

**2025 AUSCYCLING
MOUNTAIN BIKE
NATIONAL SERIES (XCO)
TECHNICAL GUIDE
ROUND 1 & 2 – BENDIGO**



National Series
AusCycling

Welcome

This technical guide is for the information of the participants competing in the 2025 AusCycling MTB National Series (XC) Round 1 & 2 in Bendigo, Victoria from the 14th to the 15th of December 2024.

Welcome to the AusCycling MTB National Series for 2025!

We are thrilled to have you join us for what promises to be an incredible season showcasing the best of Australian mountain biking. This series is not just a competition - it's a celebration of the passion, skill, and dedication that make mountain biking one of the most exciting spectacles in the country.

A special thank you goes out to the Bendigo Mountain Bike Club for hosting round 1 and 2. Bendigo MTB Club have put in a power of work to kick off our National Series on the scenic Spring Gully Trails. Bendigo MTB is a volunteer-run club and their efforts ensure we can enjoy some of the finest mountain biking venues across Australia. We are deeply grateful for their dedication to the sport and thank them for putting time aside to offer the very best experience they can. We ask that you be courteous and kind when interacting with your hosts. Even buy them a coffee.

The MTB National Series is a critical part of the development pathway for aspiring riders, providing a platform for talent to flourish and progress toward international competition. Whilst we want to continue to ensure the sustainability of the series and continue to grow participation we always want to ensure that the racing being offered is tough and technical, reflective, to a degree, of what international racing looks and feels like, for those looking to take the next step. But whether you're a seasoned rider or just starting your journey, these events are designed to push your limits and foster growth, maybe on your way to the global stage.

This season and into future seasons, we are committed to improving the series by listening to the community. We will be gathering feedback through rider surveys and other engagement activities throughout the year. Your feedback is invaluable in shaping the future of the series—please take the time to share your thoughts and help us craft a format and schedule that supports riders, teams, and fans, as well as the commercial future of the series.

Thank you once again, to everyone, for being a part of this journey. Let's make this season unforgettable!

Steve Peterson
Head of Events - MTB|CX

Welcome Message from Bendigo MTB Club

Bendigo Mountain Bike Club welcomes you to Round 1 and 2 of the AusCycling Mountain Bike (XCO) National Series. Whilst our sanctioned tracks may only be minimal, we at the Bendigo Mountain Bike Club are big on hosting great events for all, including the elite level. Our club takes great pride in the events we host, and we look forward to welcoming you to our trails to kick off the 2024/25 AusCycling MTB National Series!

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Event Details

Dates

Round 1 – Saturday 14th of December 2024

Round 2 – Sunday 15th of December 2024

Location

Spring Gully Trails, Bendigo, Victoria, 3550

Entries

Entries open - Thursday 31st October

[Round 1 Entries](#) – Entries Close Wed 11th December 2024

[Round 2 Entries](#) – Entries Close Thur 12th December 2024

Any entries made after these closing times are at the sole discretion of event host. Any entries made after these closing times will start from the rear of the starting grid.

Participants are required to hold a current and valid AusCycling 'Race – Off Road or All Discipline' membership (for all National Championship & Series events)

Failure to provide a current license will result in the rider having to pay to renew their membership at registration.

Riders must be covered by AusCycling insurance whilst participating in the event through either a AusCycling Off-Road Membership or AusCycling All Discipline Membership - no temporary memberships are permitted for any category in these Championships. Further information regarding AusCycling memberships can be found at the following link - <https://auscycling.org.au/membership>

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 an 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.

Rider Registration

Registration/ Event Sign on will be onsite at the Race Village from Friday 13th (3-6pm), Saturday and Sunday (7am – till 45mins before race start time AEDT).

All categories are open to members of any national federation.

