



# **2024 AusCycling Junior Road State Championships – Victoria**

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# **2024 AusCycling Senior Road State Championships – Victoria**

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**10<sup>th</sup> & 11<sup>th</sup> August 2024**

# **Technical Guide**

Event Sponsored By:  
Carnegie Caulfield Cycling Club  
Rural City of Wangaratta



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## Welcome

Welcome to the 2024 State Championships, with the final round of the Junior Road Season and the Seniors Road Race and TT titles.

Quad C is the junior riding program at Carnegie Caulfield Cycling Club is pleased to host the event for the fourth time, as part of fulfilling our mission of “developing world class talent while supporting all levels of club racing, social events and rider education”

The Junior Championship Races of this weekend include the final round of the 2024 Victoria Junior Road Series.

With a very busy program, we will see State Champions awarded to U11, U13, U15 and U17 riders in the Road Race and Individual Time Trial.

The event will also include the Glenrowan ITT - Open Women's and Open Men's and Para event (U19 and up, 20km) Individual Time Trial.

Good luck to all riders and we hope that you have a great weekend of personal achievement.

David Williams  
**Race Director**



## Carnegie Caulfield Cycling Club Centenary 1924-2024

The Carnegie Caulfield Cycling Club was originally formed in 1924 as the Carnegie Amateur Cycling Club. The club emerged from an ad hoc alliance of local cyclists known as the Carnegie Cycling Club, which had origins before 1910. The Club would arrange races through Oakleigh, and along the Dandenong Road, and they were typically handicap races over 10 to 60-mile road courses, often starting at the Rosstown Hotel.

The club and the Dandenong Rd races played a big part in the local community, in particular through its support for the Oakleigh Carnival. In 1931 the club formalised the first incarnation of its junior program which was recorded after early success in the Victoria Club Premierships. At the same time, Carnegie's senior team was also winning major races.

The Brighton South Caulfield Professional Cycling Club formed in the early 1930s and regularly participated in local and state events. Early member Robert Barkly made news in the Sporting Globe in 1932 setting off for a return ride to Sydney over 7 days!

During the 1950s Carnegie Amateur Cycling Club held track racing at Packer Park. These events drew crowds of up to 4000 spectators watching some of Australia's best amateur and professional riders. The track was renowned for its quality and was selected as a back-up option for the 1956 Melbourne Olympics, necessary due to delays constructing the Olympic Park Velodrome.

Carnegie's track racing program become even more popular during the 1960s and 70's with the Caulfield Cup on Wheels being the leading race for amateur cyclists in Melbourne, often held on the same night as the Melbourne Cup on Wheels, an equivalent race for professional cyclists.

The advent of Open racing saw the Carnegie Amateurs merge with the Brighton-South Caulfield Professional Cyclists Association in July 1984, and adopt the name "Carnegie Caulfield Cycling Club Inc".

More recently, the club's summer criterium racing has become very popular, attracting some of the best riders in the world and is regularly covered in leading cycling publications including Cyclingnews.com, CyclingTips and featured on Wahoo's Sufferfest videos. In 2020 the club arranged the first e-sports Junior State Championships, held on virtual courses, to overcome the significant impacts of the pandemic.

The Club's QuadC junior program continues to operate and has keen rivalries with other junior clubs on track and road. It extends to material support for the 99 Bikes Women's Academy supporting emerging women at the U19 level.

While CCCC has hosted road racing since 1924, on roads from StKilda to Gippsland, our modern program has been condensed to include only three events.

[1] The **ANZAC Day Classic** which regularly attracts over 300 riders to race at Sandown Raceway, situated on Dandenong Rd, in a nod to the century of racing in south east Melbourne.

[2] The **AusCycling Junior & Senior Road State Championships – Victoria**

[3] **De Ronde Van Taminick** and **Winton-Greta-Winton** season opener in October.

We celebrate all the riders who have worn the colours of our clubs over 100 years.



## Special Thank-you

This event would not be possible without the tireless efforts of volunteers. For this, we thank all of the QuadC parents, volunteers from Wangaratta and Shepparton Cycling Club and the CCCC committee for supporting the race.

