



# CANBERRA

## JUNIOR & WOMEN'S TOUR



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# 1. Introduction

This Technical Guide is for the information of participants competing in the 2025 Canberra Junior Tour at Stromlo Forest Park and surrounding roads on 24-25 May 2025.

## 2. Event Details

### 2.1 Event Description

Vikings Cycling Club (ACT) and Canberra Cycling Club and are proud to host the 2025 Canberra Junior and Women's Tour. The Tour is a stage race comprising four stages:

- Criterium
- Road Race
- Kermesse
- Time Trial

#### 2.1.1 2025 Northwave Junior Road Series

The Northwave Junior Road Series in New South Wales and ACT offers valuable competitive opportunities for young riders in the age categories of U13, U15 and U17. These series play a crucial role in developing cycling talent by providing a platform for riders from all states and territories to compete at a regional level.



This event is the 2<sup>nd</sup> round of the Northwave NSW/ACT Junior Road Series for 2025!

#### 2.1.2 BikeChain J19 National Road Series

The BikeChain J19 National Road Series bridges the gap between junior and elite road cycling. Running since 2019 and open to Junior 19s, the series gives riders the chance to compete across road race, individual time trial and criterium and is a great platform to showcase and develop the next generation of Australian road cycling champions.



This event is the 2<sup>nd</sup> of three rounds of the 2025 BikeChain J19 National Road Series.

## 2.2 Event Location

The Tour will use two main hubs for the starts and finishes of the stages.

The Time Trial and Road Race will start and finish at Stromlo Forest West Carpark, and the Criterium and Kermesse will be held at the Stephen Hodge Criterium Cycling Circuit at Stromlo Forest Park.



## 2.3 Event Start and Finish Times

The competition will be held on 24 and 25 May 2025.

Racing commences at 9 am each day.

The full event schedule is in Appendix B.

## 2.4 Key Contacts

Name	Position/ Title	Phone	Email
Michael Buerger	Tour Director	0416 162 265	<a href="mailto:president@vikingscycling.org.au">president@vikingscycling.org.au</a>
Chris Clarke	AusCycling ACT	0418 656 809	<a href="mailto:chris.clarke@auscycling.org.au">chris.clarke@auscycling.org.au</a>
Caet Watch	Race Director – Road Race/ Time Trial		
Rae Rogers	Race Director - Criterium/ Kermesse		
	President Commissaire Panel (PCP)		

## 2.5 Social Media

Website: [AusCycling | 2025 Canberra Junior & Women's Tour](#)

Facebook: [Canberra Junior and Women's Tour 2025 | Facebook](#)

## 3. Rider Registration and Meetings

### 3.1 Rider Registration

#### 3.1.1 Friday evening - Alivio Tourist Park

Register at Alivio Tourist Park 20 Kunzea St, O'Connor ACT 2602, from 5pm to 7pm on 24 May.

We recommend this option for all U19 male and U19 female riders so they can go straight to the Road Race start on Saturday morning.

#### 3.1.2 Saturday Morning - Stromlo Forest Park

Register at the entry desk at Stromlo Forest Park (Criterium Track) from 8 am on 24 May.

### 3.2 Meetings

Riders will be briefed by the Commissaires prior to each race.

The Race Director and/or Race Commissaire will brief all Road Race convoy vehicles 15 minutes prior to the start of each Road race to cover the following:

- Route confirmation
- Radio Check
- Emergency Procedures

### 3.3 Radio Communication

The use of radio links or other remote means of communication by or with the riders, as well as the possession of any equipment that can be used in this manner during an event, is prohibited. For Road Races, each approved convoy vehicle will be issued with a radio for communication within the convoy only.

### 3.4 Race Convoy – Road Races

Only official support vehicles are permitted in the Road Race Convoys. No service vehicles other than neutral service are permitted.

All vehicles in the race convoy must comply with the following regulations:

- Windows on all cars in the race convoy must not be obstructed with decals or marked as to obstruct the view through the vehicle.
- All vehicles must travel on the left-hand side of the road, servicing riders on the left only and allowing for rider circulation on the right-hand side of the road.
- All drivers & passengers must be AusCycling License holders.
- All vehicles must drive with dipped headlights and no hazards & to use indicators to indicate any turns.

- Escort vehicles must display signage and lights provided by race organisers.
- All vehicles in the convoy are always under the direction of the Race Commissaire and must adhere to the Convoy Code of Conduct (Appendix 1).

## 4. Competitor Information

### 4.1 Competitor Responsibilities Participants shall:

- Obey instructions from the Event Organisers, Commissaires and event marshals/officials.
- Employ correct etiquette and ride safely in all situations.
- Obey all Road Rules
- Be required to wear minimum safety gear, including an appropriately approved helmet.
- Ensure that their bicycle is in good working order.
- Ensure they have an adequate supply of water and nutrition.
- Be responsible for ensuring they are fit enough for the activity.

### 4.2 Rider Escorts

Parents or carers are not permitted to ride with participants. U9/U11 will be riding their road race and time trial on a closed circuit.

All road races will be supported by lead and follow cars.

### 4.3 Weather

Canberra weather can be very cold. Riders should be prepared for fog, rain, snow and sun and should be equipped accordingly. In U9, U11 & U13 additional clothing should be worn and this will not be monitored for advertising.

### 4.4 Entry Process

Enter online via EntryBoss: [2025 Canberra Junior & Women's Tour - EntryBoss](#)

### 4.5 Presentations

Presentation ceremonies will take place at Stromlo Forest Park Criterium Track.

#### 24 May 2025

- U9-U13 presentations for Criterium and Road Race approx 2.20pm
- No presentations for all other categories today, so riders can depart as soon as they complete their second event of the day.

#### 25 May 2025

- Presentations for all grades will commence at 2.30pm.

Riders must be presented in their correct attire (race kit) with no hats or sunglasses. All placegetters must make themselves available for the media.

All GC winners are asked to remain for a photo at the conclusion of the presentations.

## 4.6 Prize Money/Prizes

There are separate prizes for males and females in every age category.

- Stage medals for each of the top three placegetters in each stage.
- General Classification trophies for the top three in each category.
- Series Sponsor General Classification prizes for U13, U15, U17 & U19 from respective sponsors
- Tour Sponsor General Classification prizes for U9-U11.
- The ACT Junior Criterium Championship medals will be presented to the top 3 ACT registered riders, girls and boys, for U9, U11, U13, U15 & U17.