Event Schedule

Saturday 14th December

TIME		RACE	Race time estimated h:mm	Categories		Laps
7.15am	8.15am	Course Practice		All		
9:00am	11:00am	2	0:45 - 1:20	<ul style="list-style-type: none"> • U13W • U15 W • U17 W • U19 W • U23/Elite W • Expert W • Masters W1 • Masters W2 	<ul style="list-style-type: none"> • Masters W3 • Masters W4 • Masters W5 • Masters W6 • Masters W7 • Masters W8 • *E-Bike W 	
11:00am	12:30pm	3	0:45 - 1:30	<ul style="list-style-type: none"> • U13M • U15M • U17M • Masters M5 • Masters M6 	<ul style="list-style-type: none"> • Masters M7 • Masters M8 • Masters M9 	
12:30pm	14:30pm	4	1:00 - 1:30	<ul style="list-style-type: none"> • U19M • U23/Elite M • Expert M • Masters M1 	<ul style="list-style-type: none"> • Masters M2 • Masters M3 • Masters M4 • *E-Bike M 	

Sunday 15th December 2024

TIME		RACE	Race time estimated h:mm	Categories		Laps
7.15am	8.15am	Course Practice		All		
8:30	10:30	2	0:45 - 1:30	<ul style="list-style-type: none"> • U13W • U15 W • U17 W • U19 W • U23/Elite W • Expert W • Masters W1 • Masters W2 	<ul style="list-style-type: none"> • Masters W3 • Masters W4 • Masters W5 • Masters W6 • Masters W7 • Masters W8 • *E-Bike W 	
11:00	13:00	3	0:45 - 1:30	<ul style="list-style-type: none"> • U13M • U15M • U17M • U19M • Masters M1 • Masters M2 • Masters M3 	<ul style="list-style-type: none"> • U23/Elite M • Masters M4 • Masters M5 • Masters M6 • Masters M7+ 	

Event Contact list

AusCycling Management

Steve Peterson | Head of Events (MTB & CX)

Email: steve.peterson@auscycling.org.au

Harry Fortune | Manager of Event Operations (MTB & CX)

Email: harry.fortune@auscycling.org.au

Club Contact

Sarah Fletcher | Events Manager & Race Director

Email: info@bendigomtb.com.au | 0407 939 091

PCP

Tim Rowe (VIC)

Commissaire Panel

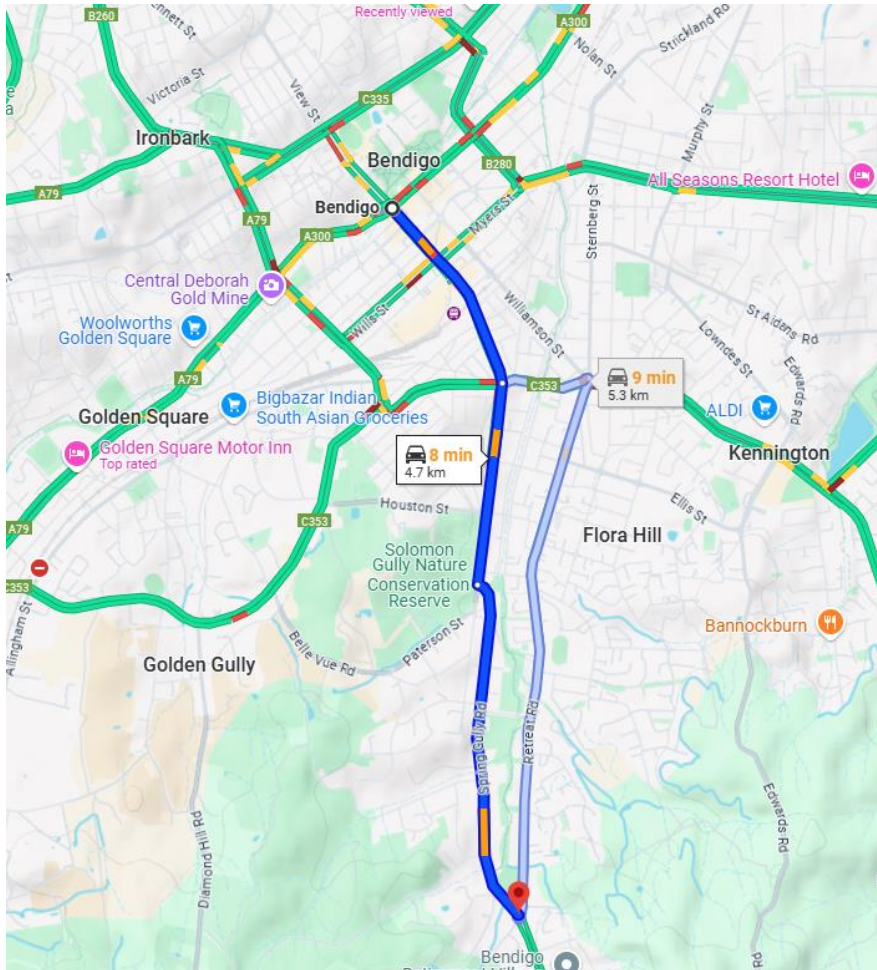
Ash McAuliffe (VIC)

