



Sunshine Women's Tour Race Handbook 18-19 April 2026



WELCOME

On behalf of the Sunshine Coast Cycling Club I am pleased to welcome you all to the next edition of the Sunshine Women's Tour, a four-stage cycling event on our beautiful Sunshine Coast. As the race director, it gives me great pleasure to introduce you to this event and to be a part of the cycling community that has come together for this occasion.

I wish to pay tribute to Deborah Latouf, Race Director for the first three editions of the event, for her dedication and passion in establishing and growing the event. We want nothing more than to realise the extraordinary success achieved by Deborah.

We want the Sunshine Women's Tour to continue to be an event that riders across all gradings can enjoy. We work closely with local communities to create a unique event that showcases the stunning natural beauty of the Sunshine Coast, while also providing a challenging and rewarding experience for all riders.

We would like to thank the organisations and individuals that have made this event possible. This includes the Noosa and Sunshine Coast councils, Queensland National Parks, Traffic and Main Roads, Skippy Park Sports Complex and North Arm state school.

Thanks also to the organizing committee from the Sunshine Coast Cycling Club, the commissaires and volunteers who are helping out across the weekend.

I would like to extend a warm welcome to all our riders, volunteers, sponsors, and spectators. Your support and enthusiasm for this event were greatly appreciated in 2025, and we are excited to see what the Sunshine Women's Tour will bring in the years to come.

Phil Lawes
Race Director, Sunshine Women's Tour

The Event

The Sunshine Women's Tour is a 4 stage event over two days and three locations. Stages 1 and 2 are on Saturday 18 April at Skippy Park criterium circuit. Stages 3 and 4 are on Sunday 19 April at Sunrise Rd Tewantin (Noosa Hill) and North Arm state school.

Sunshine Women's Tour 2026 - Program				
	Sat, 18 April 2026		Sun, 19 April 2026	
	Stage 1: Prologue Skippy Park	Stage 2: Criterium Skippy Park	Stage 3: Hill Climb Gyndier Drv	Stage 4: Road race North Arm
WD	8am 5 laps (5.9km)	9.15am 20 mins + 2 laps	7.15am	10.15am 2 laps (20km)
WC	8am 5 laps (5.9km)	9.45am 25 mins + 2 laps	After WD	10.10am 3 laps (30km)
WB	8am 5 laps (5.9km)	10.30am 30 mins + 2 laps	After WC	10.05am 4 laps (40km)
WA	8am 5 laps (5.9km)	11.10am 30 mins + 2 laps	After WB	10am 5 laps (50km)
Presentations	Approx 9am	Approx 12pm	Approx 8.30am	Approx 12pm

Registration

- Registration is required on Saturday 18 April only at Skippy Park criterium circuit, Old Landsborough Rd, Landsborough between 7am and 7.45am. There is no need to register again before each stage.

Transponders

- You will be given your transponder at registration.
- Position the transponder on either fork using the supplied cable ties.
- Please keep the transponder in this position on your bike for all 4 stages.
- Return your transponder at the end of the Tour.

Race Numbers

- Position your race numbers (x2) on centre back and the left-hand side of your jersey for all stages. Return your race numbers at the end of the Tour.

Roll-Out

- Junior roll out will be held 15 minutes before each stage. Please report to the commissaires.

Start Procedure

Please be ready at least 10 minutes before your scheduled start time in the marshalling area for rider briefing.

Catering

- A food and coffee van will be located at Skippy Park for Stages 1 and 2.
- There is no catering for the Sunday stages, BYO caffeine.

Parking & Other Facilities

- See the notes for each stage below.

Jerseys

- General Classification Winner Jerseys will be provided for all 4 grades. They are high quality, race cut Pedal Mafia custom jerseys.
- There are no jerseys for individual stages.

General Classification and Points

- The Sunshine Women's Tour is a points-based event for each grade. The points for all stages are equal as per below. Add these points together for your general classification points. In the event of a tie at the end of the Tour, the winner will be the rider with the fastest prologue time in their grade. There are no bonus points for any stages.

Place	Points
1 st	15
2 nd	12
3 rd	10
4 th	8
5 th	6
6 th	5
7 th	4
8 th	3
9 th	2
10 th	1

Other Awards

Most Impressive rider - this award is across all grades, and is at the discretion of the Race Director in consultation with the commissaires. It may or may not be an overall GC winner. It could be D grade or it could be A grade. It could be someone who does something epic in any stage.

Results

Results will be available at:

- <https://results.auscycling.org.au/>
- <https://www.facebook.com/profile.php?id=100090790426334>

Other Technical Regulations

- Riders must complete each stage in order to commence the next.
- Riders must complete all four stages to be eligible for the general classification jersey.
- Please advise the commissaires of any withdrawals.
- The only stage in which laps out will be allowed is the criterium. Spares must be placed at the dedicated area near the start/finish line. Riders can only be serviced from this area.
- For genuine mishaps in the prologue and hill climb, report to the Chief Commissaire. In most circumstances riders will be allocated the slowest time of the rider in their grade, and allowed to continue the Tour.

Stage 1 – Prologue

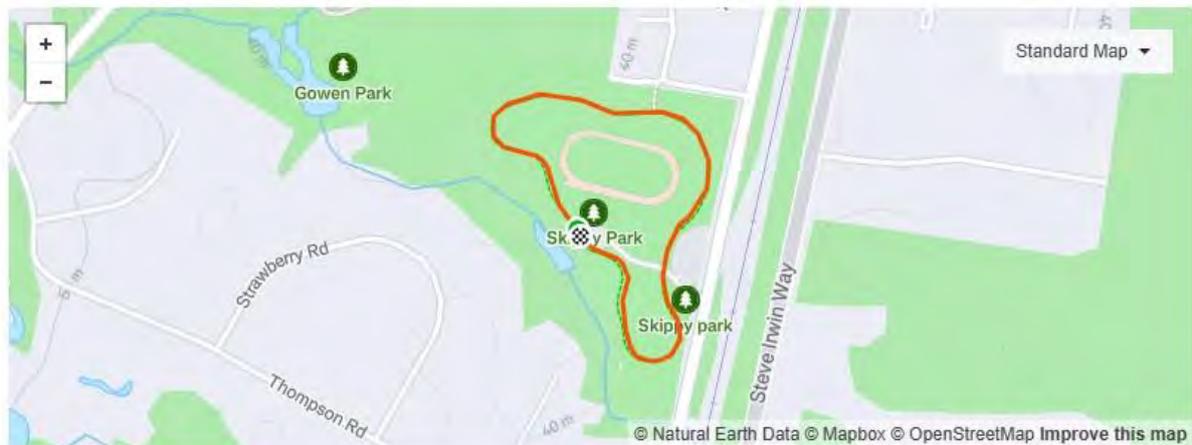
Sat 18 April 2026 at Skippy Park

- Park in the car park outside of the track at the entrance.
- Toilets – full facilities available.
- All grades will do 5 laps of the Skippy Park criterium circuit.
- 30 second time intervals will be published once registrations are finalised.
- First rider starts at 8am: D grade, then, C, B and A.
- A ‘held’ start will be used.
- Race in an anti-clockwise clockwise direction
- No time trial bikes are allowed
- No littering at all. If you use a gel put the wrapper in your pocket.
- Presentations immediately after the stage
- Location - <https://maps.app.goo.gl/oNQqFjCy57f9JAeLA>
- Strava segment - <https://www.strava.com/segments/1576980>

Skippy Park Crit ☆

Ride Segment Sunshine Coast Regional, Queensland

Distance	Elevation Gain	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	90,529 Attempts By 1,307 People
1.18km	0m	0.0%	-2m	0m	2m	



Stage – Criterium

Sat 18 April 2026 at Skippy Park

- 9.15am - D grade 20 minutes + 2 laps
- 9.45am - C grade 25 minutes + 2 laps
- 10.30am - B grade 30 minutes + 2 laps
- 11.10am – A grade 30 minutes + 2 laps
- Race in an anti-clockwise direction
- There are no primes or time bonuses
- Presentations immediately after the last race

Stage 3 – Hill Climb

Sun 19 Apr 2026 at Gyndier Drv, Tewantin

- There is NO parking allowed AT ALL at the bottom of Gyndier Drive.
- Park on Sunrise Rd which is at the top of the climb (see picture).
- Toilet facilities are at the Tinbeerwah Hall. There are NO toilet facilities at the bottom of Gyndier Drive.
- Warm up is along the service road adjacent to Cooroy Noosa Road. There is NO warm-up allowed along Cooroy Noosa Rd.
- All riders must be assembled at Tinbeerwah Hall, 862 Sunrise Rd by 6.45am. You will then be briefed by the Chief commissaire and descend Gyndier Drive together as a group (slowly) to the start at approximately 7am.
- Please complete your preparations at the top of the climb on Sunrise Rd.
- No littering at all. If you take a gel before the start put the wrapper in your pocket. You are riding in a national park.
- After the riders descend, spectators will be allowed to walk down to the finish line at the bollards.
- No time trial bikes allowed.
- First rider off at 7.15am, with 30 second increments in reverse GC order.
- WD grade will be first away, then WC grade, WB grade and finally WA grade.
- There is a full road closure so you may ride the straightest line. Marshals will be placed at all mountain bike crossings. However, keep in mind we can never fully guarantee that there will be no recreational rider leakage on to the course.
- Presentations adjacent to Tinbeerwah Hall immediately following the stage.
- Location - <https://maps.app.goo.gl/m3njyZbfbShgX8h37>
- Strava segment - <https://www.strava.com/segments/38404818>



