16-17 OCTOBER | COLLIE, WA

# 2024 MTB ENDURO OCEANIA CHAMPIONSHIPS TECHNICAL GUIDE











Step into a dreamscape of wondrous events and embark on unforgettable adventures in Australia's South West.

- Canoe, kayak or take a dip in the many lakes and waterways surrounding Collie, including the otherworldly Black Diamond Lake.
- Hit the road less travelled and head out on one of the region's many mountain biking and cycling trails in Nannup and Pemberton, including the world-famous Munda Biddi.
- Taste the region's finest drops on a winery, distillery or brewery tour.
- Go on an underground tour to explore the magical awe of the region's four ancient limestone caves Jewel, Lake, Mammoth and Ngilgi.
- Recharge your spirit and try coasteering, stand up paddle boarding or horse riding.
- Immerse yourself in Wardandi Noongar culture on an Aboriginal tour and taste the flavours and learn the stories of this region.
- Wander further and experience where the Southern and Indian Ocean meet at Cape Leeuwin Lighthouse, Australia's tallest mainland lighthouse.
- Picnic or camp among the karri trees in Boranup Forest.
- Walk a section of the 130km-long Cape to Cape Track (or all of it, if you're game!), and spot sea creatures, beautiful wildflowers and magnificent coast along the way.
- Cruise alongside migrating humpback, southern right and blue whales on a charter from Augusta, Busselton, or Dunsborough.

Follow us at @WesternAustralia | #WAtheDreamState





# Message from AusCycling CEO Marne Fechner



AusCycling respectfully acknowledges the Traditional Custodians of the land on which the AusCycling Mountain Bike Enduro Oceania and National Championships will be held, the Wiilman and Kaneang people of the Noongar Nation, 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.

For the first time we are headed to Western Australia for MTB Enduro Nationals, which will take place in the same week as the 2024 Oceania MTB Enduro Championships, creating a bumper week of Enduro racing in the Southwest region of Western Australia.

Annually, the Mountain Bike Enduro National Championships produces countless incredible memories, featuring the participation of many of Australian cycling's Mountain Bike World Series and World Championship riders.

A special thank you to Tourism Western Australia for their tremendous support of the Championships. With their support and commitment, the event will be here not only in 2024 but two further editions, in 2025 and 2026.

The Championships would not be possible without the assistance of our great partners, andwe extend our genuine appreciation to ARA, Shimano and Santini.

A very special thank you to Western Australia Gravity Enduro (WAGE) for partnering in the event delivery and working hard to provide an event experience that promises to be memorable. We also thank DBCA and the Shire of Collie who have been so generous in providing us with access to the venues and trail network

I would also like to acknowledge our principal partners in the UCI, the Oceania Cycling Confederation and Australian Sports Commission for their ongoing contribution to the success of our sport here and abroad whilstalso acknowledging our broadcast partner SBS, who will be here producing highlights packages this week.

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

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

Marne Fechner CEO AusCycling



# Welcome from the Western Australia Government 2024 Mountain Bike Enduro Oceania Championships



On behalf of the Western Australian Government, it is my pleasure to welcome competitors, officials and supporters to WA's beautiful town of Collie for the 2024 AusCycling Mountain Bike Enduro National and Oceania Championships.

For the first time ever, we are delighted to host this event in Collie, where hundreds of competitors will go head-tohead over the next four days.

These championships are a vibrant addition to Western Australia's event calendar, showcasing Collie's world-class mountain biking trails and uniting the local community with visitors in a shared passion for the sport.

Earlier this year, Collie earned 'Trail Town' accreditation from Trails WA, recognising its outstanding landscape, tourism services, and world-class trail infrastructure. The town's trails are a truly outstanding and a major highlight, which is why the WA Government is also proud to support Collie's tourism development through the Collie Adventure Trails initiative.

I encourage you all to make the most of your visit and explore everything that WA's spectacular South West has to offer. Whether it's enjoying the local hospitality, discovering the region's natural wonders, or simply soaking in the vibrant atmosphere, there is so much to experience beyond the trails.

WA is truly a sport-loving state, and it is fantastic to see so many people here to support this event and to see Collie shining on the National and interOceania stage this weekend. Your enthusiasm contributes to the success of these championships and strengthens the community spirit that makes our state so special.

I wish all participants the very best of luck over the coming days, and I hope you all enjoy your stay in the beautiful South West.