Thank-you to all the Traffic Controllers and Corner Marshals whose efforts go above and beyond the call of duty to keep the riders safe.



## Event Officials

Role	Name	Contact Number
Race Director	David Williams	0431 707 676
Deputy Race Director		
Assistant Race Director (VRS only)		
Event Chief Warden & Event Safety		
CCCC Club President		
Traffic Management Coordinator		
Clerk of Course		
Lead/Follow Car Coordinator		
Event Permit Officer		
Chief Commissaire		
Commissaire		
Commissaire		
Commissaire		
Commissaire		
Commissaire		
Commissaire		
Commissaire		
Timing		
AusCycling Victoria	Annina Gallagher	
First Aid (Colmed)		
Ambulance Victoria		
Victoria Police		
Emergency Medical Facilities		



## **Event Overview**

The Carnegie Caulfield Club is conducting two separate events for Juniors and two separate events for Seniors on the weekend of the 10th and 11th of August 2024. Racing on both days is staged from two different locations in and around Glenrowan.

Saturday will be the 2024 Victorian Junior Road Individual Time Trial Championships followed by the Senior Time Trial Championships.

Sunday will see the running of the 2024 Victorian Junior Road Race Championships and followed by Victorian Senior State Road Race Championships.

The AusCycling Victoria, Constitution, By-Laws, Technical and Series Regulations as well as specific 'Event Specific Regulations' listed hereunder are applicable to all competitors & accredited persons. Violations will be referred to the Commissaire Panel & Race Organisation for recommendation in respect to any penalty.



## Quick Program Guide

Date	Time		Where
<b>Saturday</b>	<b>0830</b>	<b>Registration Opens</b>	<b>Glenrowan-Winton Rd – Start/Finish Line</b>
10/8/24	0930	First Race U11 TT	Presentations will take place immediately following each event at the Start/Finish Line.
		U13TT	
		U15 Girls TT	
		U15 Boys TT	
		U17M TT	
		U17W TT	
Est	1145	Para TT	
Est	1215	U19W, U19M	
	1225	Open W TT	
		Open M TT	
	1400	Finish	
<b>Sunday</b>	<b>0800</b>	<b>Registration Opens</b>	
11/8/24	0850	JM15 and JW15 Leave to Start	Old Hume Hwy
	0900	First Race Starts JB13/JG13	Old Hume Hwy
	0908	JB11/JG11 Road Race	Old Hume Hwy
	0918	JM15 Road Race	Taminick Gap Rd
	0921	JW15 Road Race	Taminick Gap Rd
	0950	Elite & JM19 Road Race	Old Hume Hwy
	0955	JM17 Road Race	Old Hume Hwy
	1000	Elite & JW19 Road Race	Old Hume Hwy
	1005	JW17 Road Race	Old Hume Hwy
	1010	J11 + J13 Presentations	Glenrowan Primary School
	1220	J15, J17 + J19 Presentations	Glenrowan Primary School
	1230	MM1,MM2	Old Hume Hwy
	1235	MM3, MM4	Old Hume Hwy
	1240	MM5, MM6, MM7	Old Hume Hwy
	1245	MW1, MW2, MW3	Old Hume Hwy
	1430	MW4,5,6,7,8,9,10	Old Hume Hwy
	1435	MM8,9,10	Old Hume Hwy
	1530	MM1,2,3,4,5,6,7 MW1,2,3 Presentations	Glenrowan Primary School
	1600	MW4,5,6,7,8,9,10 MM8,9,10 Presentations	Glenrowan Primary School





## **Saturday 10th August 2024**

Individual Time Trials – Races start at 9.30am

### **Stage Information**

On Saturday there will be a traffic DETOUR in place for the length of Glenrowan-Winton Rd west the Glenrowan Freeway entrance.

Competitor parking will be on-site at the Glenrowan Football Ground. There are outside toilets on site.

Limited ALL-Access toilets and Disbaled Parking will be available at the start line.

