

RACE HANDBOOK



METROPOLITAN CHAMPIONSHIPS

CRITERIUM | ROAD RACE | 17 & 18 MAY 2025



WELCOME

On behalf of the Balmoral Cycling Club, welcome to Metros 2024. This year marks the 55th running of Metros - something we're very proud of at Balmoral. Once again, we look forward to some of Australia's best Crit racing at our fantastic MUZZ facility, and tough road racing at Kalbar in the beautiful Scenic Rim.

This year Metros is Round 2 of the revamped Queensland Classic Road Series.

As always, we are appreciative of the support of our many event partners and sponsors, including the Scenic Rim Regional Council, Kalbar Showgrounds Society, Kalbar community, Queensland Police Service, Altus Traffic, Assist First Aid and The Rich Pour.

Events like Metros don't just happen on their own. An enormous amount of hard work goes into the planning and running of Metros. I'd like to extend a huge thank you to Race Director Brendon Angus, who has taken on this role for the first time this year. We also thank our Chief Commissaire Glen Cooper and his team of Commissaires, AusCycling staff (in particular Louise Jones and Neil Hamey), the Balmoral CC Board and our ever-dedicated army of volunteers.

Finally, I'd like to wish everyone safe and enjoyable racing this weekend, and ask that you all help us keep the event, and each other, safe by adhering to our event procedures. Race well!

xxx (President)

METROS HONOUR BOARD

MEN A			WOMEN A	
YEAR	CRITERIUM	ROAD RACE	CRITERIUM	ROAD RACE
2024	Maddison Taylor	Maddison Taylor	Matthew Lambert	Kevin Biffiger
2023	Imogen Alton	Ryan Cavanagh	Josh Beikoff	Sophie Sutton
2022	Nick Pedler	<i>Not held</i>	Hayley Jones	<i>Not held</i>
2021	Blake Quick	Ryan Cavanagh	Jacqui Mengler-Mohr	Danielle DeFrancesco
2020	Ryan Thomas	Angus Lyons	Anya Louw	Danielle DeFrancesco
2019	Byron Davies	Troy Herfoss	Liliana McLennan	Liliana McLennan
2018	Michael Bettany	Troy Herfoss	Alexandra Martin-Wallace	Alexandra Martin-Wallace
2017	Jordan Kerby	Kaden Groves	Michaela Murray	Jess Pratt
2016	Luke Van Maanenbergh	Zanella Manolo	Kristina Clonan	Holly Ranson
2015	Hadleigh Milligan	Michael Torckler	Jessica Toghill	Catriona Newell
2014	Sam Volkers	Reuben Donati	Katrin Garfoot	Katrin Garfoot
2013	Ben Price	Jayden Copp	Liz Young	Rachel Edwards
2012	Ryan Macanally	Luke Ockerby	Katrin Garfoot	Emily Roper

EVENT INFORMATION

KEY PERSONNEL

PRESENTATIONS AND PRIZES

Race Director:	Brendon Angus
Chief Commissaire:	Glen Cooper
Club President:	Vanessa Douglas-Savage
Registration:	Rebecca Kerlin
First Aid:	Assist First Aid and Balmoral CC volunteers
Traffic Control:	Altus Traffic
AusCycling:	Louise Jones, Neil Hamey

Presentations for each race category will take place at the end of each race. Riders should present themselves in race kit, closed shoes and without helmets or sunglasses.

Junior criterium presentations will take place at the end of all the junior races. U9 – 15 B&G will race together in the criterium. There will be separate podiums for boys and girls.

Prize money (subject to number of entries) will be awarded to podium places in each category for each stage. Equal prize money will be paid to the winner of A grade and women. Medals will be given to juniors U17 and below.

U17M will race in their respective open category in the criterium and there will be a separate road race for U17M. U17W will race in their respective open category in both the criterium and road race. There will be a separate podium if there are more than five (5) U17s in a race category, or we will award the 1st unplaced U17 if there are less than five (5) U17s in a race.

Results will be available on AusCycling Results <https://results.auscycling.org.au/> and on the Balmoral Metros Facebook page <https://www.facebook.com/BalmoralMetros/>

TECHNICAL REGULATIONS

The event will be conducted under the rules and regulations of AusCycling. The AusCycling scale of penalties will apply. For more information, please refer to the AusCycling website www.auscycling.org.au

GENERAL CLASSIFICATION

Prize money will be awarded to the winner of the GC in each category. To be eligible for GC awards riders must compete in and finish both the criterium and road race.