HON RITA SAFFIOTI MLA DEPUTY PREMIER; MINISTER FOR TOURISM





# **Event Details**

#### Type of Event

The 2024 AusCycling Mountain Bike Enduro National Championships is one of the premier events on the Australian Mountain Bike racing calendar, with riders competing for UCI points. And in the same week and utilising some of the same trail network we are also hosting the Oceania Enduro Championships for 2024.

In each event, the first-place rider from Oceania shall be acknowledged as the Oceania Champion for the discipline and will be presented with the jersey for Oceania champion. A single set of results and classifications will be submitted to the UCI in accordance with UCI regulations.

# Competitions

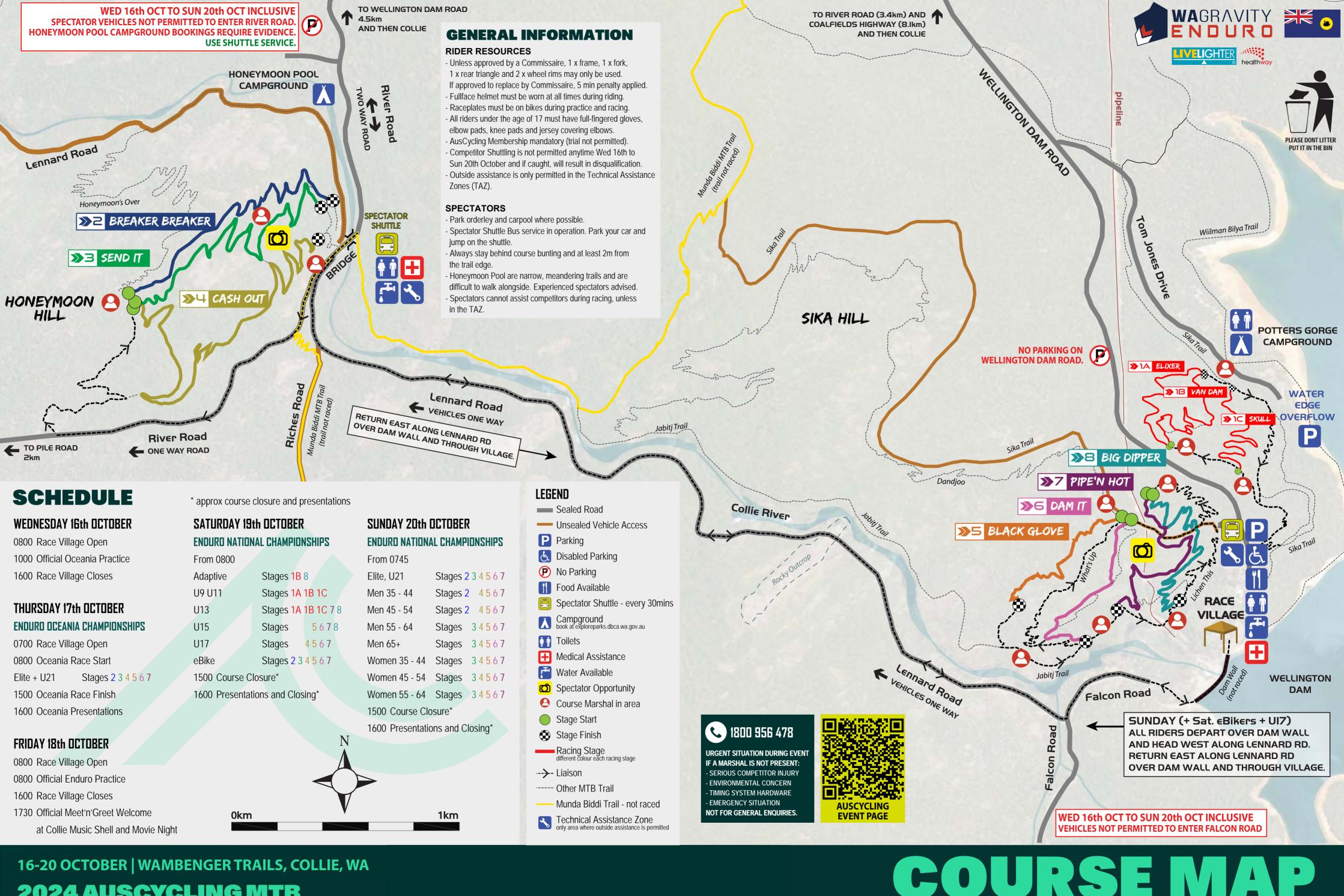
The minimum age (as at December 31) for participation is 17. One Oceania champion (for each of Elite Men and Elite Women) will be awarded, with a single set of results submitted to the UCI in accordance with UCI regulations. An U21 podium will be acknowledged.