Presentations will take place onsite immediately following each race. Including presentations for:

**Please be mindful of the local residents. Do not leave any rubbish behind.**



# 2024 AusCycling Junior Road State Championships – Victoria: Individual Time Trial

## Event Information

ITT Juniors Saturday 10th August



Map – course is west from start line with a turnaround point half way through the TT event for each grade. Toilets / changing rooms are available at the Glenrowan Football ground 1km from the start.

1. Riders must register at the Start Line on Winton-Glenrowan Rd.
2. For the Junior Championships the first race Start Time is **9.30am** with the youngest age groups W11 and M11 progressing by increasing age group through to the M19. There will be at least one-minute intervals between the start times of riders in each age/gender category.
3. Individual Time Trial start times for each rider will be published prior to the event.
4. The ITT will be an out-and-back course on the Winton-Glenrowan Road. The road will be **FULLY CLOSED TO THROUGH TRAFFIC**. There will be official's cars on the course and possibly an occasional local resident gaining access to their property. Please obey traffic rules and stay left at all times.
6. The Start/Finish line for all competitors will be 100m west of the intersection of Glenrowan-Winton-Glenrowan Rd and Glenrowan-West Rd. Riders are advised to report to the Time Trial registration area



close to the start line. You will be required to remain in the start area after your bike has been rolled out.

7. When a competitor has completed rollout they are NOT permitted to leave the corralling area and must proceed through the starting area as instructed by officials.

8. The course format is out-and-back. There will be a turn-around point for each age category. Each competitor must be familiar with their course details.

9. NO support vehicles, parents or spectators to follow any competitor.

10. Any rider who receives outside assistance from anyone they may face disqualification and possible fine.

11. For riders who are competing in both the Road Race on the Saturday and the ITT on the Sunday, please hold on to your numbers and transponders ready to use on the Sunday.

12. Junior categories up to and including JM17 and JW17 are NOT permitted to use Time trial specific bikes. Under 15 & 17 grades are allowed clip-on time trial bars for the time trial only.



# 2024 AusCycling Senior Road State Championships – Victoria: Individual Time Trial

## Event Information

The Para and Senior Time Trial events will be held on an out and back course on Winton-Glenrowan Rd. It is a very flat course with a small 3% rise mid-section. The course is prone to some cross winds.

The course will be on the same road as the Junior ITT championships (see map above) with the turnaround just prior to the Winton Raceway.

1. Riders must register at the Registration Tent adjacent to the Start Line.
2. Individual Time Trial start times for each rider will be published prior to the event.
3. The ITT will be an out-and-back course on the Winton-Glenrowan Rd. The road will be **CLOSED TO THROUGH TRAFFIC**. There will be official's cars on the course and possibly an occasional local resident gaining access to their property. Please obey traffic rules and stay left at all times.
4. The Start/Finish line for all competitors will be 100m west of the intersection of Glenrowan-Winton-Glenrowan Rd and Glenrowan-West Rd. Riders are advised to report to the Time Trial registration area close to the start line.
7. The course format is out-and-back. There will be a turn-around point for different distances. Each competitor must be familiar with their course details.
8. No support vehicles, parents or spectators to follow any competitor.
9. Any rider who receives outside assistance from anyone they may face disqualification and possible fine.
10. For riders who are competing in both the Road Race on the Saturday and the ITT on the Sunday, please hold on to your numbers and transponders ready to use on the Sunday.
12. All riders will be required to follow AusCycling technical regulations without exception. Riders not complaint will be disqualified from results.



**Map** – course is west from Winton-Glenrowan Rd and Glenrowan W Rd intersection with a turnaround point half way through at 10km.