The GC winner will be the rider with the highest points aggregate from the criterium and road race. In the event of a tie, the higher placed rider in the road race will win.

The following GC points system will apply:

Place	Points Criterium	Points Road Race
1	10	20
2	9	18
3	8	16
4	7	14
5	6	12
6	5	10
7	4	8
8	3	6
9	2	4
10	1	2

QUEENSLAND CLASSIC ROAD SERIES

Metros is round 2 of the re-vamped Queensland Classic Road Series. Now in its 7th year, QCRS combines some of SEQ's toughest one-day classics over 6 rounds from April to September. At the end of the series, the winner from each category be crowned the 2025 QCRS champion.

<https://www.auscycling.org.au/page/qld-qcrs>

BALMORAL CYCLING CLUB - CLUB CHAMPIONSHIPS

Balmoral Cycling Club's Club Championship (for Men, Women and Masters categories) will be held in conjunction with Metros.

To be eligible for Club Championships riders must be a Balmoral Cycling Club primary member and compete in and finish the criterium and road race. Club Champion will be awarded to the rider with the

highest points aggregate in each category. In the event of a tie, the rider with highest placed result in the road race will win.

Club Champion awards will be presented at the end of year function.

JUNIOR ROLL-OUT

Junior riders U9-U17 must comply with AusCycling regulations for junior gearing, which can be found [here](#). All junior riders, including U17 men and women, must roll-out before marshalling for their race/s.

U17	U15	U13	U11	U9
7.0m	6.1m	5.5m	5.5m	5.5m



CRITERIUM

RACE INFORMATION

LOCATION AND COURSE

Location: Brisbane International Cycle Park, Wynnum Rd, Murarrie

U9&11s - OG MUZZ (outside course in a clockwise direction) **Red line**

All other racing - Clockwise U course as noted below. **Blue line**



RACE PROGRAM

RACE #	CATEGORY	RACE DURATION	START	EXPECTED FINISH
Race 1	Men A	60 mins + 2 laps	7:00am	8:05am
Race 2	Men B	45 mins + 2 laps	8:10am	9:00am
	Men C	30 mins + 2 laps	8:11am	8:46am
Race 3	Masters B	40 mins + 2 laps	9:05am	9:50am
	Masters D	25 mins + 2 laps	9:06am	9:35am
Race 4	Masters A	45 mins + 2 laps	9:55am	10:45am
	Masters C	30 mins + 2 laps	9:56am	10:30am
Race 5	Women A	45 mins + 2 laps	10:50am	11:40am
	Women B	45 mins + 2 laps	10:50am	11:40am
Race 6	Women C	35 mins + 2 laps	11:45am	12:25pm

	Women D	35 mins + 2 laps	11:45am	12:25pm
Race 7	U9 B&G	10 mins + 2 laps	12:30pm	12:45pm
	U11 B&G	15 mins + 2 laps	12:31pm	12:51pm
Race 8	U15 B&G	20 mins + 2 laps	12:55pm	1:20pm
	U13 B&G	15 mins + 2 laps	12:56pm	1:15pm

* Women A & B and Women C & D will race in combined races. There will be separate podiums for each grade.

** U17M&W will race in their respective open category in the criterium – there will be a separate podium if there are more than five (5) U17s in a race category, or we will award the 1st unplaced U17 if there are less than five (5) U17s in a race

***U9 – 15 B&G will race together. There will be separate podiums for boys and girls.

REGISTRATION AND NUMBER COLLECTION

Registration is at the Registration tent and will open 30 minutes before each race.

Collect your 2 race numbers and transponder. You will not need to show your race licence.

Place your **2 race numbers on your left and right hip/lower rib cage** so they are visible to Commissaires from the side. U9-U15 Juniors **place 1 race number on your right hip/lower rib cage**. Secure your transponder to the front right fork of your bike.

If you are racing in the road race on Sunday, you will use the same race numbers and transponder. **If you are not racing in the road race on Sunday, please return your race numbers and transponder** to the registration desk after your race.

Any rider failing to return their transponder will incur \$95 replacement fee, and unreturned numbers will incur a \$5 replacement fee.

MARSHALLING AND RIDER BRIEFING

Racing will be in a clockwise direction.

Riders will be called to marshal 10 minutes before your race start to receive a race briefing from the Chief Commissaire.

