



DAY 1 – Friday 3rd July

Individual Time Trial - Friday 3rd July 2026		
Start Time	Age Category	Distance
9:01am	U15M	10km
	U15W	10km
	U17M	16km
	U17W	16km
	Para	16km
	Masters	16km
	U19	16km
	U23	32km
	Elite	32km

DAY 2 – Saturday 4th July

Road Races - Saturday 4th July		
Start Time	Age Category	Distance
7:30am	MMAS8-10+	60.8km / 4 Laps
7:35am	Women`s Masters & Elite Women	60.8km / 4 Laps
7:40am	Para	30.4km / 2 Laps
10:00am	JM17	76km / 5 Laps
10:02am	JW17	76km / 5 Laps
10:10am	JM15	30.4km / 2 Laps
10:12am	JW15	30.4km / 2 Laps
11:55am	U19 Men & U19 Women	106.2km / 7 Laps
12:00pm	U23M & Elite Men	106.2km / 7 Laps
12:05pm	MMAS1-4	91.2km / 6 Laps
12:10pm	MMAS5-7	76km / 5 Laps



DAY 3 – Sunday 5th July

Criteriaums Sunday 5th July		
Start Time	Category	Distance
7:30am	Under 9 & Under 11 Boys & Girls	10 mins + 3 laps
7:50am	Under 13 Boys & Girls	15 mins + 3 laps
8:15am	Under 15 Boys	20 mins + 3 laps
8:40am	Under 15 Girls	20 mins + 3 laps
9:10am	Under 17 Boys	25 mins+ 3 laps
9:40am	Under 17 Girls	25 mins + 3 laps
10:15am	Para Cyclists	25 mins + 3 laps
10:50am	Masters Men 8-10+	30 mins + 3 laps
11:25am	Masters Men 6-7	30 mins + 3 laps
12:00pm	Masters Women & Elite Women	35 mins + 3 laps
12:40pm	Masters Men 4-5	35 mins + 3 laps
1:20pm	Masters Men 1-3	35 mins + 3 laps
2:00pm	U19 Men	30 mins + 3 laps
2:35pm	U23 & Elite Men	50 mins + 3 laps

***Presentations will be done as soon as each category has finished, and results have been confirmed**