

# PORT MACQUARIE CYCLE CLUB



**JUNE 1st & 2nd 2019**

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**Supported by**

Port Macquarie Hastings Council  
Cycling NSW  
Supagas –Kempsey, Zebu Bar (Ridges)  
Coats Hire Port Macquarie  
Milo (Nestle), Café 66

## Message from the Club President – Joan Hawes

It is a pleasure, to welcome you to Port Macquarie for the Percival Property 2019 Port Macquarie Junior Tour. Cycle racing has a tradition in our region dating back to the late 1800's and many fine cyclists from this area have competed on the world stage. It is an honour for PMCC to continue the tradition.

On behalf of the organising committee I would like to thank the many great volunteers and Commissaires who have given their time to be out there in the elements to keep the riders safe and the event running smoothly. Without their commitment this event could not take place.

I would also like to acknowledge the Birpai people as the traditional custodians of the lands where the event is taking place and pay my respects to Elders both past and present and those Elders who are yet to come.

Thank you to **Percival Property** for their generous sponsorship of this event, and the support from **the Port Macquarie Hasting Council and NSW Governments Department of Sport and Recreation, Supagas Kempsey, Coats Hire Port Macquarie, Milo (Nestle), Zebu Bar (Ridges) & Café 66**. The support of the Port Macquarie community, volunteers and businesses will provide a basis for what we hope will be a successful event.

Good luck to all competitors and have a safe and enjoyable Tour.



### OFFICIALS

Chief Commissaire :	<i>Col Makinson,</i>
Commissaires:	<i>Murray Sallaway , Geof Hardaker, Morelle Makinson, Wayne Castles, Robyn Sprouster, Brian Johnson, Bruce Mills, Mark Magennis</i>
Event Manager	<i>Joan Hawes</i>
Commentator:	<i>TBA</i>
Clerk of Course	<i>TBA</i>
Special Guest:	<b><i>Peta Pinson – Mayor Port Macquarie Hasting Council</i></b>
Sponsor:	<b><i>Percival Property (Michael and Michelle Percival)</i></b>
Volunteers:	<i>Members and friends of the Port Macquarie Cycle Club</i>

## SUMMARY OF THE EVENT PROGRAM

### U9 & U11 Only

(Refer to Page 13 for Full Details)

#### SATURDAY – Criterium - [On the Criterium Track](#)

- 07:15 am Sign On at PMCC Club House - 650 Burrawan Drive, Lake Innes
- 08:00 am Racing begins with U11 Boys & Girls  
*Muster on the PMCC Criterium Track at the Start / Finish line*
- 08:30 am U9 Boys & Girls

#### SATURDAY – ITT - [On the Criterium Track](#)

- 09:20 am U9 Boys & Girls
- 09:35 am U11 Boys & Girls



#### SATURDAY – Road Race - [On the Criterium Track](#)

- 12:00 noon U9 Boys & Girls Boys & Girls combined
- 12:30 pm U11 Boys / Girls Boys & Girls combined  
(If run separately see below)
- 01:00 pm U11 Girls Girls only (if required)



## **SUMMARY OF THE EVENT PROGRAM**

### **U13, U15 & U17 Only**

(Refer to Pages 7, 9 & 11 for Full Details)

#### **SATURDAY – Road Race - U13 / U15 /U17 only**

07:15 am	Sign On at PMCC Club House - 650 Burrawan Drive, Lake Innes
09:00 am	U15 Men
09:05 am	U15 Women
10:45 am	U13 Boys
10:50 am	U13 Girls
12:00 noon	U17 Men
12:05 pm	U17 Women



#### **SUNDAY – ITT - U13 / U15 /U17 only**

7:15 am	Sign On at PMCC Club House - 650 Burrawan Drive, Lake Innes
8:00 am	U13 Boys then U13 Girls
8:40 am	U15 Boys / U15 Girls
9:20 am	U17 Men then Women

Please note: U15's will not start until all U13's have finished. A time gap of approximately 5 minutes will be allocated between the final starter and next starter from each age category.

#### **SUNDAY – Criterium - U13 / U15 /U17 only**

11:00 am	U13 Boys then Girls
11:40 pm	U15 Men Heats then Women
1:00 pm	U17 Mens Heats
1:45 pm	U17 Womens
2:15 pm	U15 Mens Final
2:40 pm	U17 Mens Final



Please note: Based on previous years entries, some age groups will need to be run as heats and a final. To allow for this age groups will be in the above order, but may changes after entries have been finalized.

## **IMPORTANT GENERAL INFORMATION**

**Car Parking:** Racing will be in progress when many riders arrive at the course.

Parking will be available on the grounds of the PMCC Clubhouse. Entry will be via the southernmost gate into the Carpark area. Signage and Officials will be in place to assist.

Please DO NOT stop on the road course, proceed straight to the parking area and exit the road-way promptly to avoid interfering with riders.

**Sign On:** All competitors must sign the "Sign On" sheet and produce their signed racing licence, at least 30 minutes before their allocated start time. The Sign On clerk will hold the Licence for the duration of the competitor's events

Signing the Start Sheet implies that you have read and fully understand the race conditions as implemented by the NSW Police, NSW Cycling Federation and Port Macquarie Cycling Club Inc. Riders must "sign on" on **both days**.

Sign On is upstairs in the PMCC Clubhouse - 650 Burrawan Drive, Lake Innes

**Note: No cleats allowed upstairs in the Club House.**

**Numbers:** 2 number patches will be provided and are to be worn

**U9 / U11** - the Right side and Back in the Road Race. Back centre for the ITT and Right side and Back in the Criterium to be clearly visible for the Commissaires to see.

