, different age groups may be combined for races. There is a short technical downhill section, depending on rider experience, this first descent may be neutralised.

|         |            |          |       |         |                                    |
|---------|------------|----------|-------|---------|------------------------------------|
| Event 1 | Start time | 9.00 am  | Men   | 35 - 54 | 6 laps, 66 km                      |
| Event 2 | Start time | 9.35 am  | Women | 35 - 80 | 4 laps, 44 km (with a Snr leadout) |
| Event 3 | Start time | 11.30 am | Men   | 55 - 69 | 4 laps, 44 km                      |
| Event 4 | Start time | 11.35 am | Men   | 70 - 86 | 4 laps, 44 km                      |

**Please check race start times for your age group** (at the Cycling Club website / Facebook), and ensure you register and collect your number at least 45 minutes prior to your race start.

Riders must keep left at all times especially on the technical downhill section of the course (i.e. Western Line). You will cross railway lines twice on the circuit. Please note that all roads will be open to traffic, so riders must obey the road rules, including stopping for trains should that be necessary. For your safety marshals will be positioned around the course.

Standard road bikes and wheels are required. No clip-on handlebars or extensions are allowed.

Lead cars and service vehicles will be provided for each race. Please note that you may be required to fit your own wheels if you puncture. Mechanicals are unlikely to be fixed. A sag wagon will be available to collect riders/bikes if necessary.

Please do not warm up on the Western Line course, as we want to keep the area clear for racing.

Medal presentations will be at Brunswick Hall at the conclusion of racing.

## General

Please return race numbers promptly following the Time Trial and Hill Climb.

All the best for your events and thank you for being part of the 2023 NZ Masters Games here in Whanganui.

If you have any questions, please contact Master Games  
HQ at [info@mzmg.com](mailto:info@mzmg.com) or Maurice Mildenhall (06) 3455530 / 0272293860