## 4.7 Neutral Race Support

There will be neutral Race Support for all Road Races from Under 15 upwards.

## 4.8 Race Numbers

Riders will be issued two body numbers and a transponder at registration. For road races, they must be fitted as per the below images.

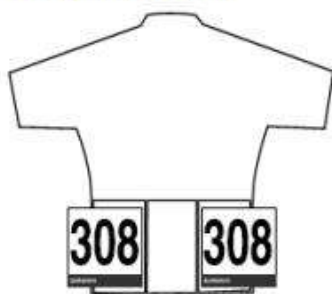
For time trials, riders may use only one body number, centre bottom of their back, but must have their transponder fitted as per the below image.

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

Transponders must be signed back into the registration desk at the completion of the riders' last race.

Any rider failing to return their transponder and sign it back in will be charged \$190.

### Body Number



*Left & Right Lower Back*

### Transponder



*Low on Front Fork*

## 4.9 First Aid/Medical Services

Professional medical services will be provided by Get First Aid.

They will be:

- Onsite at the Criterium Track
- Onsite at the Road Race / Time Trial Start/Finish line
- Mobile during open road events

The nearest hospital emergency department is at The Canberra Hospital - Yamba Dr, Garran ACT 2605.

## 4.10 Race Results

Race results will be available online at <https://results.auscycling.org.au/>.

## 4.11 Anti-Doping Testing

If required, any competitors selected, will submit themselves to anti-doping control conducted by Sports Integrity Australia - SIA, under the guidelines set out by the UCI.

# 5. Technical Regulations

The event will be conducted under the rules and regulations of AusCycling (AC)

AusCycling Technical Regulations apply to this event.

- [Technical Regulations General](#)
- [Technical Regulations Road](#)

Series regulations for the [2025 Northwave Junior Road Series - NSW/ACT](#) apply for Under 13 to Under 17 categories and [National Junior 19 Road Series](#) for Under 19 riders.

Note: Time Trial bikes **or clip-on bars** are NOT permitted for use during a National Junior 19 Road Series event.

## 5.1 General Classification

For all age groups, General Classification positions will be calculated using the following criteria:

- Under 9 & 11 will be allocated points for each of the events depending on finishing place.
- Under 13,15,17, 19 & Women grades will be on aggregate time across all four stages with time bonuses provided for the Criterium, Kermesse and Road Race based on finishing places. (1st -10 sec; 2nd -6 sec; 3rd -4 sec; 4th -2 sec; 5th -1 sec)



## 5.2 Riders not completing stages

The organisers recognise the cost and effort of attending the Tour and want riders to participate as fully as possible.

Should a rider not finish a stage due to a genuine mishap or mechanical issue, they will be permitted to continue in the Tour. They will receive a time allocated by the PCP in consultation with the event Commissaire.

Series points for such riders will be calculated in accordance with respective series regulations.

Riders who DNF a stage cannot assist or work for other riders still competing for the General Classification in the following races. Any such rider who assists another rider may be disqualified, and any assisted riders may also be disqualified.

## 5.3 Rollout

All junior riders must roll out before every stage.

All riders must present themselves and their equipment to the rollout area, located near the start/finish line, at least **20 minutes prior** to their allotted start time.

The top 5 junior riders may be required to roll out after each race.

## 5.4 Individual Time Trials

Under 9s and under 11s will be racing on the Criterium course including the closed road extension towards Uriarra Road and back.

At the start, 30-second time gaps shall apply for all riders. A ten-second penalty shall be applied to a competitor's time if a competitor starts before their signal.

A late starter may not commence from a flying start and cannot start within 10 seconds of another competitor. The late starter's time commences from his original start signal.

All races are conducted on an out-and-back course or include a section where riders will be utilising both sides of the road; Riders are required to keep left at all times. All courses have a narrow turnaround; Riders must use caution.

In the event of fog, possible delays, changes to course and timings may result and will be at the discretion of the Race Commissaire.

In accordance with the updated series regulations, under 19 competitors CANNOT use Time Trial Bikes **or Clip-on bar extensions**.

For Women grades, Time Trial Bikes need to meet [UCI Equipment Regulations](#).

All riders are to be at the marshalling area, having completed roll-out and bike checks, ready to ride 10 minutes before their grade start times.

## 5.5 Road Race

All races are conducted on an out-and-back course or include a section where riders will be utilising both sides of the road; Riders are required to keep left at all times. All courses have a narrow turnaround; Riders must use caution.

The women's grades will be racing a 50km handicap.

In the event of fog, possible delays, changes to course and timings may result and will be at the discretion of the Race Commissaire.

For safety considerations, under 9s and under 11s will be racing on the Criterium course.

### 5.5.1 Feed Zone

There are no feed zones on the course.

### 5.5.2 Litter Zone

There are no litter zones on the course. Riders are to keep any gel/food wrappers with them, and no littering is permitted.

### 5.5.3 Toilet Zone

There are no toilet zones on the course. Toilets are located at the start/finish line.

### 5.5.4 Sag Wagon

The Sag Wagon will follow the last rider on the course. Should any rider have a mechanical failure that cannot be fixed, the Sag Wagon will retrieve them and drop them back to the Race headquarters.

Riders who are deemed to be too far behind the peloton will be pulled from the race by the Sag Wagon – this will be at the Race Commissaire's discretion.

## 5.6 Criterium

Riders will ride for a fixed duration plus a specified number of laps, as per the program.

Race durations may be changed on the day, and riders will be briefed on the start line.

The Criterium will be raced in a clockwise direction. U9, U11 and U13 will be racing on a short course.

Other than in the final three laps, when a recognised mishap occurs during the race (crash or mechanical), the riders involved shall be allowed a free lap on which to resume their position in the race at the moment of the mishap. Riders who have been allowed free laps shall not be penalised in the final classification. Within the last three laps, riders resuming after a mechanical or mishap must chase.

## 5.7 Kermesse

Riders will ride a fixed number of laps as per the program.

Lap numbers may be changed on the day, and riders will be briefed on the start line.

The Kermesse will be raced in an anticlockwise direction with 2 events being run at the same time.

All age groups will use the full circuit.