| Age Category^     | Code  | Age   |
|-------------------|-------|-------|
| Elite Male/Female | ME/WE | 21>   |
| U21 Male/Female   | MJ/WJ | 17-20 |



# Location Plan & 5km Map





**2024 AUSCYCLING MTB ENDURO NATIONAL AND OCEANIA CHAMPIONSHIPS** 













## Venue Details

Key Sections of the venue include;

- Race Village Rider Registration, Medical, Expo, Retailers, Water
- Food Vans Food Trucks and hospitality services





#### **Parking**

Competitor parking is available at Lot 56 Wellington Dam Road. There is limited parking near the Race Village on Wellington Dam Road. Once parked, please plan for your vehicle to remain in situ for most of the day. It is preferred that riders and accompanying persons leave their vehicles at their campsite or accommodation wherever possible. Additionally, parking is available at Potters Gorge campground.

#### Shuttles

No competitor shuttles are permitted from 6:00pm Tuesday 15<sup>th</sup> through to 4:00pm Sunday 20<sup>th</sup> to 6:00pm to ensure an appropriate level of rider and public safety. Spectator shuttles will operate throughout race days. Spectators are encouraged to park and utilize the shuttle service rather than drive to each viewing location.

A shuttle will operate between the Event Village and Honeymoon Pool as the two key central event hubs.

#### Venue, stage and village access

Vehicle access is restricted from the Wellington Dam kiosk., Accredited vehicles and event personnel only beyond this point. Access to all stage starts via surrounding roads and trails. Please refer to the course map, once released, for further information.

#### Communications

In order to ensure an appropriate level of operational communication can take place the organisation is installing additional radio repeater and satellite infrastructure, complementing the deployment of marshals and key personnel.

However, phone coverage may be patchy in places throughout the event footprint

In the event that a rider has an incident and a marshal is not within contactable range, the rider may contact the 1800 number for emergencies. If there is no reception, riders are encouraged to make themselves as safe as possible and wait for another rider to flag the nearest marshal who will provide assistance. Further advice will be provided as part of the race briefing.

#### Water

Large water tankers will be available at two locations on the course; at the race village and at the Honeymoon Pools meeting point. Riders are permitted and encouraged to carry a water bottle with them on their bike throughout the course of the practice, race and liaison stages.



#### Medical

Medical resources will be concentrated at two core locations, the Event Village near Wellington Dam, and Honeymoon Pool, where a number of the trails at the Western end of the event site will finish. Both locations will be linked by communications allowing for deployment of medical, as required. Medical staff will be on-site between 9am and 4pm each day.

All medical services should be accessed via the event marshals. In the event you cannot contact an event marshal immediately, please contact 1800 956 478. This contact number will ring through to the events management team who will deploy a marshal to you, as required. This 1800 number will only be active during race and practice times.

#### **Local Hospitals**

Collie General Hospital Deakin St, Collie WA 6225 (08) 9735 1333

# Race Information

| Time                               | Event Schedule  | Location/Trails         |  |  |
|------------------------------------|---|-------------------------|--|--|
| Wednesday 16 <sup>th</sup> October |   |                         |  |  |
| Official Practice                  | Open Course Practice from 10:00am to 4:00pm (Oceania C'ship competitors only) | Stages 2, 3, 4, 5, 6, 7 |  |  |
| Thursday 17 <sup>th</sup> October  |   |                         |  |  |
| Racing                             | Elite & U21 (Male & Female) –<br>8:00am                                       | Stages 2, 3, 4, 5, 6, 7 |  |  |
| Presentations                      | 3:00pm – 3:30pm*  | Event Village           |  |  |

<sup>\*</sup>Presentation time is indicative only and may be subject to change. Please listen out for announcements as presentations will begin approximately 30 minutes after the final rider has returned.

#### Registration

All Riders can register and collect their frame plate, equipment stickers and bib number from the 'Centre Of Gravity' (COG) race trailer situated in the Race Village.

Riders can complete their registration between 9am to 4pm on Wednesday the 16<sup>th</sup> through to Thursday October 20th. Race plates must be fixed to bike before participating in practice, racing or Liaison stages.

