

23-24 AUGUST | MELROSE, SA

# 2025 AUSCYCLING MTB MARATHON NATIONAL CHAMPIONSHIPS

## TECHNICAL GUIDE



National  
Championships  
AusCycling

## Welcome/Introduction

### Welcome to the 2025 AusCycling Mountain Bike Marathon National Championships

AusCycling respectfully acknowledges the Traditional Custodians of the land on which the AusCycling Mountain Marathon National Championships will be held, the people of the Nukunu Nation, and recognise their continuing connection to the land and waterways.

On behalf of AusCycling I would like to extend a warm welcome to all athletes, officials, volunteers, staff, families and friends from around Australia to the marvelous township of Melrose South Australia. We are thrilled to have you join us for what will be a truly EPIC mountain bike racing experience.

A Special thankyou goes out to Bike Melrose Mountain bike Club, a volunteer run organization who have worked tirelessly to bring together this event and for developing a course that promises to be a worth National Challenge.

We thank you all for your participation in this year's event and we look forward to hosting you all for the 2025 AusCycling Mountain Bike Marathon National Championships

Steve Peterson

Executive General Manager of Major Events

Welcome to Melrose!

Bike Melrose is thrilled to welcome all competitors to the stunning Southern Flinders Ranges for the AusCycling Mountain Bike Marathon National Championships. We're a small club of dedicated volunteers who are proud to host this premier event in our backyard—where rugged trails, breathtaking views, and a passionate riding community come together.

Get ready to push your limits, experience the magic of Melrose, and be part of something truly special. Good luck, ride hard, and most importantly—enjoy the ride!

— The Bike Melrose Team

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## 1.0 Event Details

### 1.1 Event Description

Stunning Melrose, South Australia will host the 2025 AusCycling Mountain Bike Marathon National Championships. Bike Melrose MTB Club will showcase the most beautiful parts of the Flinders Ranges, leading riders through an EPIC network of trails and bush landscape. The 2025 AusCycling Marathon National Championships will attract the very best elite and age group mountain bikers from across the country. The Mountain Bike Marathon National Championships will see riders come to Melrose to become a National Champion junior, adaptive, e-bike, elite, U23 and Masters categories.

This will be a closed National Championship event and therefore will be conducted under the guidance of the [AusCycling and UCI Technical Regulations](#).

## 1.2 Event Location

**Event Address:** Melrose Show Grounds, Complex

**Venue Details:** 2km North of Melrose (22083 Horrocks Highway, Melrose, South Australia, 5483)

## 1.3 Competition Schedule & Information

### Registration/Event Sign-on:

Event registrations will be onsite at the race village. Registrations will be available between;

- Friday 22<sup>nd</sup> August 2025, 3:00pm to 5:00pm
- Saturday 23<sup>rd</sup> August 2025, 9:00am to 4:30pm

### Official Practice:

There is no official practice (only training). The trails, making up the course, are open to the public and can be ridden at any time. The course marking will only be in place two days before racing.

Training First Aid facilities will only be available at the Event Village at the below times:

Saturday 23<sup>rd</sup> of August, 9:00am to 2:00pm & Sunday 24<sup>th</sup> of August, 8:00am to End of Racing.

### 1.3.1 Rider Briefing

Riders are required to attend the briefing to be informed of any changes to the rules, timetable, details of course, marking, feed stations, assistance locations etc. This briefing will occur during rider call, prior to the start of each categories race.

*Continued.*

### 1.3.2 Competition Schedule

Sunday 24<sup>th</sup> of August\*

Time	Activity	Category
7:00am	Registration Opens	All
7:00am	Feedbag Drop off Opens	All
7:25am	Feedbag Drop off CLOSES	All
8:00am	Rider Call Up	E-Bike Men & Women
8:05am	Race Start	E-Bike Men & Women
8:20am	Rider Call Up	Elite, U23, U19 & Masters 1-6 Men
8:30am	Race Start	Elite & U23 Men
8:32am	Race Start	U19 Men
8:33am	Race Start	Masters 1-6 Men
8:35am	Rider Call Up	Elite, U23, U19 & Masters 1-3 Women
8:45am	Race Start (2 min gap)	Elite, U23 & U19 Women
8:47am	Race Start	Masters 1-3 Women
8:50am	Rider Call Up	Expert, 17, U15 & Masters 7-10 Men
9:00am	Race Start (30 Second Gap)	U17 Men
9:01am	Race Start	Masters 7-10 & Expert Men
9:02am	Race Start	U15 Men
9:05am	Rider Call Up	Expert, U17, U15 & Masters 4-10 Women
9:10am	Race Start	Expert, U17, U15 & Masters 4-10 Women
9:15am	Rider Call Up	Adaptive Men & Women
9:20am	Race Start	Adaptive Men & Women