## 5.8 Road Closures

There are no road closures. The Road Race and Time Trial stages will be conducted on open roads. Riders are required to ride on the left-hand side of the road and no more than 2 abreast.

## 6. Venue & Course Details

### 6.1 Event Schedule

Please refer to Appendix B for the event schedule.

### 6.2 Start and Finish Locations

The Tour will use two main hubs for the starts and finishes of the stages.

The Time Trial and Road Race will start and finish at Stromlo Forest West Carpark, and the Criterium and Kermesse will be held at the Stephen Hodge Criterium Cycling Circuit at Stromlo Forest Park.

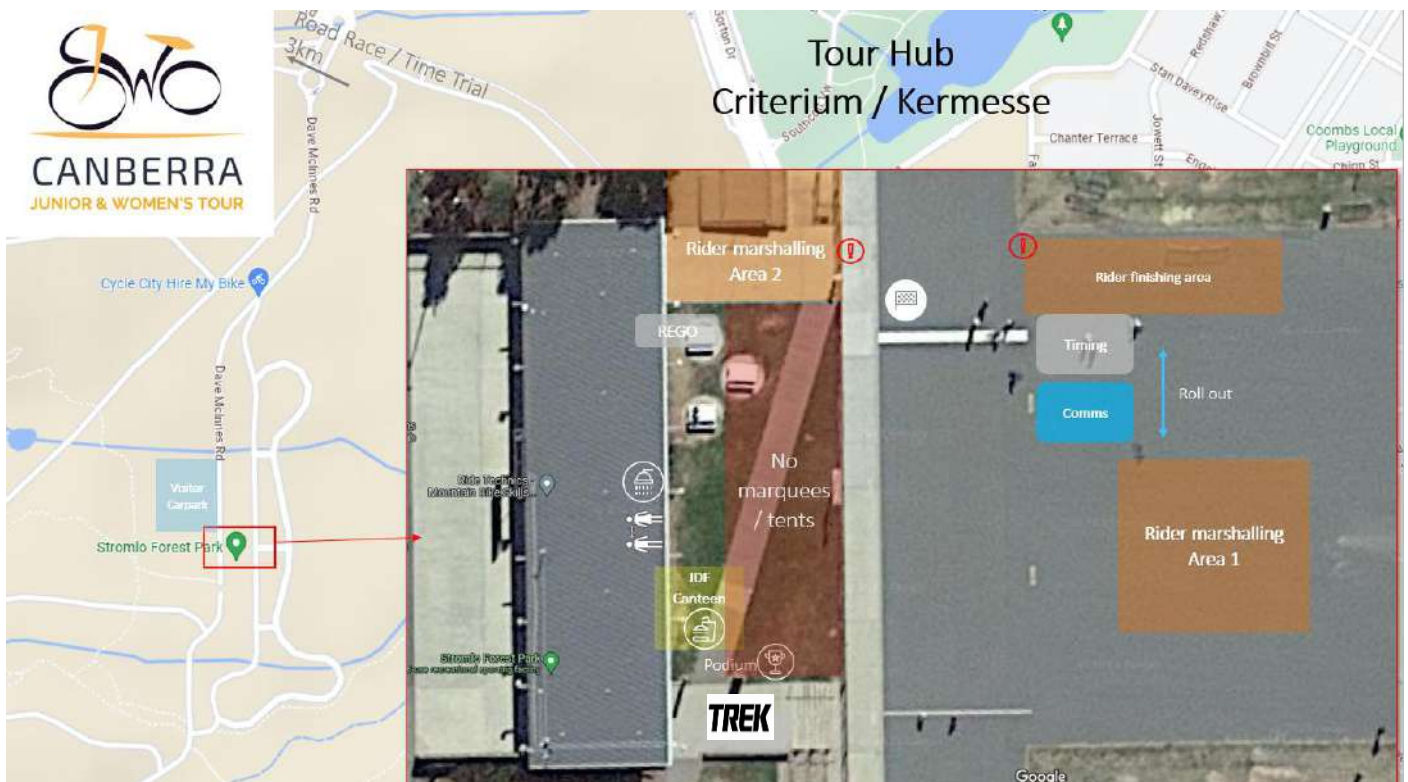
#### 6.2.1 Stromlo Forest Park

This is the main event hub with a grandstand, toilets and change rooms. Trek Bike stores will also be providing mechanical support over the weekend.

Stromlo Forest Park is home to the Stephen Hodge Criterium Circuit.

#### Parking

Please park in the designated car parking areas. There is pay parking at Stromlo Forest Park, with payment via the available machines or via the EasyPark app.





## 6.2.2 Stromlo Forest Park Western Carpark

Located on Uriarra Road, approximately 3km from Stromlo Forest Park.

This hub will have temporary facilities and toilets.

For those who ride to the start line from the Criterium Track, an off-road bike path runs from the corner of Dave McInnes and Uriarra Roads to this venue. Please use this path rather than the road.

### Parking

Follow signs and directions for parking. Do not drive near the start/finish line, and please park in the car park through the gate on the Northeast side of Uriarra Road or as sign posted.



## 6.3 Course Maps

Please refer to Appendix C for course maps.

# 7. Spectator Information

## 7.1 Toilets, showers and change rooms

Toilets, showers and change rooms are located at the Stromlo Forest Park Criterium Track.

Temporary toilets will be located at Stromlo Forest Park Western Carpark.

## 7.2 Food vendors

The ACT Junior Development Fund will operate a canteen and BBQ at the Criterium Track. Funds raised by the Junior Development Fund go toward supporting ACT Junior riders.

There will be a coffee van at the Stromlo Forest Park Western Carpark.

## 7.3 Water

Water is available at the Criterium Track.

## Appendix A – Convoy Code of Conduct

The Convoy Code of Conduct applies to all vehicles involved in Race Convoy operations, whether involved with the conduct of the race itself or while performing a role that interfaces with the convoy operations and/or occurs within the race envelope:

- Judge & Commissaire Cars & Motorbikes
- Photographer & Broadcast Motorbikes
- Medical Vehicles
- Race Director Car
- Neutral Support Cars & Motorbikes
- Police Cars & Motorbikes
- Moto Safety Marshal & Moto Escort Motorbikes
- Marshal Vehicles
- Lead Car & Sag Wagon
- VIP & Guest Cars

### COMPULSORY CONVOY BEHAVIOUR

Applicable to all drivers within the Race Convoy. Note: The term 'vehicle' refers to both cars and motorbikes

Note: The term 'driver' applies to both car drivers and motorbike pilots

All drivers must attend the race-specific convoy operations briefing.