**U13 / U17** - the Left side and Back in the Road Race. Back centre for the ITT and Right side and Back in the Criterium to be clearly visible for the Commissaires to see.

**Transponder:** Those competitors racing Saturday only need to return their Transponder to claim their License. Those racing both days do NOT have to return the Transponder till the end of their event on day 2 to claim their License.

**Gear Restrictions:** Competitors bikes are to be "Rolled Out" at least 15 minutes, prior to the event start time. See further Roll Out instructions under each events "Briefing Notes". See CNSW Technical Regulations for Roll Out distances for each category. Correct gearing is required. **"No Lockouts"**

**Appeals:** Riders have 15 minutes after results are published to lodge an appeal. Appeals may only be lodged with the Chief Commissaire.

**Warm ups:**

- For Sunday: afternoon Criterium Racing Warm Ups can be done on the road. Riders must comply with all road rules and at all times remain on the correct side of the roadway. No road marshalling is provided.

Otherwise riders will be able to use the area in a section near the Car Park where Rollers or Trainers can be used for Rider Warm ups for the Road Race event.

**On Saturday NO Warm Ups are to take place on the PMCC Criterium Track as this will be in use by the U9 and U11 age groups.**

**Water:** Whilst there will be bottled water on sale during the event, there will be limited water provided for rider's water bottle refills. It is not advisable to drink the tank water from the amenities (Toilet hand basins) so you may wish to bring extra water with you.

**Indemnity:** Competitors, Officials and Support persons shall indemnify the NSW Cycling Federation, Port Macquarie Cycle Club, Police Service, Port Macquarie Hastings Council, NSW Dept. Sport & Recreation, Event Sponsor and all their respective employees or Officials against any action that may arise from any incident during the event.

Cyclists are reminded that Road Cycle Racing can be considered a dangerous sport and whilst all reasonable care is taken by the race organisers and officials when organising an event, all participating cyclist have an equal responsibility to ensure they take all reasonable care by adhering to the road rules and other conditions imposed by the race officials, ensuring a safe race environment for all concerned.

**Compliance:** Competitors, Officials and Support persons shall immediately obey any Official's directions, given in the interests of safety of the competitors, or other persons or motorists. Any competitor or official disobeying any race official's direction may be disqualified from the event.

Provisions of the Traffic Act shall be observed at all times.

**This Event is NOT on Closed Roads** Competitors shall remain at all times on the correct side of the roadway and follow all road rules. When warming up if on the road, riders are reminded to keep well to the left and check behind before turning. (There will be no road marshalling provided outside official racing).

**Equipment:** All bikes, helmets etc. MUST comply with Cycling Australia Technical Regulations and in the case of Helmets must carry the Certified "Australian Standards" marking. Australian & NZ Standard AS/NZS 2063

**Awards:** All competitors will receive points within each event determined by their finishing position. The accumulated number of points from the three events will determine the Male and Female Tour Winner for the age group. There will be a Tour Sash and Medal for each Tour winner. Medals will be awarded to the first three place finishers in each event. Medal Presentations will happen during the course of the day as events are finalised. Times for the Presentations will be announced over the PA system.



**SATURDAY 1<sup>st</sup> June 2019**

Port Macquarie Junior Tour

**Sponsored by  
PERCIVAL PROPERTY**

**U13, U15 & U17**

**Sign On** from 7:15 am at PMCC Club House - 650 Burrawan Drive, Lake Innes

**Stage 1: Road Race – Saturday 1st June 2019**

Time	Category	Distance	Course
9:00am	U15 Boys then Girls	3 laps - 36km	<a href="#">[Course 4]</a>
10:45am	U13 Boys then Girls	2 laps – 12.5km	<a href="#">[Course 1]</a>
12:00pm	JM17	5 laps - 60km	<a href="#">[Course 4]</a>
12.05pm	JW17	5 laps - 60km	<a href="#">[Course 4]</a>

Please note: Female races will start 5 minutes after their corresponding Male category.





## **ROAD RACE BRIEFING NOTES**

**RIDER BRIEFING:** Riders must be present for the race briefing, at the marshalling area, at the ***Southern entrance to the Criterium Track***, 10 minutes prior to scheduled race start.

**ROLL-OUT:** Needs to be completed 15 minutes before race time. Once “Rolled Out”, competitors must remain in the Marshalling area, ready for the race start.

**NOTE:** From the Marshalling area to the Start/Finish Line is a “Neutral Zone”

**SPARES: ONLY U15 and U17 Ages Groups will be allowed spares. Spares will not be available for any of the other Age Groups.** There will be LIMITED support from the “Commissaires” Vehicle and the “Sag Wagon”. Riders in all other Age Groups will need to carry with them spares that they feel are necessary in the event of a mechanical.

### **RACE CONDITIONS:**

- The only vehicles to be within the race convoy are those with official duties and identified with race signage. Due to safety factors, no spectators are to follow riders or park on the course except in the area of the Clubhouse where general parking is available. Any outside vehicle following the event, identified with any competitor in the event, may cause disqualification of that competitor.
- At the Commissaries’ discretion, competitors may be withdrawn from the event if they are sufficiently behind the leader(s) and are deemed to be outside of race control and their safety cannot be reasonably ensured.
- Whilst every effort has been made to “mark out” and officiate the race route, it remains the competitor’s responsibility to be fully conversant with the race route.
- In the event of more than one category being on the course at one time, Riders must not become involved or interfere with riders from another category during a race. