

16<sup>th</sup> & 17<sup>th</sup> of May 2026 | Awaba, NSW

# 2026 AUSCYCLING MTB NATIONAL SERIES (DH) - ROUND 5

## TECHNICAL GUIDE



**National Series**  
AusCycling



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# Event Information

## Dates & Entries

Entries for this event open on Sunday 5<sup>th</sup> of April 2026 – 7:30pm AEDT

Entry Link	Date	Event Name
<a href="#">Round 5</a>	Sat 16 <sup>th</sup> May Sun 17 <sup>th</sup> May	2026 AusCycling MTB National Series Round 5

Entries close on Wednesday 13<sup>th</sup> of May – 11:59pm AEDT **unless sold out earlier**. Please note that event organisers reserve the right to cap entries at any time as not to impact safety and race integrity. Any entries made after closing times are at the sole discretion of event host.

## Event Location & Race Village & Parking

Awaba MTB Park. Race village can be accessed via Jenkins Rd, off Mount Faulk Rd. The nearest township to the race village is Cooranbong and riders can fly in and out of the city of New Castle. The drive from Sydney is approximately 1.5 hours. Parking is located before the event center on Jenkins Rd.



## Membership Requirements

Australian Riders	International Riders (inc. NZ)
<ul style="list-style-type: none"> <li>Participants are required to hold a current and valid AusCycling 'Race – Off Road or All Discipline' membership.</li> <li>Event Licenses and 4 Week Free Trials <b>are not permitted</b> for any category in this event.</li> <li>To explore membership options please visit - <a href="https://auscycling.org.au/membership">https://auscycling.org.au/membership</a></li> </ul>	<ul style="list-style-type: none"> <li>International Riders are required to have a UCI License as well as a UCI ID</li> </ul>

By entering into this event you agree to the following conditions;

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 15<sup>th</sup> of May from 3:00pm till 5:00pm and Saturday 16<sup>th</sup> of May from 7:00am till 1:30pm. **There will be no registrations on Sunday the 17<sup>th</sup> of May.**

## Eligible Age Categories & Groups\*

AusCycling DH National Series
<ul style="list-style-type: none"> <li>Elite</li> <li>Junior (Under 19)</li> <li>Under 17</li> <li>Under 15</li> <li>Masters 1 – 10 Men &amp; Women</li> </ul>

Group A	Group B
<ul style="list-style-type: none"> <li>Elite</li> <li>Junior (Under 19)</li> </ul>	<ul style="list-style-type: none"> <li>Under 15</li> <li>Under 17</li> <li>Masters</li> </ul>
*Subject to change, pending final entry numbers.	