For most races, there will be 2 categories on the track at any one time. For rider safety, and to ensure fair and competitive racing for all riders, please adhere to the following race etiquette:

1. If you are passing another grade, pass on the outside of the track, and maintain speed until well clear of the other grade.
2. Your race is 'neutralised' while another grade passes. Ride on the inside of the track and slow down to allow safe passing. **Do not** chase the passing grade.
3. Riders are not permitted to obtain an unfair advantage by joining/riding on the back of another grade.

4. When another race is given the final lap bell, give them the respect of a clear, safe run to the finish.
5. At the end of your race, quickly and safely make your way off the track to allow the next race to start on time.
6. You must get Commissaire permission to race with an on-board camera. You cannot race with headphone-type devices.

SPARES

Spare wheels must be placed on the infield near the finish line. No neutral spares.

Spare wheels must be labelled with your name and race category.

SPECTATOR INFORMATION

PARKING

Parking is available in the Brisbane International Cycle Park car park.

Please do not park across the gated entries to the course as we need to keep this clear for emergency vehicle access.

COFFEE AND DRINKS

The Rich Pour Espresso will be on site to meet all your caffeine needs. Balmoral CC Juniors will be selling cold drinks.

TOILETS

There are public toilets located within the Park.

FIRST AID

Trained first aid providers will be located with Commissaires.

ROAD RACE

RACE INFORMATION

LOCATION

Location: Kalbar Showgrounds, Edward Street (enter off George Street), Kalbar



RACE PROGRAM

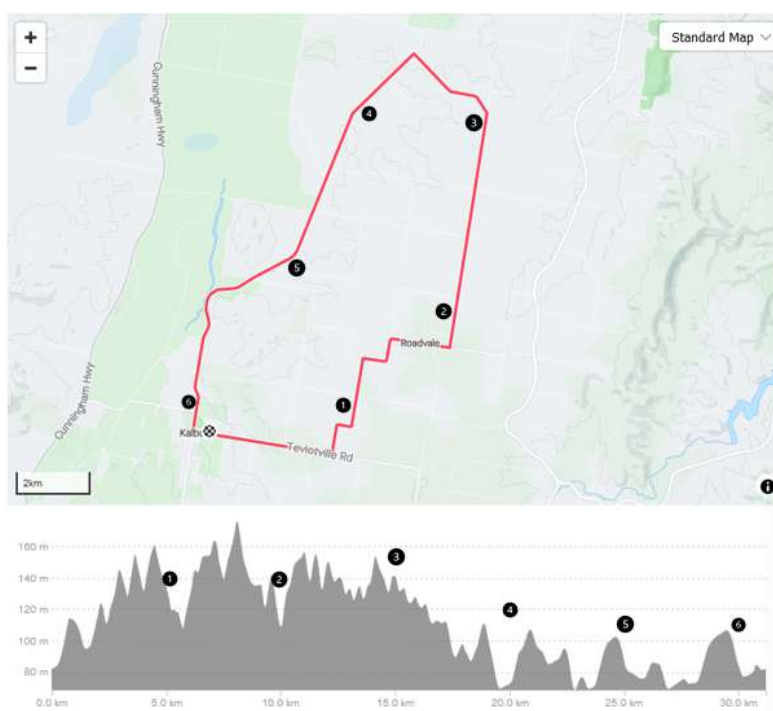
RACE #	CATEGORY	DISTANCE	START	EXPECTED FINISH
Race 1	Masters D	62.4km (2 laps)	8:00am	9:50am
Race 2	Women D	31.2km (1lap)	8.05am	9.15am
Race 3	Men A	124.8km (4 laps)	8:45am	11:50am
Race 4	Masters A	93.6km (3 laps)	8:55am	11:20am
	Men B	93.6km (3 laps)	8:55am	11:22am
Race 5	Masters B	93.6km (3 laps)	9:55am	12:31pm
	Women A	93.6km (3 laps)	9:55am	12:34pm
Race 6	Men C	62.4km (2 laps)	12:15pm	2:03pm
	U17M	62.4km (2 laps)	12:15pm	2:03pm
Race 7	Masters C	62.4km (2 laps)	12:20pm	2:10pm
Race 8	Women C	62.4km (2 laps)	12:30pm	2:30pm
	Women B	62.4km (2 laps)	12:30pm	2:25pm

#There will be a separate race for U17M at the same time as Men C. U17W will race in their open category as determined by AC with a separate podium if there are more than five (5) U17W in a race, or we will award the 1st unplaced U17W if there are less than five (5) U17W in a race.