All vehicles must travel in the left lane.

All drivers must gain permission to pass any large group of riders from the Commissaire behind that group.

Wherever possible, vehicles should pass the riders on the right-hand side of the riders as per normal Australian road rules. Drivers must check mirrors before deviating left or right.

When travelling within the race envelope, drivers must not travel more than 20km/h above the speed of the race. To travel any more than 20km/h above the speed of the race is dangerous, unnecessary and unacceptable. Speeding will be severely dealt with. If a vehicle is ahead of the race and there is a fast descent ahead, drivers should accelerate ahead well in advance of that descent so that they are not in a situation where they must speed dangerously to remain ahead of the chasing riders.

**Note:** there are some descents where cyclists will descend faster than a vehicle.

When travelling outside the race envelope, drivers must obey all normal road rules and posted speed limits. The Tail End Car will endeavour to wait for any vehicle stopped (to service a rider, roadside repairs, call of nature); however, extended delays create the risk of leakage from other road users into the envelope, which in turn puts the entire convoy at risk. Extended delays cannot and will not be accommodated. Failure to obey road rules once outside the race envelope may result in infringement notices (fines) being issued by the Police.

Windows on all vehicles in the race convoy must not be obstructed with decals or marked as to obstruct the view through the vehicle.

## Appendix B – Event Schedule

Saturday 24 May 2025

Registration at Stromlo Forest Park from 8:00am.

criteriums run for most of the day.

Note that some racing groups will complete their road race before their criterium, and some will complete their road race after their criterium. **Check your start times carefully.**

### Criterium

Race	Start Time	Event Duration (min)
U9 all	09:00	8 min
U11 Boys	09:20	11 min
U11 Girls	09:21	11 min
U13 Boys	09:45	12 min
U13 Girls	09:46	12 min
U15 Girls	10:10	17 min
U15 Boys	10:55	17 min
U17 Men	11:05	27 min
U17 Women	11:35	27 min
U9/11 Road Races		
U19 Men	14:07	37 min
U19 Women	14:54	37 min
A / B Grade	15:41	37 min
C Grade	16:28	27 Min

### Road Race

Race	Start Time	Distance (km)
U19 Men	09:00	80km
U19 Women	09:10	70km
Women Graded Handicap		
C Grade	11:00	50km
B Grade	TBC	50km
A Grade	TBC	50km
*U9 all	12:05	4km
*U11 all	12:30	8km
U13 Boys	12:45	16km
U13 Girls	12:50	16km
U15 Boys	13:30	30km
U15 Girls	13:40	30km
U17 Men	14:20	50km
U17 Women	14:30	50km

\* U9 & U11 races will be on the Crit Track



## Sunday 25 May 2025

Kermesses run for most of the day.

Note that some age groups will complete their time trial before their Kermesse, and some will complete their time trial after their Kermesse. **Check your start times carefully.**

### Kermesse

Grade	Start	Laps
U19 Women	9:00	18
U19 Men	9:40	22
A-Grade	10:20	15
B-Grade	10:21	15
C-Grade	10:55	12
U9 all	11:30	3
U11 all	11:40	5
U17 Men	12:00	16
U17 Women	12:40	14
U15 Boys	13:25	9
U15 Girls	13:26	9
U13 Boys	13:50	7
U13 Girls	13:51	7
* U9 all TT	14:15	4km
* U11 all TT	14:20	4km

Kermesse lap numbers may be adjusted on the day. Riders will be briefed on the start line

### Time Trial

*All riders **must report to the Race Commissaires at least 10 minutes before their Grade start time for marshalling. Roll-outs and bike checks need to be completed before reporting for marshalling.***

Grade	Indicative Start Time	Distance (KM)
U17 Men	9:00	16km
U17 Women	9:25	16km
U15 Boys	9:55	12km
U15 Girls	10:20	12km
U13 Boys	10:35	8km
U13 Girls	10:50	8km
U19 Women	12:30	16km
U19 Men	12:45	16km
A-Grade	13:15	16km
B-Grade	13:25	16km
C-Grade	13:35	16km

\* U9 & U11 time trial will be on the Crit Track

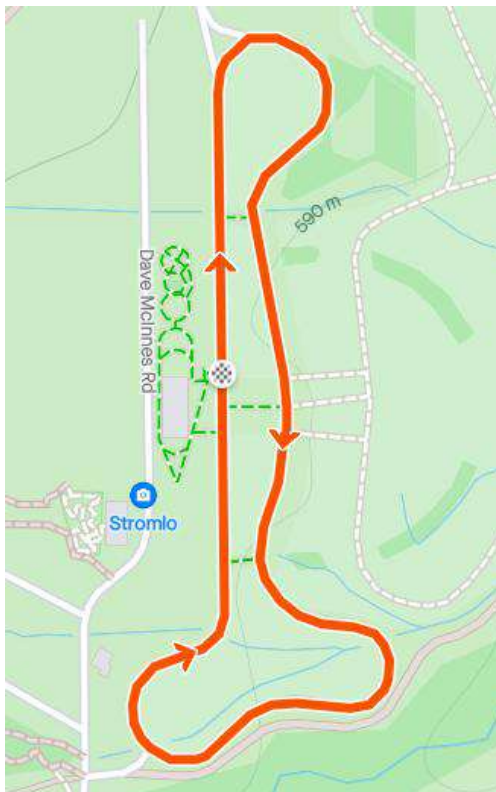
Individual start times will be published after Saturday's racing concludes.

## Appendix C – Course Maps

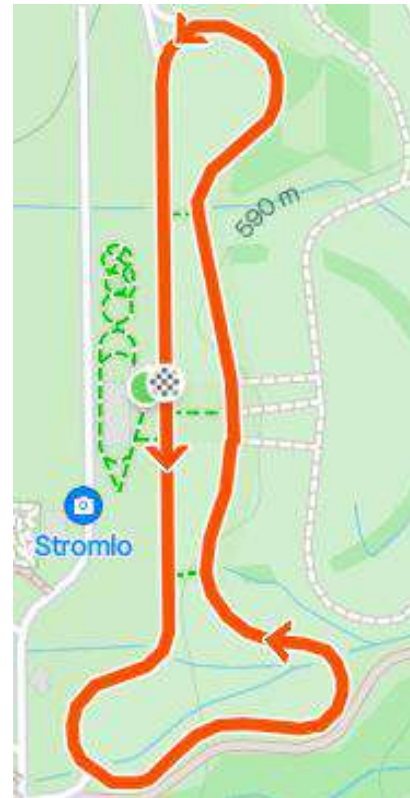
### Criterion and Kermesse

Canberra has a fantastic purpose-built sports facility at Stromlo Forest Park. Both the Criterion and Kermesse will be using this facility for 2 very different racing experiences.

The **Criterion** will be run clockwise on a shorter more technical loop for a time-based race, plus 3 laps. [CJWT Criterion Route](#)



The **Kermesse** will be raced anti-clockwise using the full loop over a certain number of laps. [CJWT Kermesse Route](#)



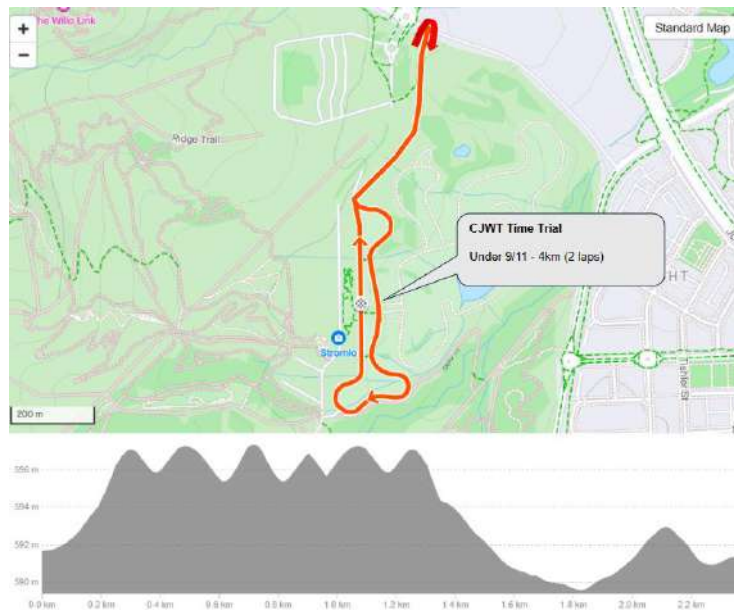
## Time Trial

Under 9 and 11 will be racing on the Criterium Track with all other ages and grades racing an out and back course on Uriarra Road, starting and finishing at Stromlo Forest Park West Carpark.

**Under 9/11 Start/Finish:** Stromlo Forest Park Criterium Track

Total distance 4km (2 laps of the crit track with extension)

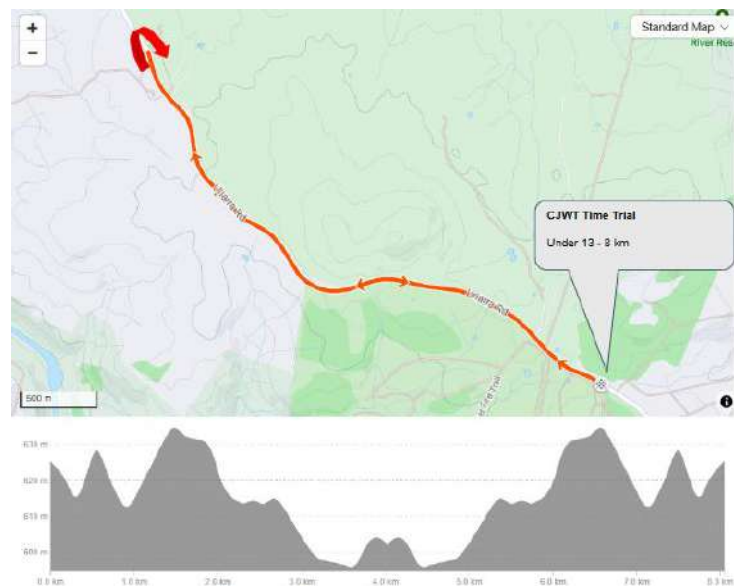
[CJWT24 U9/11 Time Trial | 2.3 km Cycling Route on Strava](#)



**All other events Start/Finish:** Stromlo Forest Park West Carpark.

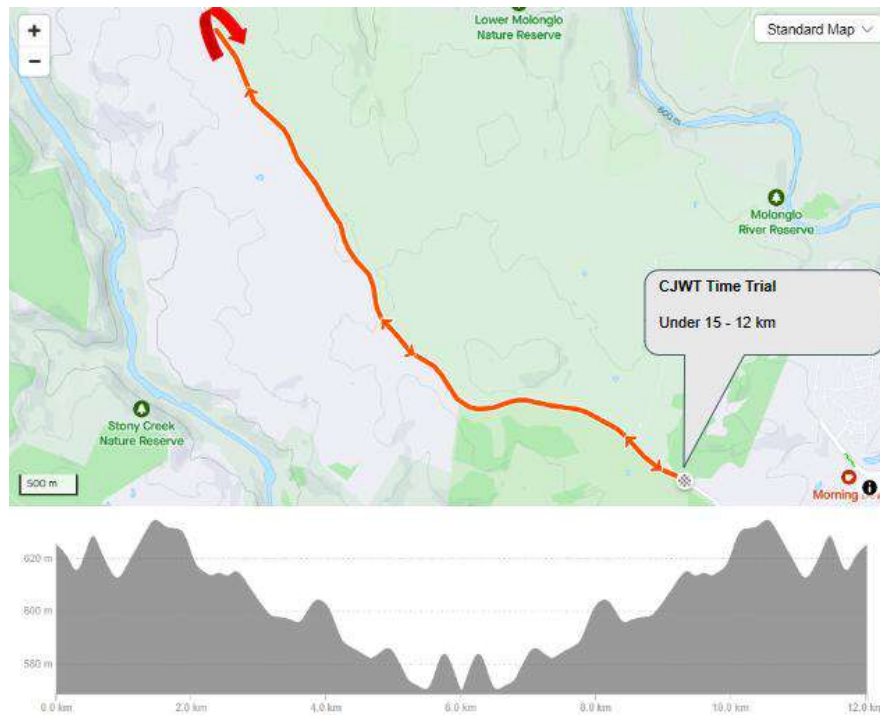
**Under 13 - Turn at Turn B - Total distance 8km**

[CJWT U13 Time Trial | 8.0 km Cycling Route on Strava](#)



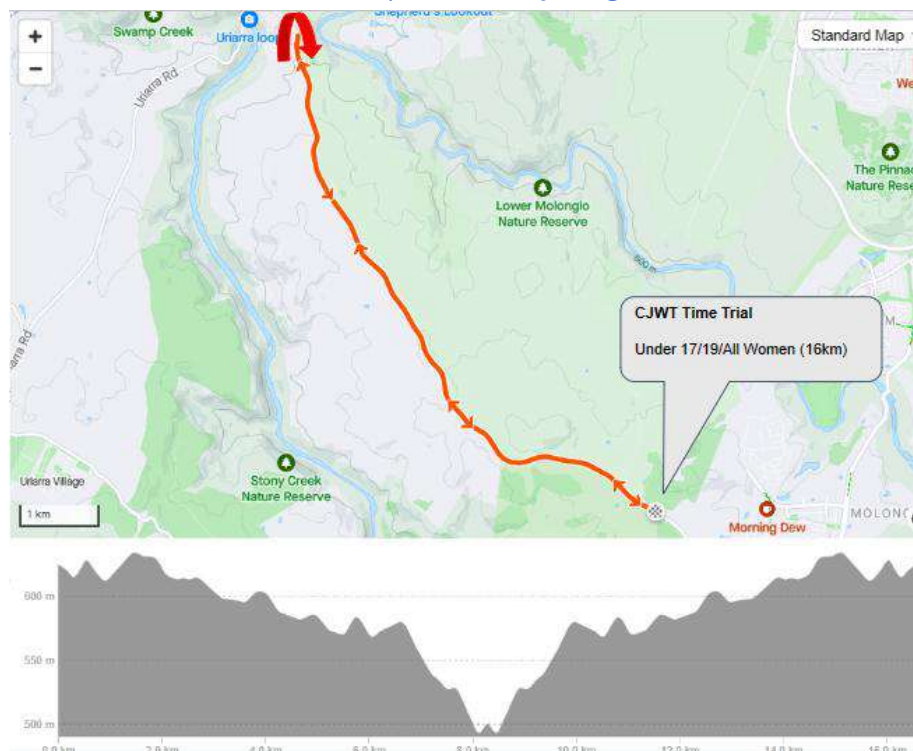
**Under 15 - Turn at Turn C - Total distance 12km**

[CJWT U15 Time Trial | 12.0 km Cycling Route on Strava](#)



**Under 17/19/All Women - Turn at Turn D - Total distance 16km**

[CJWT U17+ Time Trial | 16.5 km Cycling Route on Strava](#)



## Road Race

### Under 9 Road Race

**Start/Finish:** Stromlo Forest Park Criterium Track

**U9 Distance:** 4km

**Course:** Due to safety concerns, the road race will be held on the Crit track and include 3 laps.

### Under 11 Road Race

**Start/Finish:** Stromlo Forest Park Criterium Track

**U11 Distance:** 8km

**Course:** Due to safety concerns, the road race will be held on the Crit track and include 7 laps.

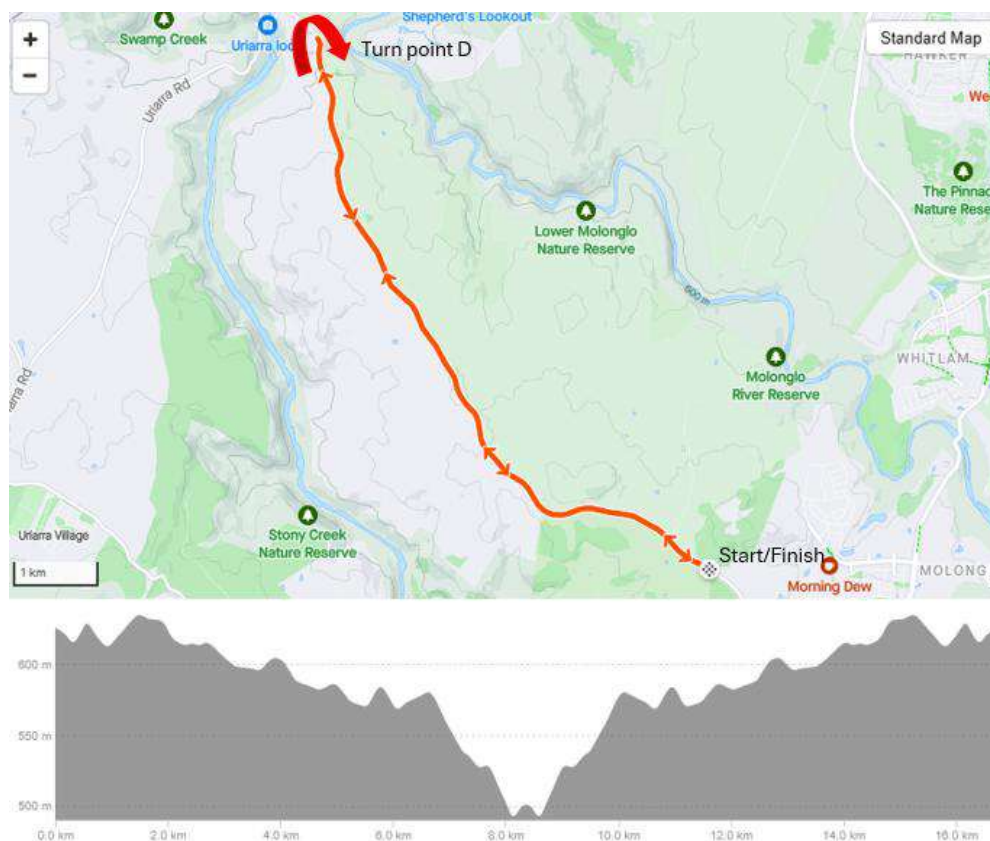
### Under 13 Road Race

**Start/Finish:** Stromlo Forest Park Western Carpark

**Distance:** 16km

**Course:** Out and back along Uriarra Road turning at Turn point D. See course details

[CJWT U13 Road Race | 16 km Cycling Route on Strava](#)



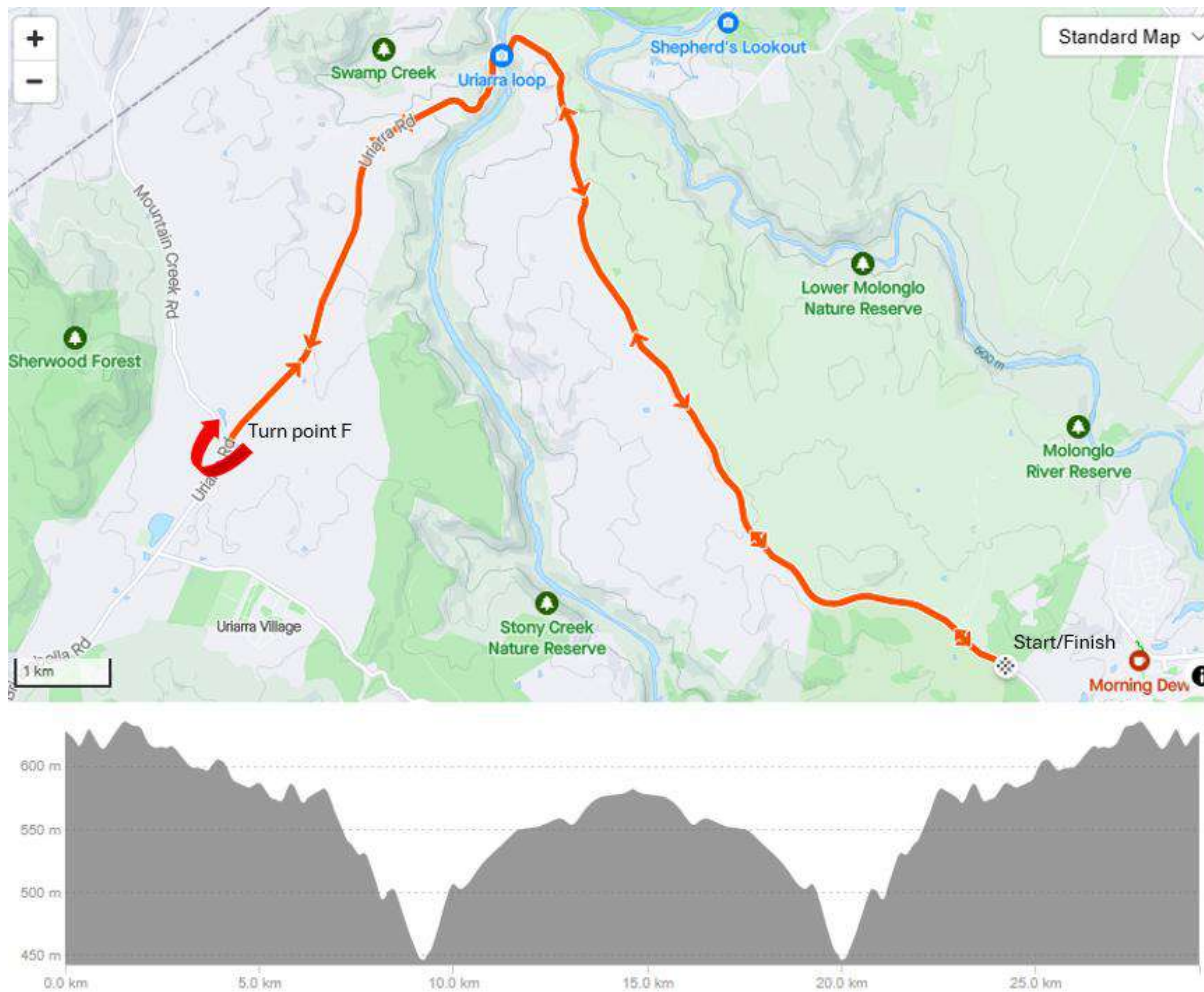


## Under 15 Road Race

**Start/Finish:** Stromlo Forest Park Western Carpark

**Distance:** 30km

**Course:** Out and back along Uriarra Road. Turn around at Mountain Creek Road Junction Turn point F. See course details [CJWT U15 Road Race | 30 km Cycling Route on Strava](#)