**Parking** – Glenrowan Football Ground

**Toilets & changing rooms** - Glenrowan Football Ground.

**All Access Toilet** – Adjacent to Start line

**Disabled Parking** – Adjacent to Start line

**Individual Time Trial Race Distances Saturday 10th August 2024**

Grade	Distance (km)
W11, M11	4
W13, M13	8
W15, M15	10
W17, M17	15
Para	15
Open/19 Women, Open/19 Men, M19	20





## AusCycling Victoria Specific Regulations

1. As this is an AusCycling sanctioned event, AusCycling Technical Regulations and penalties apply. Riders will not be able to participate unless their bikes are compliant with technical regulations including age specific roll-out, handle bars and extensions, wheel and tyre specifications. Any riders breaching these regulations will be disqualified during or after the event.
2. An Australian Standards approved (AS/NZ 2063) helmet shall be worn at all times whilst riding a bicycle on open roads (*Local Police as well as CV Officials will issue fines to riders who do not observe this Law*)
3. All competitors are reminded that it is an offence to urinate within view of the public. The penalty is disqualification from the event, a \$100 fine and their license suspended for 4 weeks (*Annexure 9: item 81*). (*Local Police will issue fines to riders who do not observe this Law*)
4. Any rider who drops, throws or discards rubbish will be disqualified from the event and fined \$100 (*Annexure 9: item 33*). (*Local Police will issue fines to riders who do not observe this Law*)
5. Competitors who cross the centre of a roadway may be fined \$100 for the first offence, second offence will be disqualification, fined \$200 and suspended for 4 weeks (*Annexure 9: item 49.1*).
6. Each competitor will be issued with two x body numbers, 1 frame number and a transponder. Numbers must not be cut, folded or modified in any way. For the ITT one body number is to be placed on the lower centre of the back. The frame number must be secured on the seat post or attached to the rear brake assembly. The transponder must be placed as low as possible on either front fork. Numbers must be visible at all times.
7. Cameras attached to a competitor's bicycle are NOT allowed during this event.
8. It is the rider's responsibility to ensure they have the correct gearing prior to each event. All competitors are required to roll out prior to the start of the Time Trial and the top 6 riders in each stage plus one random rider will be required to roll out after each stage.  
Gearing - roll out distances. For all junior categories, male and female, the following maximum roll out distances shall apply:  
  
Under 17 – 7.0m  
Under 15 – 6.0m  
Under 13 – 5.5m  
Under 11 – 5.5m
9. If you are unsure about how to set up your bike and conduct a roll out please ask for help from an accredited coach at your club



10. Locked-out gearing for Juniors is allowed for Victorian State Championships.
11. VJRS points will be allocated as per two individual events (RR and ITT). No GC points will be awarded.



## Sunday 11th August 2024

### Road Race – Races start at 9 am

#### Stage Information

On the Saturday there will be a traffic DETOUR in place at the Finish Line in front of the Glenrowan Primary School from 9am. Signs will clearly show the detour. The recommended route to get to Registration at the Glenrowan Primary School on the Saturday is via the Glenrowan Township using Gladstone Street and turning into Beaconsfield Parade. Registration will be in the school grounds. Competitor parking will be in Beaconsfield Parade. Please observe the areas reserved for Official parking and Marshaling areas. See map below.

**Please be mindful of the local residents. Do not leave any rubbish behind.**

Registration opens at 9:00am on Sunday 11<sup>th</sup> August at the Glenrowan Primary School, corner of Beaconsfield Parade and the Old Hume Hwy, Glenrowan. Riders must register at least 30 minutes before your start time.



DETOUR around Glenrowan Primary School for Sunday 11th August.

“Rider muster” starting point for ALL road races is in Beaconsfield Parade beside the school.

A detailed site map of race headquarters at Glenrowan Primary School is shown below.





Glenrowan Primary School – Site Map for Sunday 11th August November Road Races

Lead/Follow/Spares Car drivers awaiting setup please park at the Glenrowan Pre School 160 Old Hume Highway.