COURSE

The road race will commence at the start/finish line in **Edward Street**, and travel along Edward Street, **Teviotville Road**, **LEFT** into Roadvale Road, **LEFT** into Roadvale Harrisville Road, **LEFT** into Munbilla Road, **George Street** and **LEFT** to finish in Edward Street.

Road Race course <https://www.strava.com/routes/3063722098462571784>



REGISTRATION AND SIGN-ON

Registration and rider sign-on opens at 7.00am, and is at the Edward Street entrance to the Showgrounds.

All riders must sign-on before the race from 60 minutes prior to race start and up to 15 minutes prior to race start.

If you raced the criterium on Saturday, you still **need to sign-on** so we know you are racing in the road race. You will use your numbers and transponder from the criterium. You will not be able to race without these.

If you are racing in the road race only, you will need to collect your two race numbers and transponder at the registration desk.

Place your **2 race numbers on your lower back with one hand width in between**. Secure your transponder to the front right fork of your bike.



Return your race numbers and transponder to registration desk at the end of your race. Any rider failing to return their transponder will incur a \$95 replacement fee, and unreturned numbers will incur a \$5 replacement fee.

SPARES

Place your spare wheels in the signed area, in your designated race category, along the outside fence of the Showgrounds on Edward Street, opposite Registration. Please collect your spare wheels from this area after your race.

Spare wheels must be labelled with your name and race category.

Riders should be prepared to attend to their own mechanical issues where possible, and are encouraged to carry a pump and spare tube should you fall behind the spares vehicle.

Spares will be on a "spares in, spares out basis". Neutral spares are not available. It may not be possible for spares vehicles to carry all spare wheels. Volunteers will do their best to include a number of wheels of each specification in the vehicle.

There are no rider/team support vehicles allowed on the course.

MARSHALLING AND RIDER BRIEFING

Make your way to the marshalling area in Ann Street (at the corner of Edward Street) at least 10 minutes before the start of your race. Riders will be called to marshal 10 minutes before your race start to receive a race briefing from the Chief Commissaire.

KOM/QOM POINTS CLASSIFICATION

The KOM/QOM is located approximately 8km from the start of the race along Roadvale Road. It's a climb in two parts totalling approximately 2km. The first part of the climb begins at around 6km, with a 500m downhill before a sharp right hand turn in the road and the final 500m of climbing to the KOM/QOM point, with the gradient touching 9.4% (see profile map above).

KOM/QOM prize money will be awarded to the overall winner of the KOM/QOM in each category. In the event of a tie, the higher placed rider for KOM/QOM on the final lap will win.

Points are awarded as follows:

Place	Points	Category	KOM/QOM points on Lap #
1	5	Men A	2, 3, 4
2	3	Men B	2, 3
3	2	Men C	1, 2
4	1	Masters A	2, 3
		Masters B	2, 3
		Masters C	1, 2
		Masters D	1, 2
		U17M	1, 2
		Women A	2, 3
		Women B	1, 2
		Women C	1, 2
		Women D	1

AWARDS

Riders will compete in one of eight Races. Within each Race (except Masters C, Masters D, Women D & Men A) there are two separate categories which generally demonstrate similar abilities and/or average speeds. Riders within a Race are competing as a group, e.g. if a rider attempts to breakaway, anyone, regardless of category, may work with that rider. The race categories are identified by different numbers.

We will award podium places (1st, 2nd, 3rd) for placegetters in each category as well as KOM/QOM

and GC awards. There are no separate prizes or podiums for the (combined) Race placegetters.

ROAD CONDITIONS

It is the rider's responsibility to know the race course.

The race course is well sign-posted, and event organisers are not responsible for riders taking a wrong turn on the course if they are dropped from the bunch.

Riders are reminded the race is being held on regional and rural roads, and are **urged to ride to road conditions**.

TECHNICAL INFORMATION

ROAD SAFETY

All cyclists, lead and following vehicles, must obey the Queensland Road Rules (including keeping left and not crossing unbroken lines on a carriage way).

Each race will be supported with a lead vehicle, Commissaires and a Spares vehicle. All vehicles will have signage and amber revolving/flashing lights to warn other road users.

NO OTHER VEHICLES are permitted to follow the convoy.

There will be no road closures for the event.

Regular traffic has shared access to the road and riders are restricted to use the left-hand side of the road. Road rules apply. Riders will be penalised (including warning, fines, relegation, disqualification, and possible suspension) for infringements. Traffic Controllers will be employed to manage traffic at intersections and ensure rider safety.