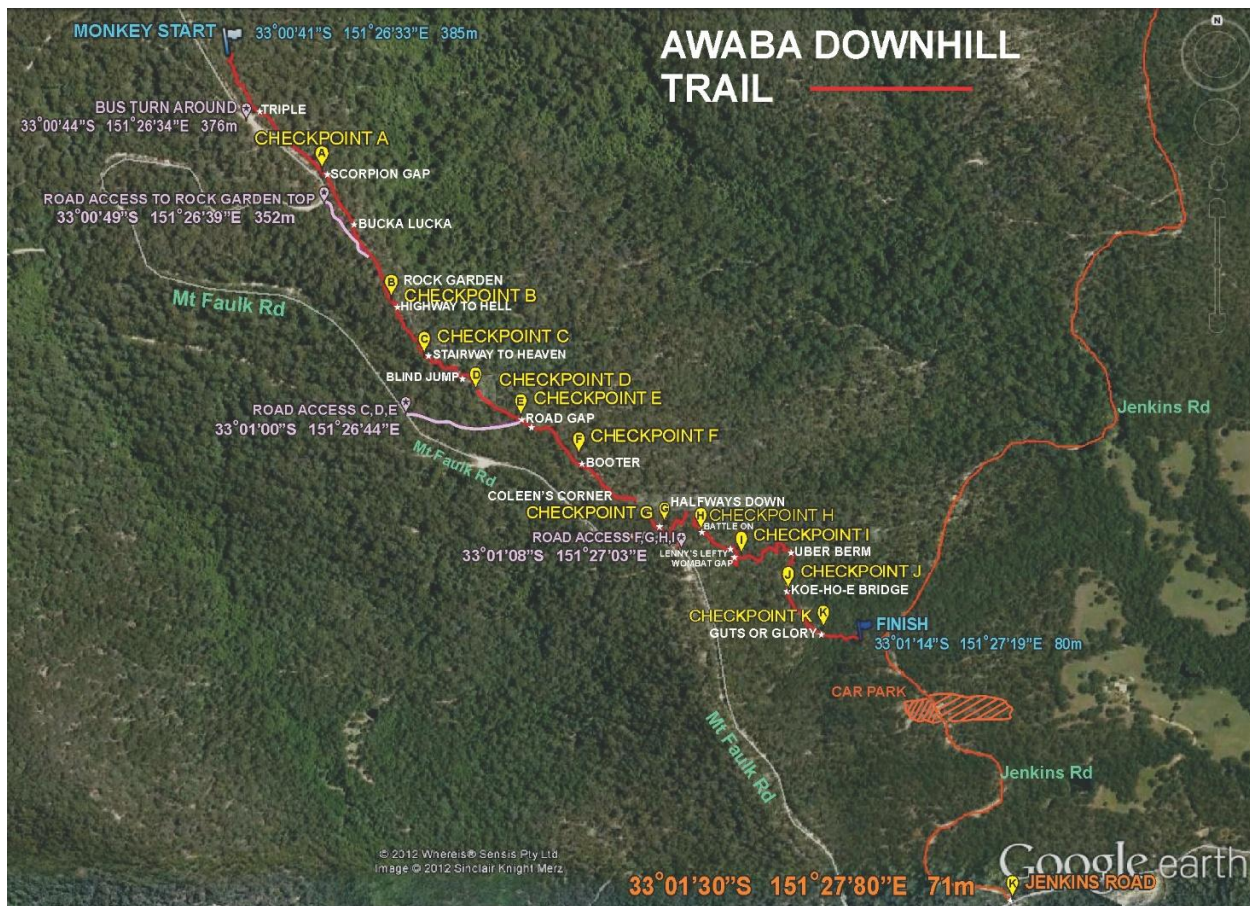
## Rider Uplift

Riders access the uplift shuttle from the event village. **Self-shuttling is not permitted.**

## Results

Results will be available via the [AusCycling Results page](#).

## Course Information & Map



## Event Schedule

Competition Schedule V2.0 – \*Subject to change

Friday 15 <sup>th</sup> of May 2026		
Start	Finish	Activity
15:00	17:00	Official Track Walk
Saturday 16 <sup>th</sup> of May 2026		
Start	Finish	Activity
07:00	16:00	Race Village Opens
07:00	13:30	Rider Registration Open
08:00	11:00	Group B Practice (U15, & Masters Only)
09:00	12:00	Under 17 Men & Women
11:00	14:00	Group A Practice (U19 & Elite Only)
14:00	16:00	Seeding – All Groups*
Sunday 17 <sup>th</sup> of May 2026		
Start	Finish	Activity
07:00	16:00	Race Village Opens
08:00	10:00	Group B Practice (U15 & Masters Only)
09:00	11:00	Under 17 Men & Women
10:00	12:00	Group A Practice (U19 & Elite Only)
12:30	15:00	Racing – All Groups*
15:30		Presentations*

## Presentations

Presentation ceremonies will take place in the event village at post racing. This time may change depending on volume of riders and any on-course delays. All riders who finish 1<sup>st</sup> to 3<sup>rd</sup> in all categories must be present at their presentation.

In addition, overall series presentations will occur at the conclusion of the race presentations at this event.

## Awards

AusCycling National Series
<ul style="list-style-type: none"> <li>• Medals – 1<sup>st</sup> to 3<sup>rd</sup> (all categories)</li> <li>• Podium Recognition - 4<sup>th</sup> &amp; 5<sup>th</sup> (Elite Only)</li> </ul>

## Medical & Hospital

There will be dedicated paramedical staff present on both days of racing. Medical staff will be located on course as well as in the event village.