<sup>\*\*</sup>Please note that these groupings are subject to change. Please ensure you are checking which group your age category has been allocated to prior to attending practice or race sessions.



#### Membership / License Requirement

To qualify for entry to this event, Riders will be required to hold one of the following:

- A current AusCycling 'Race Off Road or All Discipline' membership; OR
- A 2024 UCI License issued by a UCI International Federation

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

#### Start Lists and Results

In accordance with the technical regulations, all competitors will be allocated a start time for each special stage. These will be published early in race week with details provided via the event website.

Results will be posted at <u>results.auscycling.org.au</u> and on the event notice board located at The Hub. Any protests must follow section 3.01 of the AusCycling Technical Regulations (General).

#### **Presentations**

Presentations will be conducted at the end of the day – approx. 30 minutes after the final finisher. All placegetters must present to the podium immediately following their race finish.

Athletes must be presented in their correct attire (race kit). All placegetters should make themselves available for the media as directed by the AusCycling Media Manager.

#### Marshaling

Riders are required to view the online race briefing prior to racing. Ensuring they understand the specific structure and procedures of the event. This will be released at the time of course map release nearer the event date.

Start lists and times, per rider, will be published in the early part of race week.

Note that riders will be penalized in the event that they are not present when the marshal calls them at the beginning of a stage.

#### **Entries**

All categories and races are open to members of any International Federation. International Riders (from outside the region) are eligible for Medals but not Oceania Championship jerseys.

Entries via entryboss and available here: <a href="https://entryboss.cc/races/20602">https://entryboss.cc/races/20602</a>
Entries close on October 10 if not sold out beforehand.



# **Event Specific 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 <a href="https://www.auscycling.org.au">www.auscycling.org.au</a> and UCI website.www.uci.org

AusCycling Mountain Bike Technical Regulations

**UCI Mountain Bike Technical Regulations** 

#### **Race Numbers**

For all races, Riders will be issued a frame plate and transponders at registration. Frameplates must not be cut, folded, or modified in any way. All Riders will be issued with a paper bib number. This bib number must be fixed to the riders bike prior to commencing any practice, race or liaison stages.



Riders can purchase a plastic frame plate for \$25.00 by pre-ordering one from the WAGE website.

https://eventplus.net/shop?eporg=WGE24

Failure to return a transponder will incur a \$100 fine.

#### 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.



Additionally, Riders must also comply with the requirement to wear the following safety equipment during practice, race and liaison stages:

- 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.

#### 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 all riders in all age categories. Stickers must be applied on the rider's right-hand side of the bike on the following components:

- 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.





#### Race Seeding

Seeding/Plate order is determined as follows:

#### Elite, U21

- 1. The defending format class Oceania 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.

#### Technical Assistance Zone (TAZ) & Neutral Race Support

Designated Technical Assistance Zones (TAZ) will be clearly marked and located at Honeymoon Pool and within the Event Village. Both locations are central to the event and stages footprint. Only in the Technical Assistance Zone (TAZ) are racers allowed to change any part of their clothing or equipment (non-stickered bike parts) with the assistance from non-racers.



Feeding and Technical support may only be provided within these Zones. Racers are allowed to collect and drop equipment or food 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.

There will be neutral mechanical support available at both TAZs on the course.

Racers are only allowed to give any waste equipment to another person (this includes event or team staff and fans) in the 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.

#### Therapeutic Use Exemption

All competitors may be subject to anti-doping testing under AusCycling and Sport Integrity Australia regulations. If you are currently taking any medication (including supplements), please check whether this substance is banned in or out of competition via www.globaldro.com/AU/search

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 approvalmay 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 taking, considering taking, or being prescribed any banned or prohibited substances.

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 byhighlighting 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 module.

#### Social Media

Facebook @AusCyclingMTBCX X/Twitter @AusCyclingAus

Instagram @auscyclingausOfficial Hashtag #enduronats24

Facebook @oceaniacycling X/Twitter @oceaniacycling

Instagram @oceaniacycling #OceaniaEnduro | #OceaniaMTB

# COMPETITION MAKE SURE YOU ARE COMING UP? READY!

1

Download the Sport Integrity App and use it to make your way through the following steps.



2

## **TAKING A MEDICATION?**

Use the 'Check a Medication' tab to access Global DRO to make sure your medication isn't banned in sport.



3

# TAKING A BANNED SUBSTANCE FOR MEDICAL PURPOSES?

Use the Therapeutic Use Exemption Checker to see if you need a TUE, and complete the paperwork if required.



4

### **USING SUPPLEMENTS?**

Use the 'Check a Supplement' tab to check the risk of your product. Supplements are the leading cause of inadvertent positive tests in Australia.



5

### **NEVER BEEN TESTED?**

Prepare yourself by going through a virtual reality test on the App. (Search for it under the menu icon)



6

## **KNOW THE RULES?**

A positive test is only one way to be banned from sport. Read up on the 11 Anti-Doping Rule Violations.



7

# **COMPLETED YOUR EDUCATION?**

Access the Sport Integrity Australia online courses by clicking on the Get Educated tab.



8

## TRAIN AND COMPETE CLEAN!





#### CONTACT US

Please visit our website sportintegrity.gov.au, contact us at education@sportintegrity.gov.au, call our Safe Sport Hotline 1800 161 361, or enquire 1300 027 232



# CLEAN SPORT IS YOUR RESPONSIBILITY

# **SPORT INTEGRITY APP**

- Check medications on Global DRO
- Find low risk supplements
- Check if you need a Therapeutic Use Exemption (TUE)
- · Report an issue
- · Give feedback or ask a question

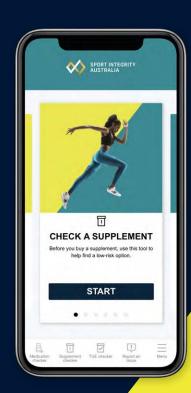
The app also has information on all sport integrity issues, anti-doping rules, testing programs, the health effects of doping, supplement and nutrition advice, overseas travel considerations and more. Just click on the menu icon.



Download the app from the Apple Store and Google Play store here.

# **ONLINE EDUCATION**

- Sport Integrity Australia's eLearning website: <u>elearning.sportintegrity.gov.au</u>
- Visit the site for courses on integrity topics including: Safeguarding Children and Young People in Sport Induction, introduction courses to anti-doping, match-fixing and illicit drugs, along with specific courses for parents and coaches.





#### **Contact Us**

Email: <a href="mailto:education@sportintegrity.gov.au">education@sportintegrity.gov.au</a>
Safe Sport Hotline: 1800 161 361

Enquiries: 1300 027 232 www.sportintegrity.gov.au



# ANTI DOPING IS YOUR RESPONSIBILITY



Medications may have banned substances in them. Check all medications on the Sport Integrity app.



All athletes are responsible for what substances they put into their own bodies - they can't blame anyone else, however if a coach has supplied the substance, penalties also apply to the coach.



Supplements are a huge risks. Research shows 1 in 5 contain a banned substance not listed on the label. Find low risk supplements on the Sport Integrity app. If it's not listed, don't risk it.



As a member of your sport, you are bound by an Anti-Doping Policy and potentially subject to investigation.



There are rules that you and your athletes must follow under your sport's Anti-Doping Policy. Details are in the Sport Integrity app menu under 'Know the rules'.



Anti-doping education should not be a 'tick the box' exercise - it should be an ongoing conversation with your athletes.



If you are involved in a team sport, and an athlete tests positive to a banned substance, the team could lose competition points and championship placings.





Learn more about the sample collection process via our Virtual Reality anti-doping test experience. Found in the menu of the Sport Integrity app under 'Tools'.



Breaking the rules could result in a ban of up to four years from ALL sport - no training, no playing, no coaching.



# **Contact List**

## **AusCycling Management**

| Executive General Manager – Sport (AusCycling) | Kipp Kaufmann  |              |
|--|----------------|--------------|
| Head of Events – MTB   CX -                    | Steve Peterson | 0466 485 670 |
| (AusCycling)                                   |                |              |
| Operations Manager – MTB   CX                  | Harry Fortune  | 0466 433 426 |

# WA Gravity Enduro (Event Delivery Partner)

| Race Director (WAGE)          | Steve Janiec | 0407 446 273 |
|-------------------------------|--------------|--------------|
| Operations Coordinator (WAGE) | Clare Kelly  | 0424 147 387 |

## Commissaire Pannel & Technical Delegates

| President of the Commissaires Panel (PCP) | Peter Blakey |              |
|---|--------------|--------------|
| Member                                    | Shane Currie | 0419 098 800 |
| Member                                    | Richard      |              |
|   | Barville     |              |
| Member                                    | Sam Bolton   |              |
| Member                                    | Brad Higgins |              |
| Member                                    | Doug Miller  |              |
| Member                                    | Tony Scott   |              |