*\*Subject to change*

### 1.3.3 Rider Call Ups

Rider Call Ups will be located at the Start / Finish line. Please see the event village map in section 1.14 for more information.

### 1.3.4 Neutral Feed Bag Drop

Riders will need to drop off their prepared feed bag to officials at the Adaptive Tech/Feed Zone between 7:00am and 7:25am on Saturday the 24<sup>th</sup> of August 2025.

Please note that there is a sharp cut off time of 7:25am to ensure that feed bags are available for all riders during the race. Please refer to section 2.9 Neutral Feed Support below for specific details.

### 1.3.5 Race Cut off times

Race cut off times: PCP will determine this prior to Sunday 24<sup>th</sup> of August This will be confirmed at the rider briefing.

## 1.4 Key Contacts

The contact details are as follows:

Name	Position/Title	Phone	Email
Don Norton	Club Contact	0418 855 513	bike.melrose@outlook.com
Susan Mitchell	President of the Commissaire Panel		<a href="mailto:susanmitchellohp@gmail.com">susanmitchellohp@gmail.com</a>
Harry Fortune	Event Management	0466 433 426	<a href="mailto:Harry.fortune@auscycling.org.au">Harry.fortune@auscycling.org.au</a>

## 1.5 Event Entry

Riders can enter the event using the online entry portal on the EntryBoss Platform. Riders should follow [this link to access the entry portal](https://entryboss.cc/races/25329). Alternatively, riders can copy and paste this url into their preferred web browser - <https://entryboss.cc/races/25329>

- Entries for this event are currently open.
- Entries for this event close on Tuesday the 19<sup>th</sup> of August at 11:59 AEST.
- This event is subject to the AusCycling Event Entry Policy.

## 1.6 Membership Requirements

Riders must hold a current & valid AusCycling All-Discipline Racing membership or Off-Road Racing membership to compete in the National Championships. Proof of membership may be requested for verification purposes.

To update, purchase or upgrade your AusCycling membership, please visit the [AusCycling Membership Portal](#).

## 1.7 Categories

Eligible categories as part of this year’s XCM National Championships are;

Category	Code	Years
Elite (19 yrs & over)	ME; WE	2006 and older
U23 (19-22 yrs)	M23,W23	2003 to 2006
Expert (19-29 yrs)	MX; WX	1996 to 2006
Masters 1 (30-34 yrs)	M1, W1	1991 to 1995
Masters 2 (35-39 yrs)	M2, W2	1986 to 1990
Masters 3 (40-44 yrs)	M3, W3	1981 to 1985
Masters 4 (45-49 yrs)	M4, W4	1976 to 1980
Masters 5 (50-54 yrs)	M5, W5	1971 to 1975
Masters 6 (55-59 yrs)	M6, W6	1966 to 1970
Masters 7 (60-64 yrs)	M7, W7	1961 to 1965
Masters 8 (65-69 yrs)	M8, W8	1956 to 1960
Masters 9 (70-74 yrs)	M9, W9	1951 to 1955
Masters 10 (75+ yrs)	M10, W10	1950 or Older
Junior U19 (18 yrs & under)	MJ, WJ	2007, 2008
U17 (16 yrs & under)	M17, W17	2009, 2010
U15 (14 yrs & under)	M15, W15	2011, 2012
Adaptive	MA:WA	N/A
E-Bike	MEB:WEB	N/A



## 1.8 Course Maps

### 1.8.1 Long Course

This year's XCM National Championships will feature a long course that covers a total of 83.1km with an elevation of 2, 749 meters. The following categories will race this course;