# 2024 AusCycling Junior Road State Championships – Victoria: Road Race

## Event Information

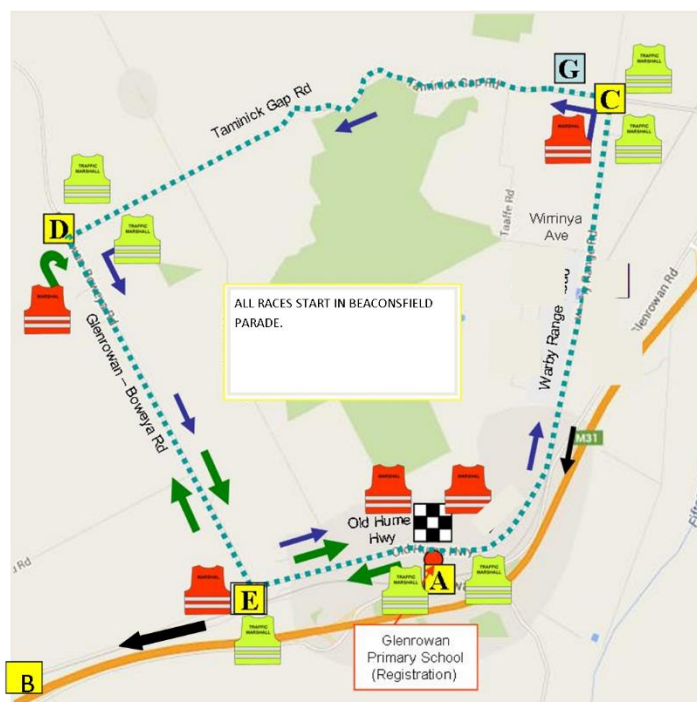
### Road Race Juniors Sunday 11th August

1. Riders must Register / Sign On at the Glenrowan Primary School at least 30 minutes prior to their race start time. **Racing starts at 9am. See the Race Schedule on page 25.**
2. If you have entered the event but are unable to ride for any reason please notify the Commissaires as soon as possible and return your transponder, bike number and rider numbers to Registration at the Glenrowan Primary School, if you will not be competing in the ITT on Saturday 10th August.
3. The undercover netball area at Glenrowan Primary School may be used as a warm-up and cool-down area for riders with rollers and trainers.
4. **START LOCATION:** Riders assemble in Beaconsfield Parade at the position marked “A” in the image below; just south of the Old Hume Hwy. Please be mindful of the local residents.



NOTE: Traffic detour shown as orange dotted line.

5. An overview of the Road Race course is shown below.



6. COURSE SUMMARY BY AGE GROUP: Anti-clockwise laps of Taminick Loop for U15, U17. Note the course guide below for starting positions. All riders assemble near the start line. All races FINISH on Old Hume Hwy outside Glenrowan Primary School. U13 riders turn left along the Old Hume Highway, turn right to point D and Turn around. U11 turn left along Old Hume Highway, past Boweya Road to the S Bends / Railway line where they turn around at point B and return to Finish Line.

### Sunday Road Race Course Description Summary

Grade	Dist. (km)	Description
W11, M11	8	START A, B (turn around), FINISH
W13, M13	15	START A, E, D (turn-around), E, FINISH
W15, M15	35	<b>Transfer A to G and then Race Start at G, D, E, C, D, E, FINISH</b>
MM 8-10 MW 4-10	42	(2 laps) START A, C, D, E, C, D, E, FINISH
U17, U19, MM 6-8 MW 1-3	63	(3 laps) START A, C, D, E, C, D, E, C, D, E, FINISH
Elite, MM 1-5	84	(4 laps) START A, C, D, E, C, D, E, C, D, E, C, D, E, FINISH



7. The Under 11 riders start in Beaconsfield Parade and turn left onto the Old Hume Hwy to start. They continue to a turn-around point “B” and then proceed back to the Finish line outside the Glenrowan Primary School.
8. The Under 13 riders start in Beaconsfield Parade and turn left into the Old Hume Hwy to start. They proceed west then turn right into the Glenrowan-Boweya Rd (point marked as “E”). They proceed to point “D” where they turn around and return to the Finish line outside the Glenrowan Primary School.
9. **The Under 15 riders will assemble in Beaconsfield Parade and will be under control to point “G” at which point warm-up jackets will be collected. Racing will start from point “G”.**
10. There are to be NO support vehicles, parents or spectators following any of the competitors.
11. Any rider who receives outside assistance from anyone other than appointed officials will face disqualification and possible fine.
12. All corners will be marshaled.
13. All grades will have a Lead and Tail car.
14. There will be no spares cars.
15. No spectator cars will be allowed to follow any race.
16. It is each rider’s responsibility to know their course and know how many laps they need to complete.
17. Any rider that falls more than 30 minutes behind the lead group of their race may be removed from the race.



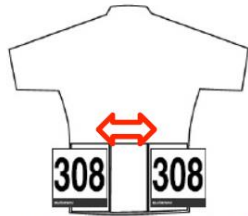


## AusCycling Specific Regulations

1. As this is an AC sanctioned event, AC Technical Regulations and penalties apply. For full details go to AusCycling | Governance, Rules & Policies.
2. As this event is conducted on open roads, all bicycles must have an appropriate red light fitted and operating on either the seat post or right rear seat stay of their bike. The light must be visible from 200 metres in daylight to the rear & operational during the entire duration of this event.
3. An Australian Standards approved (AS/NZ 2063) helmet shall be worn at all times whilst riding a bicycle on a highway (Local Police as well as AC Officials will issue fines to riders who do not observe this Law)
4. All competitors are reminded that it is an offence to urinate within view of the public. The penalty is disqualification from the event, a \$100 fine and their license suspended for 4 weeks (Local Police as well as AC Officials may issue fines to riders who do not observe this Law).
5. Littering is against the regulations of the sport of cycling. Any rider who drops, throws or discards rubbish may be disqualified from the event and fined \$100.
6. Police permits for events conducted on 'Open Roads', require all competitors to keep left at all times.
7. It is a clear VICROADS administered law, therefore any competitor detected who purposely crosses 'Double continuous dividing lines' will be disqualified from the event, fined \$100 and their license will be suspended for 4 weeks.
8. Competitors who cross the nominal centre of a roadway may be fined \$100 for the first offence, second offence will be disqualification, fined \$200 and report to AusCycling for disciplinary action.
9. Cameras attached to a competitor's bicycle are allowed. The camera must be presented on the bike to the Chief Commissaire before the start of the event. The Chief Commissaire must approve the use of the camera prior to use.
10. If required, any competitors elected, will submit themselves to anti-doping control conducted by Sports Integrity Australia - SIA, under the guidelines set out by the UCI.
11. During the race riders must wear two (one for ITT) body numbers and carry a frame number fixed to the rear brake bridge, or base of the seat post. Body numbers left and right-side pockets with a minimum one hand spacing between each number. Frame number fixed to rear brake bridge or the very base of the seat post.
12. Riders must not cut, fold, crumple or modify any numbers in any way.
13. Riders are issued with a transponder. Riders must make sure they position the transponder as low as possible on a front fork for all stages. Failure to attach the transponder will result in a DNF in a stage.



Body Numbers



Left & Right Pockets, with one hand width in between.

Frame Plate



Brake bridge or base of seat post.



Mount as low as practicable on either fork

It is the riders' responsibility to return their transponder after they finish/abandon the race. Transponders that are not returned at the event conclusion need to be posted asap to: AUSCYCLING, 281 DAREBIN RD, THORNBURY, 3071, VIC. Late return fee (more than 7 days after event): \$30 Lost transponder fee: \$125 Mount as low as practicable on either fork.



## Road Race Start Order

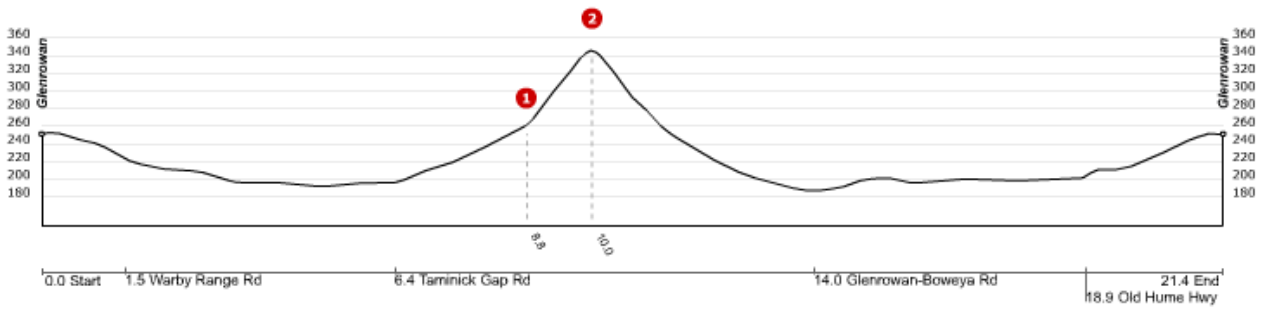
### Sunday 11th August 2024 Road Race Starting Order - Schedule

	Category	Dist. (km)	Start Time*	Starting Direction	Est. Finish Time of Winner	Est. Race Duration of Winner	Est. Speed (km/h)	Est. Lap Times (mins)
0	<b>J15 Men + J15 Women</b>	<b>7</b>	<b>8:55AM*</b>	<b>East</b>	<b>Transfer from Finish Line to "G" = Start Line</b>			
1	JB13/JG13	15	9:00 AM	West	9:27	27 min		
2	JB11/JG11	8	9:08 AM	West	9:23	15 min		
3	Men J15*	35	<b>9:18 AM*</b>	East	10:23	1 hr 5 min	32	39
4	Women J15*	35	<b>9:21 AM*</b>	East	10:34	1 hr 14 min	30	42
5	Elite & Men J19	84	9:50 AM	East	12:10	2 hr 20 min	36	35
6	Men J17	63	9:55AM	East	11:40	1 hr 45 min	36	35
7	Elite & Women J19	84	10:00 AM	East	12:20	2 hr 20 min	36	35
8	Women J17	63	10:05 AM	East	11:56	1 hr 51 min	34	38
9	MM1,2	84	12:30PM	East	14:50	2 hr 20 min	36	35
10	MM3,4,5	84	12:35PM	East	14:55	2 hr 20 min	36	35
11	MM5,6,7	63	12:40PM	East	14:31	1 hr 51 min	34	38
14	MW1,2,3	63	12:45PM	East	14:36	1 hr 51 min	34	38
15	MW4,5,6,7,8,9,10	42	2:30PM	East	15:54	1 hr 24 min	30	42
16	MM8,9,10	42	2:35PM	East	15:59	1 hr 24 min	30	42

\* M15 & W15 need to ride 7km to get to start line at "G" leaving in convoy at 8:55am



## Road Course Information







The Carnegie Caulfield Cycling Club thanks you for your attendance at these Championships.

We hope to see you again next year.

Travel Safely!

[www.carnegiecycling.com.au/juniors](http://www.carnegiecycling.com.au/juniors)



### Carnegie Caulfield Cycling Club Junior Pathway

Novice	U11 to U15 Up to 3 sessions/wk Track, Road, Cyclocross	Packer Park	Glenvale Clinic
		DISC sessions	Sandown Clinic
		Zwift Session	Loan Track Bike*



Junior Training Squad	U13 to U19 Up to 3 sessions/wk Track, Road, Cyclocross	Packer Park	Glenvale Clinic
		DISC sessions	Sandown Clinic
		Zwift Session	Loan Track Bike*



#### Junior Development Squad

<ul style="list-style-type: none"> <li>DISC sessions</li> <li>Coached Weekend Rides</li> <li>Weekly coach feedback</li> </ul>	<ul style="list-style-type: none"> <li>Personal Coach</li> <li>Race Preparation</li> </ul>	<p>2nd year U15 to U19</p> <p><b>Track &amp; Road Program</b></p>	<p>U15 to U19</p> <p><b>Road Program</b></p>	<ul style="list-style-type: none"> <li>Packer Park</li> <li>Coached Weekend Ride</li> </ul>	<ul style="list-style-type: none"> <li>Glenvale Clinic</li> <li>Sandown Clinic</li> </ul>
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