The nearest hospitals to the race location with an emergency room are:

- Maitland Hospital – 02 4087 1000 or 000 - 48km – 38min drive
- JHH- John Hunter Hospital – 02 4921 3000 or 000 – 39km – 42min drive
- Wyong Hospital - (02) 4394 8000 or 000 – 47km – 39min drive

## Rider Emergency Contact

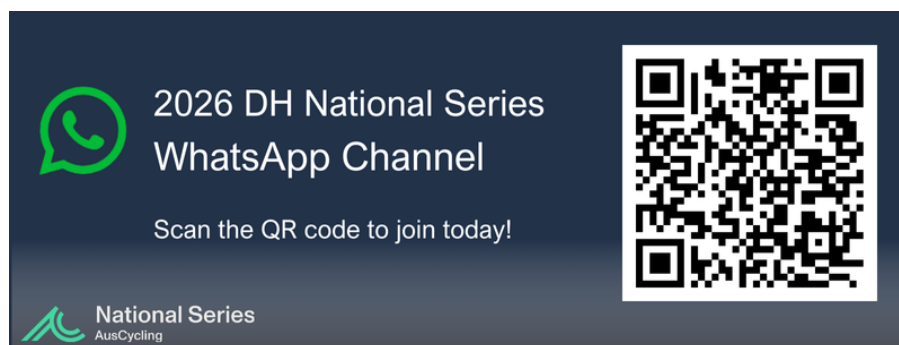
In the event of an emergency riders are to contact an event crew member. This may be the event manager, race director, marshal, or commissaire. Riders can flag down an event crew member or phone **0447 542 903** to receive assistance.

## Trail Access outside of event days

The event trail will be open on Friday the 15<sup>th</sup> of May, however there will be no private shuttles operating.

## On the Day information & Communications

On the day information can be accessed via the **AusCycling DH National Series WhatsApp Channel**. Please scan the QR codes below to join.



## Social Media

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

AusCycling		Hunter Mountain Bike Association
Facebook	@AusCyclingMTBCX	<a href="#">@HunterMountainBike Association</a>
X/Twitter	@AusCyclingAus	
Instagram	@auscyclingausOfficial	<a href="#">@hmba.1</a>

## Event Contacts

AusCycling Management	
Harry Fortune   Manager of Event Operations (MTB & CX)	<a href="mailto:harry.fortune@auscycling.org.au">harry.fortune@auscycling.org.au</a>
Club Contact	
Coleen Boyes   Race Director	0419 258 143
Melanie Hoffman   Event Manager	0447 542 903
Niel Hamey   Timing Manager	AusCycling
Leighsa Cox   Volunteer Manager	0421 034 805
Rick Keohe   Course & Village Manager	0448 933 482
Paul King   Commentator	
Commissaire Panel	
Mark Welsh   President of the Commissaire Panel (PCP)	
Ivan Herrman	
Tim Buitler	

## Competition Information

### Rules and regulations

The event will be conducted under the guidance of the Australian technical Regulations both General and Mountain Bike specific and the UCI Technical Regulations for Mountain Bike races.

These regulations can be read below:

- [2026 Mountain Bike Technical Regulations](#)
- [2026 General Technical Regulations](#)
- [2026 UCI MTB Technical Regulations](#)

### Race Numbers

For all races, DH riders will be issued a race plate at registration plus a separate timing chip which they must attach to the front forks of their bike.

**This chip must be returned to DH timing after their final race run.**

Race Plates must be clearly visible and unaltered in any way. This race plate must be fixed to the rider's 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.



*Example shown above*

For the UCI categories (Elite and U19) you will also be issued with a body number which you must display at the back during seeding and racing.



## Safety Equipment

### Helmets

As per the 2026 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 EN1078

A Full-face helmet meeting AS 2063 or equivalent standard with a fixed non-detachable mouthpiece are **mandatory** at all AusCycling sanctioned downhill events

### Clothing and Crash Protection

The jersey shall be a long-sleeved shirt with sleeves that extend down to the rider's wrists. Jerseys used in downhill events should be of a type specifically designed and sold for use in BMX Racing or Mountain Bike downhill events. Jerseys designed for road cycling, skinsuits, or one-piece suits comprising the jersey and the pants/shorts are not permitted for use in downhill events. The jersey must be either close fitting around the waist or must be tucked into the pants before the start to not cause interference. Knees must be covered by full-length trousers and/or self-fastening knee or knee/shin guards expressly designed for off-road competition.

For all riders who are eligible to compete in **U13, U15 and U17** categories, the following equipment is mandatory at all times while on track regardless of registered category:

- Full-finger gloves must be worn;
- Full length jersey – jersey must cover elbows at all times;
- Knee pads and elbow pads must be worn.

Please note that failure to wear the required safety equipment noted above will result in **riders not being permitted to catch the shuttle** for practice, seeding, or racing.

### The use of the following for all competitors is strongly recommended:

- Neck brace expressly designed for off-road competition;
- Back and shoulder protection expressly designed for the purpose;
- Full finger gloves;
- Elbow protectors and/or long sleeve jersey to the wrist;
- Goggles expressly designed for the purpose.

## Race Seeding

Seeding/Plate order is determined as follows:

Elite, U19
<ol style="list-style-type: none"><li>1. Current 2026 AusCycling National Series Ranking</li><li>2. Recognised UCI World Champion</li><li>3. AusCycling DH National Champion</li><li>4. Top 200 UCI riders by points (where applicable)</li><li>5. 2024/25 National Series Rankings</li><li>6. All other riders in entry order</li></ol>
Masters (National Series)
<ol style="list-style-type: none"><li>1. Defending format class National Champion</li><li>2. 2026 National Series Rankings</li><li>3. All other riders in entry order</li></ol>
J15, J17 (National Series)
<ol style="list-style-type: none"><li>1. Defending format class National Champion</li><li>2. 2026 National Series Rankings</li><li>3. All other riders in entry order</li></ol>
Group A Finals Run
Starting order for Elite, U19, U17 Rider race runs will be in order slowest to fastest based on the specific event seeding times.

## Series Points

Series Points to be awarded for final placings.

FINAL RACE RUN POINTS									
Position	Points	Position	Points	Position	Points	Position	Points	Position	Points
1st	200	11th	110	21st	90	31st	70	41st	50
2nd	186	12th	108	22nd	88	32nd	68	42nd	48
3rd	176	13th	106	23rd	86	33rd	66	43rd	46
4th	168	14th	104	24th	84	34th	64	44th	44
5th	160	15th	102	25th	82	35th	62	45th	42
6th	152	16th	100	26th	80	36th	60	46th	40
7th	144	17th	98	27th	78	37th	58	47th	38
8th	136	18th	96	28th	76	38th	56	48th	36
9th	124	19th	94	29th	74	39th	54	49th	34
10th	116	20th	92	30th	72	40th	52	50th	32
DNF	20		DNS	0				51st~	30

Group A DHI Seeding Points							
Position	Points	Position	Points	Position	Points	Position	Points
1st	50	6th	25	11th	19	16th	9
2nd	45	7th	23	12th	17	17th	7
3rd	40	8th	21	13th	15	18th	5
4th	35	9th	20	14th	13	19th	3
5th	30	10th	20	15th	11	20th	1