Elite Men & Women  
U23 Men & Women

Masters 1 to 6 Men  
U19 Men & Women

Masters 1 to 3 Women



### 1.8.2 Short Course

This year's XCM National Championships will feature a short course that covers a total of 48.9km with an elevation of 1,361 meters. The following categories will race this course;

Expert Men & Women  
E-Bike Men & Women

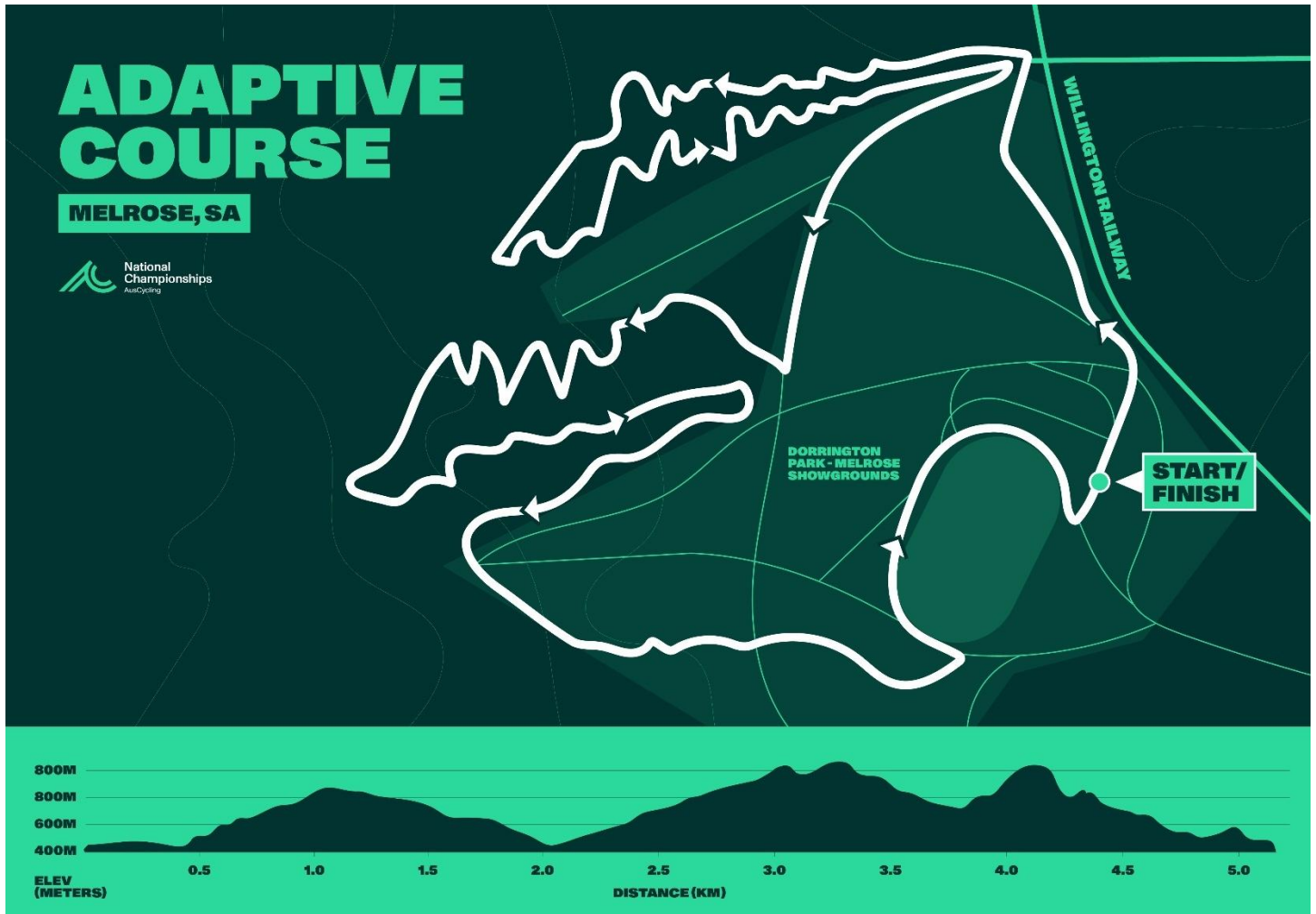
U17 Men & Women  
U15 Men & Women

Masters 4 to 10 Women  
Masters 7 to 10 Men



### 1.8.3 Adaptive Course

This year's XCM National Championships will feature an adaptive course that covers a total of 50km with an elevation of 460 meters. This course has been developed in line with the AusCycling Adaptive MTB Guidelines and is suitable for all adaptive bicycles including three- and four-wheel bikes. If you have any questions regarding the adaptive course, please contact [harry.fortune@auscycling.org.au](mailto:harry.fortune@auscycling.org.au).