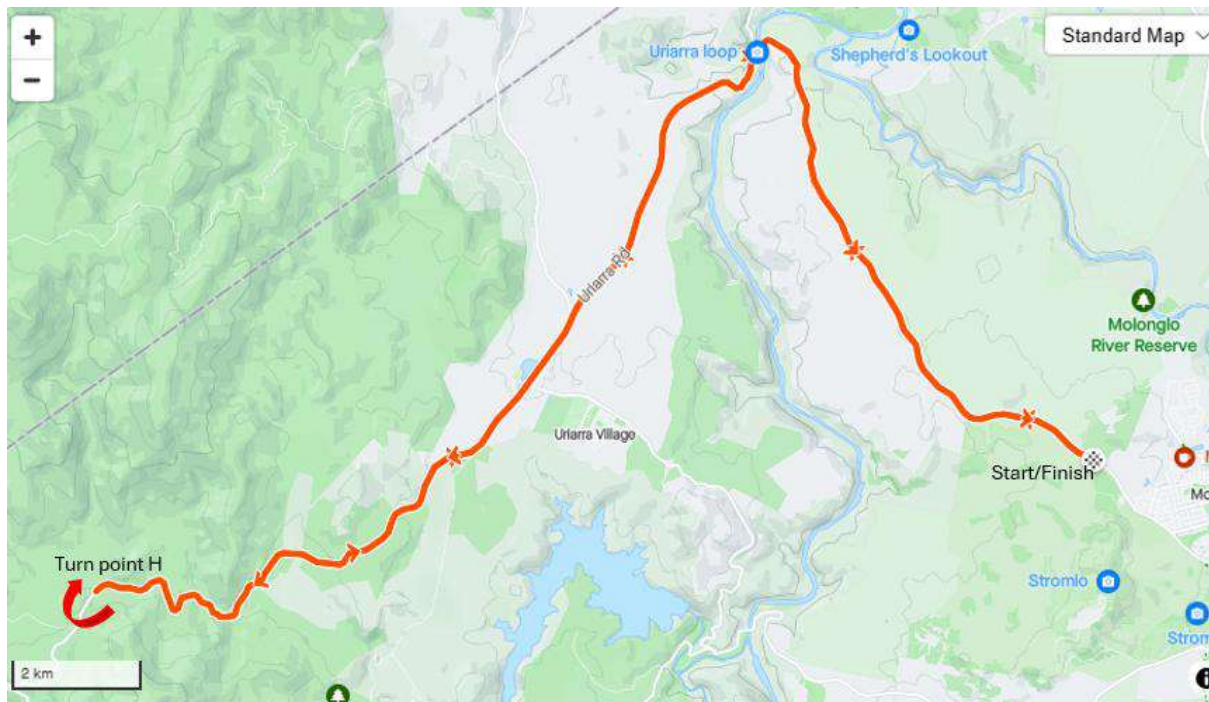


## Under 17 & A/B/C Grade Women's Handicap Road Race

**Start/Finish:** Stromlo Forest Park Western Carpark

**Distance:** 50km

Course: Out and back along Uriarra Road. Turn around at Condor Creek Turn Point H (End of Bitumen). See course details [CJWT U17 and Women A/B/C Grade Hcp Road Race | 50.0 km Cycling Route on Strava](#)



## Under 19 Women

**Start/Finish:** Stromlo Forest Park Western Carpark

**Distance:** 70km

**Course:**

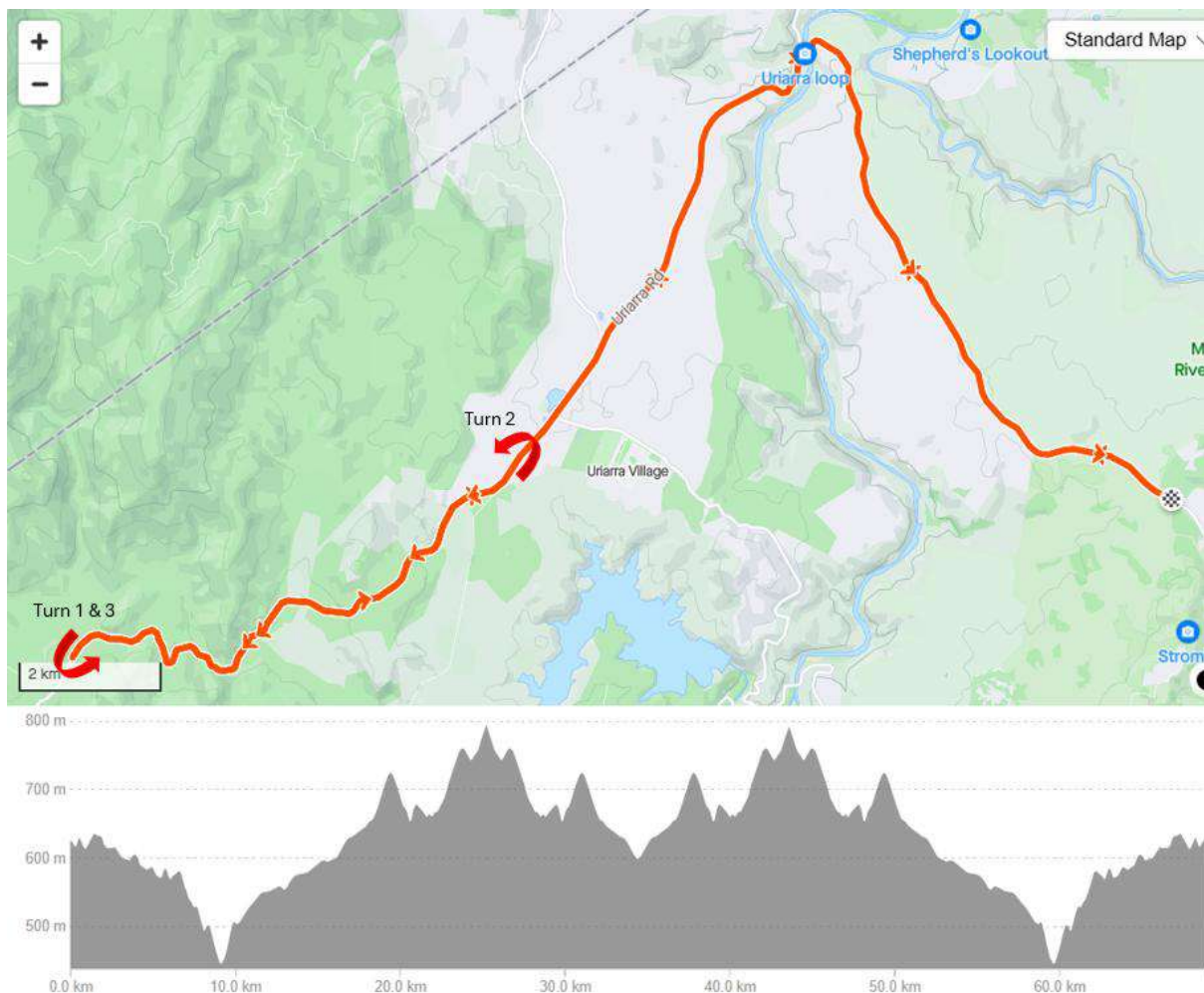
Out along Uriarra Road to Condor Creek.

Turn 1 - U-Turn around at Condor Creek (End of Bitumen).

Turn 2 - U-Turn at Brindabella Road Junction.

Turn 3 - U-Turn around at Condor Creek (End of Bitumen) and return to Stromlo Forest Park Western Carpark

See course details [CJWT U19W Road Race | 70 km Cycling Route on Strava](#)





## Under 19 Men Road Race

**Start/Finish:** Stromlo Forest Park Western Carpark

**Distance:** 80km

### Course:

Out along Uriarra Road to Condor Creek.

Turn 1 - U-Turn around at Condor Creek (End of Bitumen).

Turn 2 - U-Turn at Western side of Uriarra Crossing

Turn 3 - U-Turn around at Condor Creek (End of Bitumen) and return to Stromlo Forest Park Western Carpark

See course details [CJWT U19M Road Race | 80.0 km Cycling Route on Strava](#)