Ray Hart (VIC)

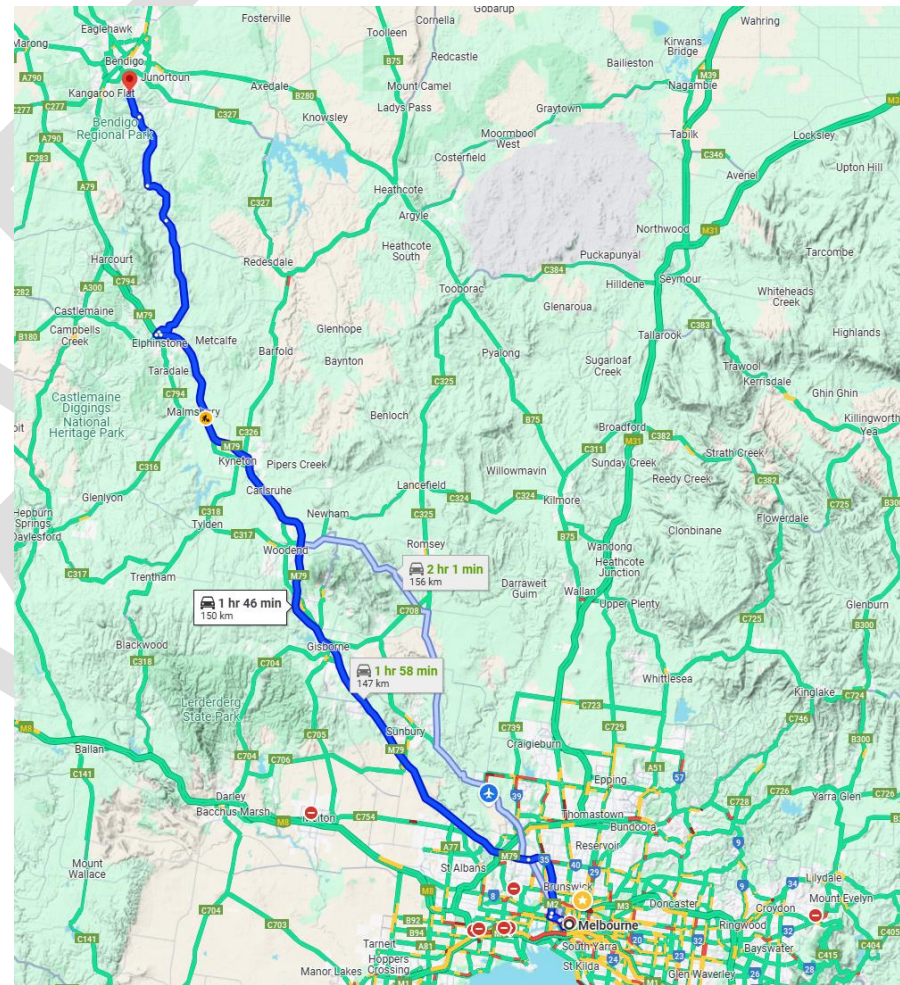
Bradley Higgins (VIC)

Event Location

Bendigo to Spring Gully (approx. 10 mins)

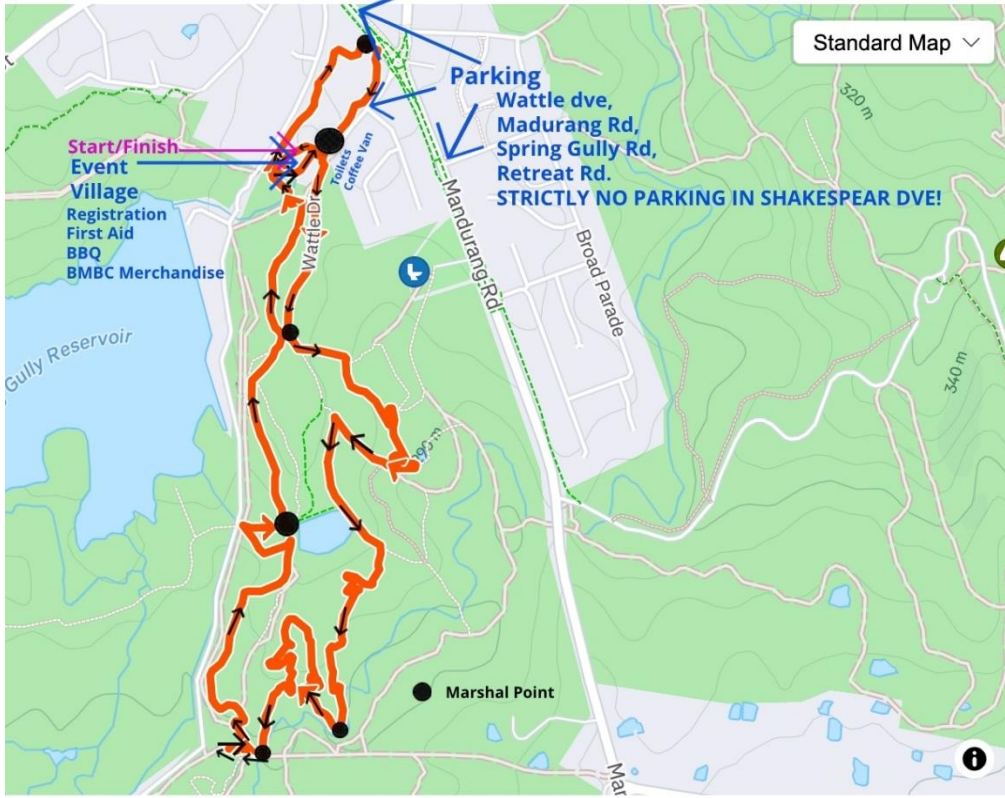


Melbourne to Bendigo (approx. 2 hours)



Course Map

Round 1 – Saturday 14th December



Round 2 – Sunday 15th December



Presentations

Presentation ceremonies will take place in the event village at the conclusion of racing on Day 1. We will endeavor where possible to complete presentations at the end of each race group on day 2. All riders who finish 1st to 5th in Elite or 1st to 3rd in all other categories must be present at their presentation.

Awards

Awards for this event are in accordance with the 2025 AusCycling MTB National Series Guide.

Parking

Parking will be along Wattle Drive, Spring Gully Road, Mandurang Rd and Retreat Rd. Please be mindful NOT to park in residents' driveways. **Strictly no parking in Shakespeare St.**

Rider Emergency Contact

In the event of an emergency riders are to contact an event crew member. This may be the event manager, race director, marshal, or commissaire. Riders can flag down an event crew member or phone 0493 811 316 to receive assistance.

Rider Emergency Procedure

If you find yourself or another rider in need of medical assistance either during practice or race days, please follow the procedure below.

1. Stop riding and remove yourself and your bike from the track
2. Ensure that you are not in any danger to assist the injured persons.
3. Immediately ph. 0493 811 316 to alert race officials, and alert marshal if close by.
4. Remain with the rider until assistance arrives.

Trail Access outside of event days

Riders must be aware that all trails will not be staffed outside of official practice and race times. Riders who access the trails at this time do so at their own risk of being unable to access emergency assistance.

Social Media

Please help us grow the profile of the MTB National Series by using the hashtag #xx

Aus Cycling

Facebook @AusCyclingMTBCX
X/Twitter @AusCyclingAus
Instagram @auscyclingausOfficial

Bendigo MTB Club

Facebook <https://www.facebook.com/MTBBendigo>
Instagram. https://www.instagram.com/mtb_bendigo

Technical Information

Marshaling & Start

Riders are required to be present for a race briefing prior to racing. This briefing will occur during staging for the start for the race. In accordance with the technical regulations, rider staging must commence no later than 10 minutes before the scheduled start of the race.

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.

Race Numbers

For all races, riders will be issued a race plate with a timing chip attached at registration. Race 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.



Safety Equipment

As per the 2025 AusCycling Mountain Bike Technical Regulations (Annexure A), riders must have a helmet meeting AS2063.

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. Failure to comply with Commissaire instructions may result in penalties as outlined in Section 9 of the 2025 AusCycling Mountain Bike Technical Regulations.

E-Bike Specific Regulations

UCI Technical Regulations regarding E-MTB apply for the event and the following E-MTB bike compliance testing protocol will be in place:

- All podium bikes will be quarantined immediately upon race completion and submitted to scrutinization including software, physical and ergometer testing;
- In addition, up to five (5) random bike checks will also be completed.

In accordance with section 7 of the UCI regulations relating to E-MTB racing:

An E-Mountain Bike is a bike operated with two energy sources, human pedal power and an electric engine, which only provides assistance when the rider is pedalling. E-Mountain bike events must be organised in accordance with the following bike standards:

- Engine of maximum 250 watts.
- Engine assistance up to 25km/h.
- Pedalling assistance only, although a start-up assistance not exceeding 6km/h without pedalling is allowed.
- Wheel sizes shall be a minimum of 26 inches.
- Gearing roll out distance: maximum is 9.0 m.
- Bikes must be commercially available and of mid (crank) motor format only.

7.01 AGE CATEGORY

E-Mountain Bike events are open to all riders aged 19 and over and include Masters categories. No separate results will be submitted for the Under 23, Elite or Masters categories.

7.02 EVENTS FORMAT AND CHARACTERISTICS

E-Mountain Bike events will be organised in the cross-country and Enduro formats only.

7.03 BATTERY & RANGE EXTENDERS

Riders can only use the battery in place on their bike and cannot carry an additional battery during the competition or range extender.

Technical Assistance Zone (TAZ) & Neutral Race Support

Designated Technical Assistance Zones (TAZ) will be clearly marked and located adjacent to the Starting 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.

Race Seeding

Seeding/Plate order is determined as follows for Round 1 (Saturday 14th December)

U23/Elite, U21
<ol style="list-style-type: none"> 1. Recognised UCI World Champion 2. AusCycling National Champion 3. Any rider ranked in the top 200 UCI World Rankings in ranking order; 4. 2023/24 National Series Rankings 5. Order of Entry
Masters
All riders in entry order.
J13, J15, J17
All riders in entry order.

Seeding order is determined as follows for Round 2 (Sunday 15th December)

U23/Elite, U21
<ol style="list-style-type: none"> 1. Current Series Rankings (after Round 1) 2. Order of Entry
Masters
<ol style="list-style-type: none"> 1. Current Series Rankings (after Round 1) 2. Order of Entry
J13, J15, J17
<ol style="list-style-type: none"> 1. Current Series Rankings (after Round 1) 2. Order of Entry

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 approval may 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 by highlighting 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.



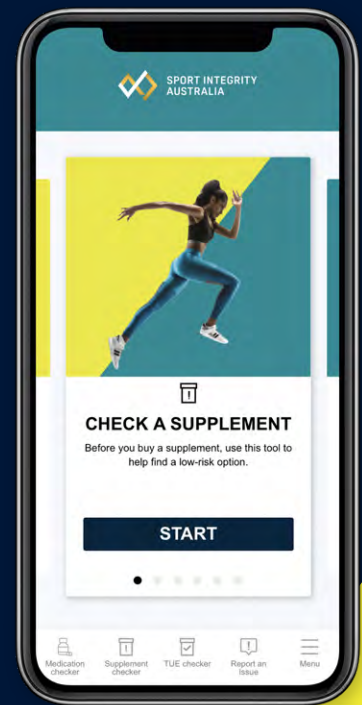
SPORT INTEGRITY
AUSTRALIA

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

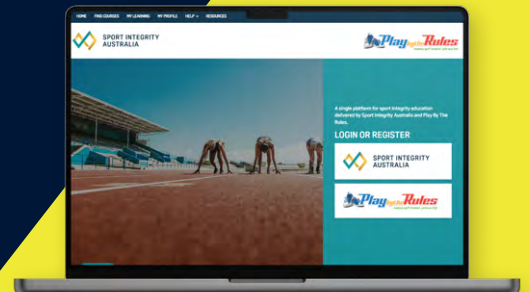
The app also has information on all sport integrity issues, anti-doping rules, testing programs, the health effects of doping, supplement and nutrition advice, overseas travel considerations and more. Just click on the menu icon.



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

ONLINE EDUCATION

- Sport Integrity Australia's eLearning website: elearning.sportintegrity.gov.au
- 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

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.



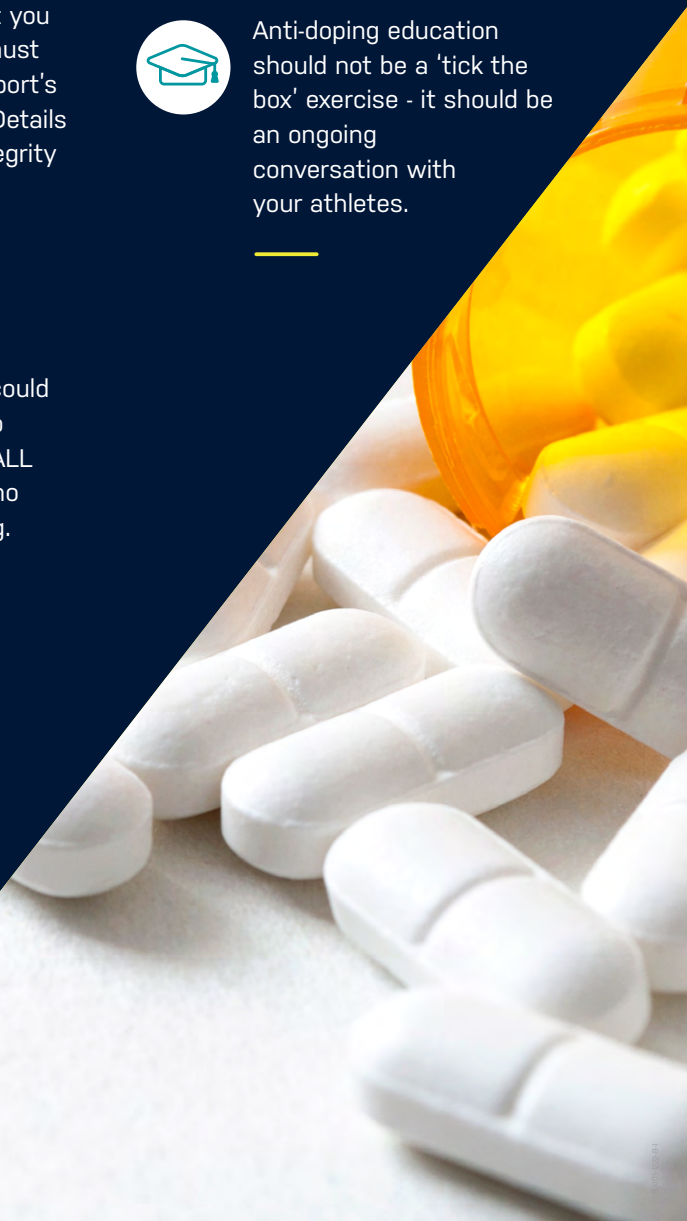
If you are involved in a team sport, and an athlete tests positive to a banned substance, the team could lose competition points and championship placings.



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



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'.



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