## 1.9 Medical and First Aid

This event will have dedicated medical support to extract riders on course as well as provide first aid within the race village and the Monument Tech/Feed Zone. Please note that first aid and medical services will operate on a triage system with persons in need of immediate medical attention being prioritized.

## 1.10 Hospitals & Emergency

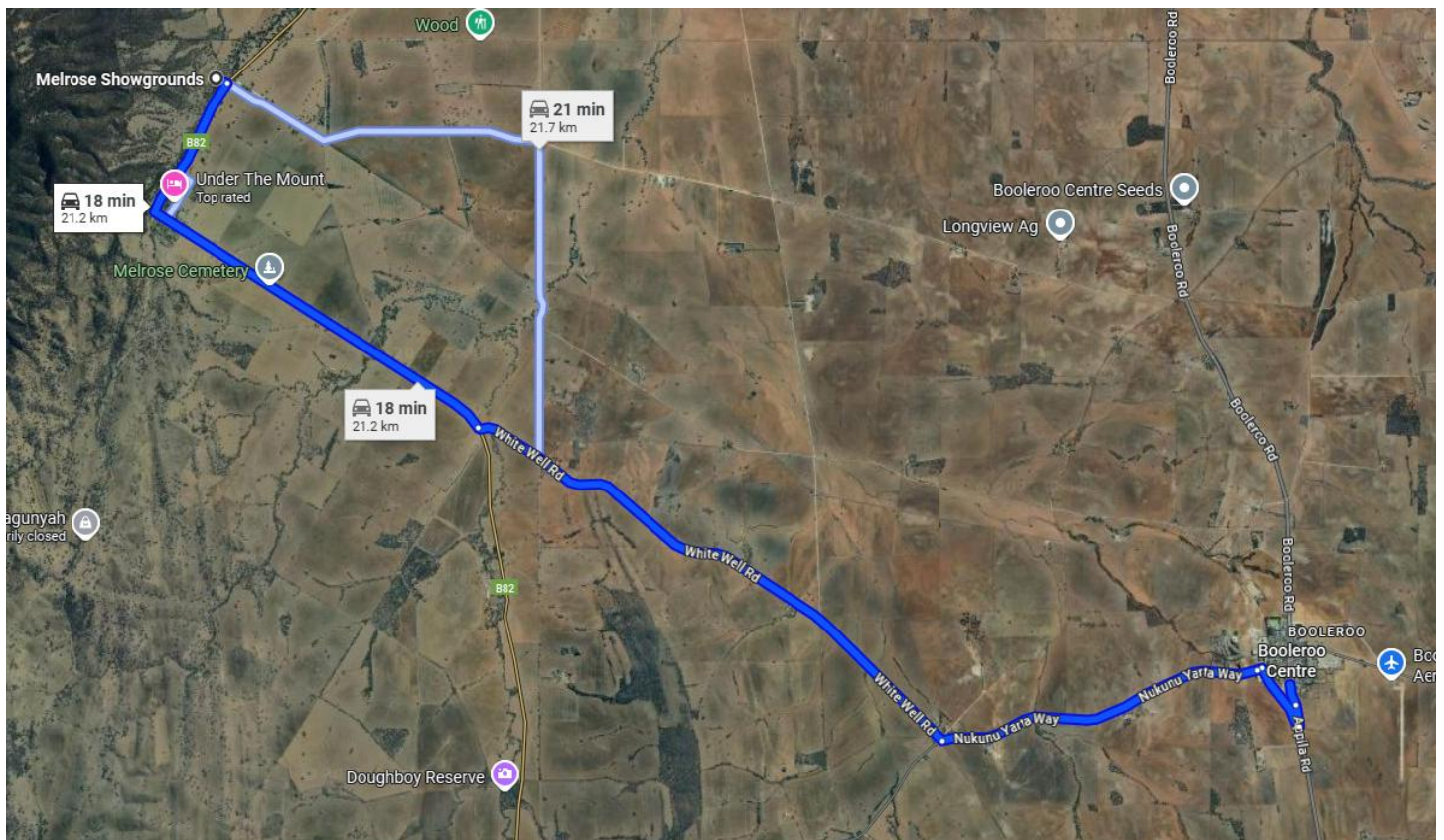
The nearest hospital and emergency department is located in Booleroo Centre, approximately 20 minutes from the Melrose Show Grounds. Please note that any medical emergency will be handled by the onsite medical team and further instructions about where a patient is being transported to will come from the first aid responders.