Any riders dropped from the main group in the race may be required to continue without a following vehicle. Dropped riders may be directed to leave the course in the interests of safety.

FEED AND WASTE ZONES

Please comply with all AusCycling requirements for feed and waste zones. Penalties may apply.

WASTE

A designated Waste Zone will be located on Edward Street, approximately 150m after the start/finish line and before the Feed Zone. Riders are only permitted to drop rubbish and water bottles in this signed area. Riders will be penalised, in accordance with AC regulations, if they drop rubbish or bottles anywhere else on the race course.

FEEDING

A designated Feed Zone will be located on Edward Street, approximately 200m after the start/finish line and before the first rise.

Riders may only feed in races over 70km, and feeding is only allowed after 30km from the start and up to 20km from the race finish. Riders should plan to be self-sufficient for their feeding and hydration needs where possible.

Feeders are only permitted to hand out bottles. Musettes are not permitted.

Please use the rubbish bags provided to dispose of your rider's rubbish.

Feeding is only allowed for the following categories:

Category	Feeding	Category	Feeding
Men A	Start of laps 2, 3 & 4	Masters A	Start of laps 2 & 3
Men B	Start of laps 2 & 3	Masters B	Start of laps 2 & 3
Women A	Start of laps 2 & 3		



RACE CONVOYS

Convoy drivers should arrive 30 minutes before their race to collect their race radio, flashing light and signage from the Volunteer Desk, and make contact with the race Commissaire 1.

Race convoy vehicles will marshal along on the left-hand side of Edward Street, opposite Ann Street in the following order:

- Lead Vehicle with signage and flashing lights preceding the rider bunch.
- Commissaire 1 vehicle with signage and flashing lights following the lead bunch.

- If the bunch in the race is large (e.g. more than 20 riders), Commissaire 2 vehicle to follow at a distance of a number of car lengths.
- Spares vehicle with signage and flashing lights to follow at the rear, a number of car lengths behind Com 1 or Com 2 as necessary.
- SAG vehicle with signage and flashing lights to follow the last rider from the nominated races.

SPECTATOR INFORMATION

Spectators are welcome and must comply with our event practices. There are many vantage points on the course, and spectator vehicles are not permitted to follow the race convoy.

FOOD & DRINKS

A coffee van and BBQ will be available at the Showgrounds. We strongly urge you to support Kalbar's local community clubs who are running these stalls for us.

TOILETS

There are toilets located within the Showgrounds, adjacent to the parking area.

FIRST AID

Trained first aid providers will be located onsite with Registration, and "roving" with each race throughout the day.

PARKING

Parking is available in the Kalbar Showgrounds in the sports fields. Entry to, and exit from, the Showgrounds is **via George Street only**. Turn into the Showgrounds from George Street and continue left around the oval to the parking area. Speed limit is 20km/hr.

Please be considerate of other Showground users, and when parking, do not block cars in (riders will be entering and exiting at different times and need to be able to leave at the end of their race).

Please park in the sports fields as directed and keep the staging area near the Registration tent clear for volunteers and race convoy vehicles.

NO ENTRY OR EXIT at Edward Street. This must be kept clear for race and emergency vehicles.

ROAD CONDITION

General road condition is quite good, however there are a few areas of note for riders to be aware of whilst racing on the Kalbar Circuit. In general riders should be cautious of road edges on the left as they are the most likely to see damage.

LEFT TURN ONTO ROADVALE RD

At the first left turn be cautious of gravel and once you have turned left there is a small section of lifted pavement as shown below to avoid.



SECTION LEADING TO KOM/QOM

on the section leading toward the KOM/QOM the road has a few areas to keep an eye out for in the middle of the road and on the left edge of the road.



LEFT TURN ONTO ROADVALE-HARRISVILLE ROAD

The left turn after the KOM/QOM is torn up toward the centre so making a closer turn at the apex is advised.



ROADVALE-HARRISVILLE ROAD

There is a section along the Roadvale-Harrisville road where caution should be taken, this is the only considerable area of road damage on the entire course. It is also thankfully easily seen due to its location toward the dip in the road race course, the damage in the middle of the road.



MUNBILLA ROAD (MAIN ROAD TO KALBAR)

This road is in quite good condition at time of inspection, the only real area of note is the concrete bridge on the lead into town, avoid the left hand wheel line which has a large step.