Gyndier Climb (Bollards to Bollards). ☆

Ride Segment Noosa Shire, Queensland

Distance	Elevation Gain	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	Climb Category
2.77km	90m	3.2%	21m	112m	90m	4

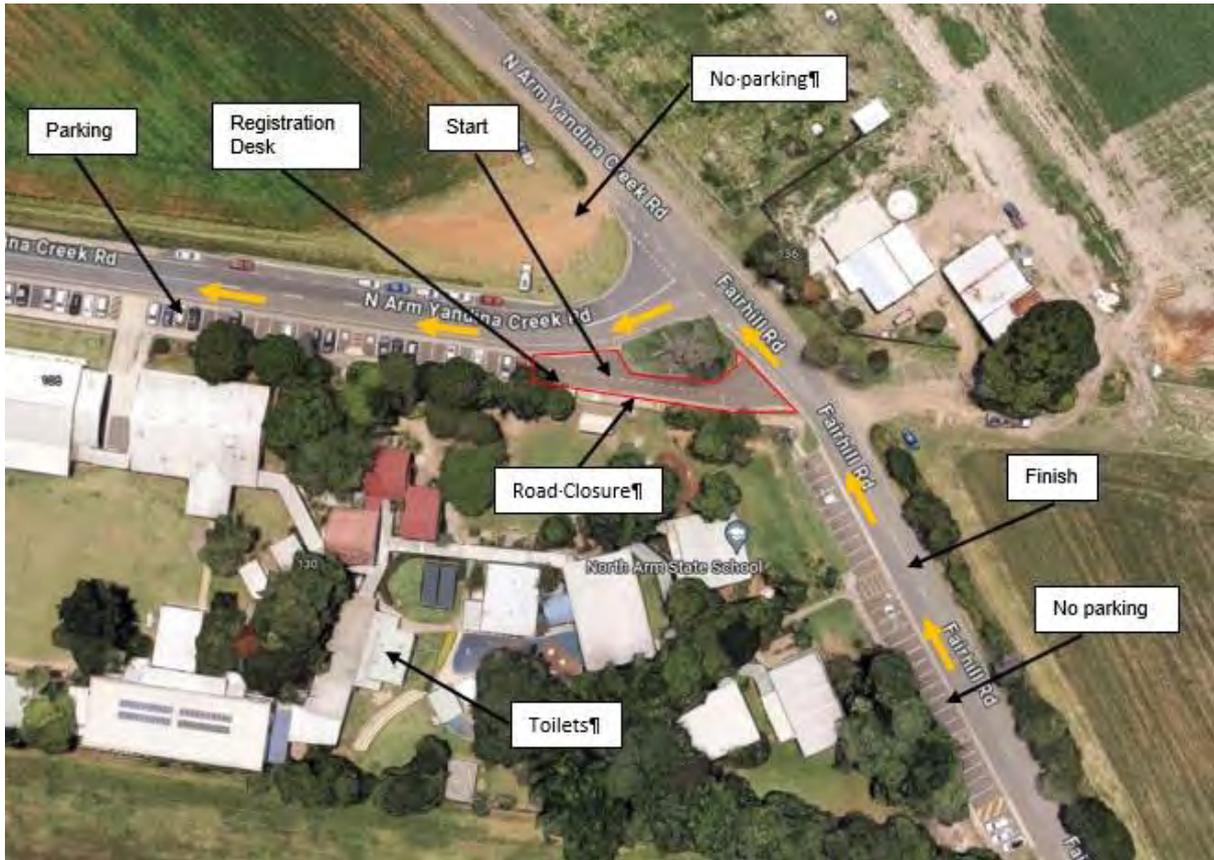
284,424 Attempts By 28,757 People



Stage 4 – Road Race

Sun 19 Apr 2026 at North Arm

- Park next to the North Arm State School on North Arm Yandina Creek Rd. There is NO parking allowed on Fairhill Rd or opposite the school on private land.
- Toilet facilities are located within the North Arm State School.
- D grade – 10.15am 2 laps (20km)
- C grade – 10.10am 3 laps (30km)
- B grade – 10.05am 4 laps (40km)
- A grade – 10.00am 5 laps (50km)
- All riders in all grades will be on the course at the same time. Riders are not permitted to join faster riding groups that are not their grade.
- There are no QOMS or time bonuses.
- Racing is in an anti-clockwise direction
- At the finish line you have the left hand side of the road only to sprint. It is not a full road closure. DO NOT CROSS the white line or you will be disqualified.
- No littering at all. If you use a gel put the wrapper in your pocket.
- Presentations immediately following the stage.
- Location - <https://maps.app.goo.gl/fqsnJBcR8bZz7RqF8>
- Strava link to route - <https://www.strava.com/segments/1264024>



North Arm Race ★

Ride Segment Sunshine Coast Regional, Queensland

Distance	Elevation Gain	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
9.90km	78m	-0.1%	-5m	25m	30m

9,882 Attempts By 1,136 People | Starred by 85 People