### Booleroo Centre Hospital

**Address:** 60-74 Stephens St, Booleroo Centre SA 5482

**Hours:** 24/7

**Emergency Department:** Yes



## 1.11 Rider Emergency Procedure

In the event of an emergency, it is crucial that riders follow these steps to ensure their own safety, that of other riders, event staff, and first aid providers.

**Event Management Hotline – 0419 816 976**

### 1.11.1 Rider Emergency Procedure

If you are a rider experiencing a medical emergency, follow these steps.

1. Following a crash, accident or medical emergency, remain calm and if you are able to, remove yourself and your bicycle from the course.
2. If you are unable to remove yourself or your bike from the course, please contact event management hotline via mobile phone.
3. Relay your location and condition to the event management. First aid will then be deployed to your location.
4. If you cannot reach your phone or do not have reception, please wait for the next rider to pass and flag the next course marshal or event official.

### 1.11.2 Bystander Procedure

If you are a bystander of a rider experiencing a medical emergency, follow these steps.

1. Do not enter the course if you are not a rider. Communicate with the downed rider to assess condition.
2. If the rider cannot describe the situation or does not respond, please contact the event management hotline immediately or contact a course marshal or event official.

**DO NOT ENTER THE COURSE.** This is to ensure your safety and that of other riders.

3. If you are a rider on course and pass a downed rider, please flag the next available course marshal or event official and advise them of the approximate location of the downed rider.
4. If the downed rider is blocking a trail or is immovable, please contact event management hotline immediately.

## 1.12 Results

Results for this event can be found on the [AusCycling Results page](#).

## 1.13 Social Media

Website: [Event Page](#)

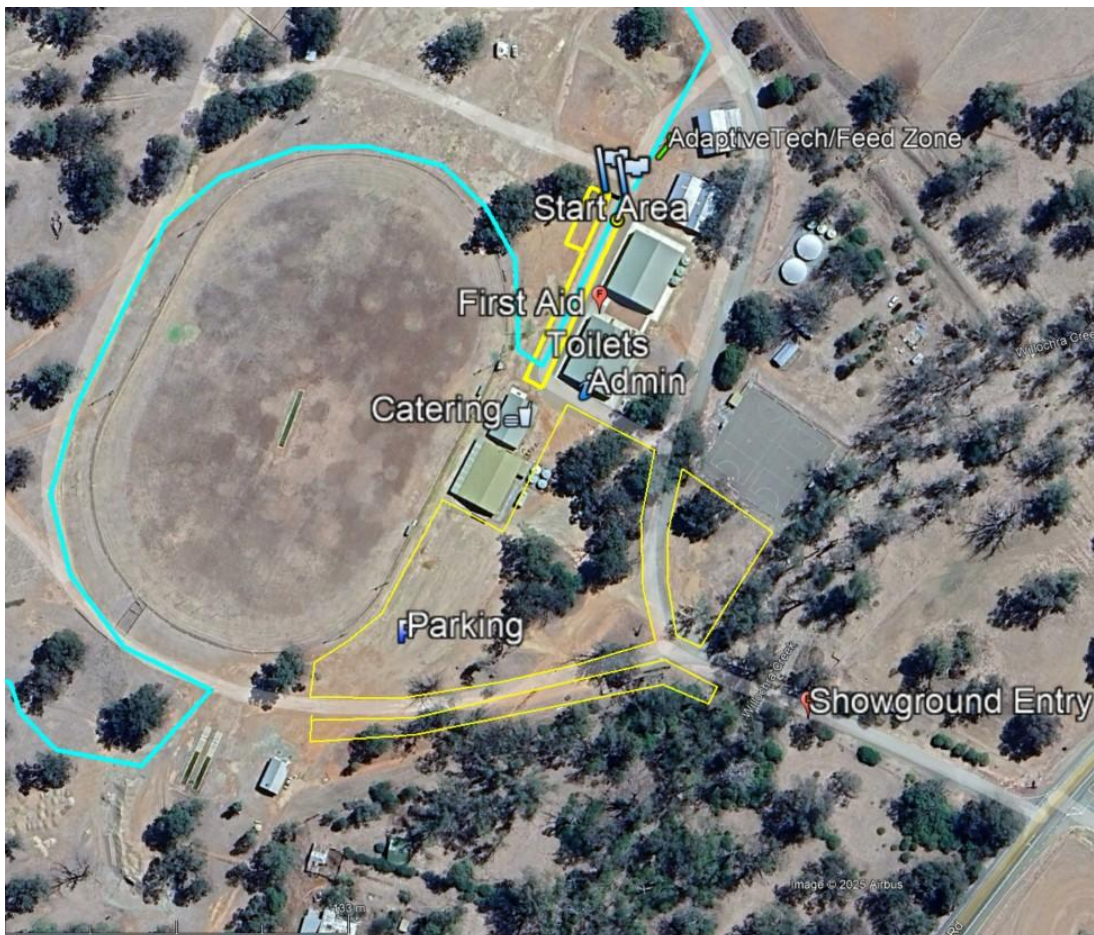
Facebook: [@AusCyclingMTBCX](#)

Instagram: [@auscyclingaus](#)

Twitter/X: <https://www.twitter.com/AusCycling>

Official Hashtag: #MTBMarathonNats25

## 1.14 Race Village



## 1.15 Camping & Accommodation

There are multiple camping and accommodation options within the township of Melrose and surrounding towns. For more accommodation and tourist information, please visit:

[Destination South Australia website](#)

[Melrose MCDA Page](#)

[Welcome to the Southern Flinders Ranges](#)

### 1.15.1 On-site Camping

On-site camping options are available at the Melrose Show Grounds. There is a limited number of powered sites and an almost unlimited number of unpowered camp sites out the back of the oval.

The grounds are owned by the Mount Remarkable Agricultural Society.

For bookings, please contact the caretaker on 0401 002 658.

## 1.16 Team Tents

Team Tents can be set up within the designated area of the race village. Please note that there will be no over night security for this event and AusCycling nor Bike Melrose MTB club will be liable for any lost or damaged property.

## 1.17 Parking

Parking is available adjacent to the race village, indicated on the race village map. You do not need any kind of pass to park at the Melrose show grounds and there is no cost associated with parking.

## 2.0 Competitor Information

### 2.1 Technical Regulations

The event will be conducted under the guidance of the UCI and AusCycling Technical Regulations, both General and Mountain Bike specific. Please take the time to review these technical regulations.

- [AusCycling General Technical Regulations](#)
- [AusCycling MTB Technical Regulations](#)

### 2.2 Competitor Responsibilities

Participants shall:

- 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.
- Be responsible for ensuring they are fit enough for the activity.

### 2.3 Awards and Prizing

Riders who place 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> for all categories will receive a medal, and all riders who place first on their podium will also receive a national championship jersey.

Riders who place 4<sup>th</sup> or 5<sup>th</sup> in elite categories will also be acknowledged on the podium.

### 2.4 Awards Presentations

Presentations for this event will be run in two parts, One presentation for all categories racing on the short and adaptive course and a second presentation for all categories racing on the long course.

The Presentations will occur shortly after racing and will be determined by the PCP and will be based on rider return times.



## 2.5 Race Plates & Timing Chips

For All races, riders will be issued a race plate and a timing chip at registration. Plates must be clearly visible and unaltered in any way. This race plate must be fixed to the riders bike prior to commencing any practice or racing.

Race numbers must be visible to any official or rider whilst on track in either race or course practice. This means that the race plate cannot be obscured in any way. The race plate must be:

- Displayed flat, not curved.
- Free from visible obstructions such as cables or any other hardware.
- Displayed as provided, not cut, folded or altered in any way.
- Perpendicular to the ground with a slight upwards slant.



Riders must return race plates to the race organizers immediately after finishing.

## 2.6 Safety Equipment

As per the 2025 AusCycling Mountain Bike Technical Regulations (Annexure A), riders must have a helmet meeting AS2063 or equivalent international standard. Equivalent international standards include;

- ANSI Z90.4, SNELL B or N Series
- ASTM F-1447
- CAN/CSA-D113.2-M
- US CPSC standard for bicycle helmets
- European CEN standard EN107

## 2.7 Rider Seeding

Seeding and plate order for the 2025 XCM National Championships will be determined by;

Elite, U23 & U19	Masters
<ol style="list-style-type: none"> <li>1. 2024 UCI XCM World Champion</li> <li>2. 2024 AusCycling XCM National Champion</li> <li>3. Order of Entry</li> </ol>	<ol style="list-style-type: none"> <li>1. 2024 AusCycling XCM National Champion</li> <li>2. Order of Entry</li> </ol>
J15, J17	Expert
<ol style="list-style-type: none"> <li>1. 2024 AusCycling XCM National Champion</li> <li>2. Order of Entry.</li> </ol>	<ol style="list-style-type: none"> <li>3. 2024 AusCycling XCM National Champion</li> <li>4. Order of Entry</li> </ol>

## 2.8 Technical Assistance & Feed Zone

Designated Technical Assistance Zones (TAZ) will be clearly marked and located after the Finish Line. Only in the Technical Assistance Zone (TAZ) are racers allowed to change any part of their clothing or equipment 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.

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.

## 2.9 Neutral Race Support

A Neutral Feed Zone will be located just after the summit of Mt Remarkable. Short courser riders will pass through it once at 14km completed & Long course riders will pass through it twice at 14km and again at 57km completed. Vehicle access to this Feed Zone is **strictly restricted to race officials only**.

Riders wanting to utilize the Neutral Feed Zone (optional) will need to pre-prepare their own feed bag that is:

1. Only 1 bag per rider;
2. Clearly identifiable with their name on it;
3. All feed items must be wholly contained within the bag;
4. Securely sealed so the contents do not fall out during handling and transport up the hill;
5. Weatherproof, in case it's wet;
6. Bug proof, no feeding the wildlife
7. No bigger than 35cm wide x 15cm deep x 30cm high, (grocery bag size).

The bags will be spread out along the right side of the neutral feed zone (this is where the bags being clearly identifiable is important). There will be a marshal onsite at the neutral location. Riders are to feed themselves. Items cannot be handed to them by others. Riders can collect their bags from the Adaptive Tech/Feed after the race.



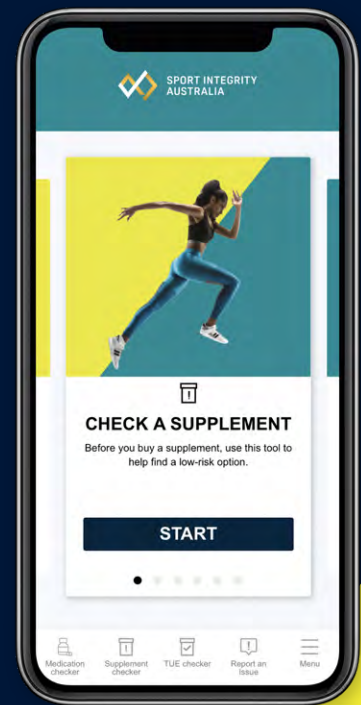
SPORT INTEGRITY  
AUSTRALIA

# 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

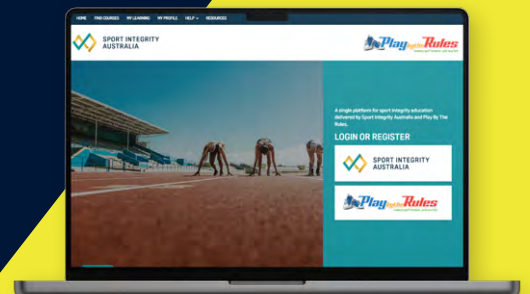
The app also has information on all sport integrity issues, anti-doping rules, testing programs, the health effects of doping, supplement and nutrition advice, overseas travel considerations and more. Just click on the menu icon.