## General Information

### 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](http://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.



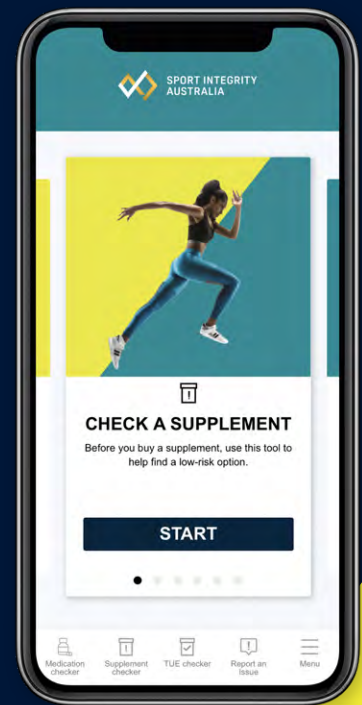
SPORT INTEGRITY  
AUSTRALIA

# 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

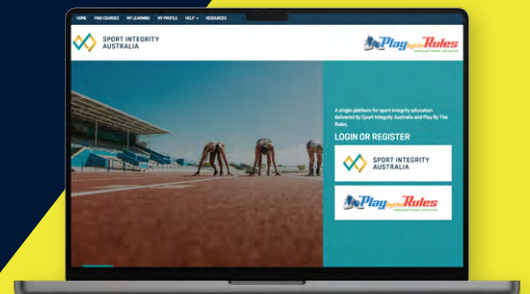
The app also has information on all sport integrity issues, anti-doping rules, testing programs, the health effects of doping, supplement and nutrition advice, overseas travel considerations and more. Just click on the menu icon.



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

## ONLINE EDUCATION

- Sport Integrity Australia's eLearning website: [elearning.sportintegrity.gov.au](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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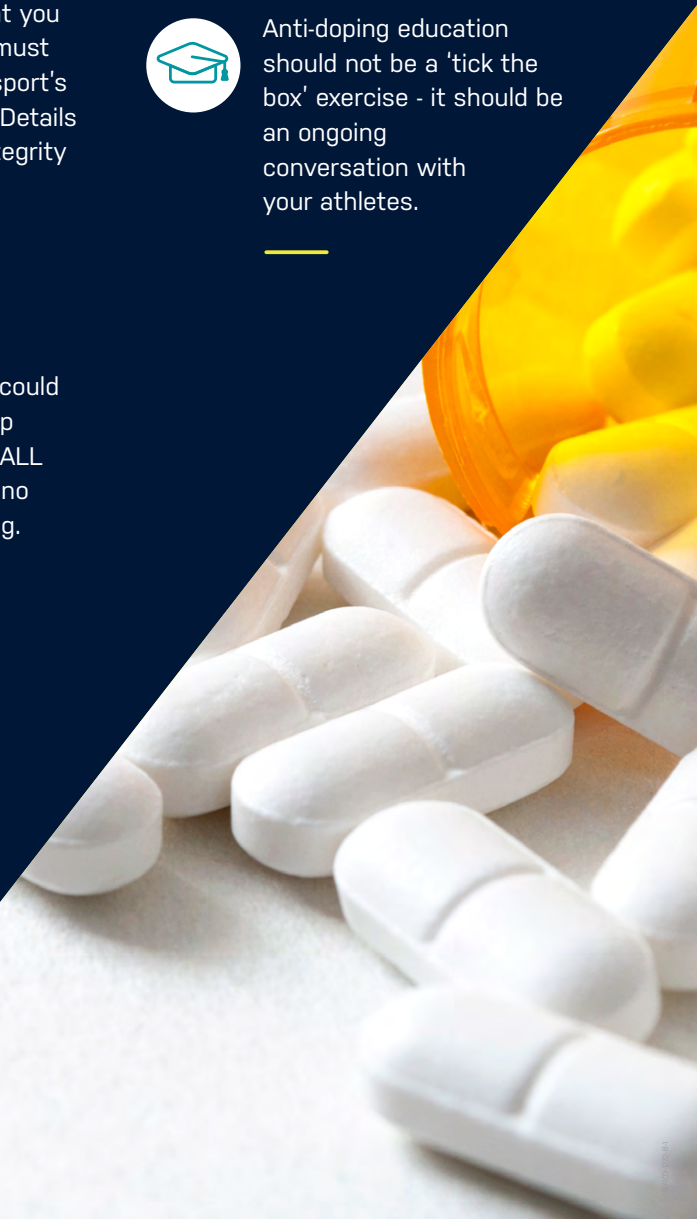
Breaking the rules could result in a ban of up to four years from ALL sport - no training, no playing, no coaching.

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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**