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

## ONLINE EDUCATION

- Sport Integrity Australia's eLearning website: [elearning.sportintegrity.gov.au](https://elearning.sportintegrity.gov.au)
- 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: [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au)

Safe Sport Hotline: 1800 161 361

Enquiries: 1300 027 232

[www.sportintegrity.gov.au](http://www.sportintegrity.gov.au)



# ANTI DOPING IS YOUR RESPONSIBILITY



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

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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.

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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.

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

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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'.

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

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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.

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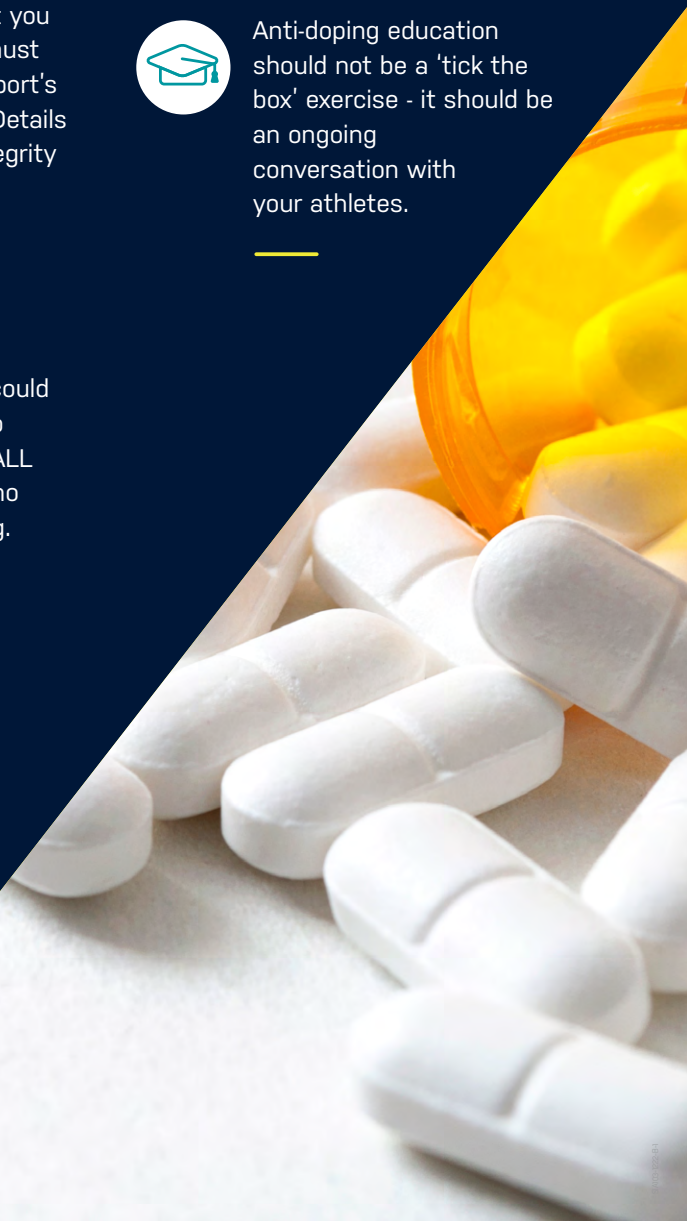
Breaking the rules could result in a ban of up to four years from ALL sport - no training, no playing, no coaching.

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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'.

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# COMPETITION COMING UP?

## MAKE SURE YOU ARE 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!



SPORT INTEGRITY AUSTRALIA

#### CONTACT US

Please visit our website [sportintegrity.gov.au](https://sportintegrity.gov.au), contact us at [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au), call our Safe Sport Hotline **1800 161 361**, or enquire **1300 027 232**



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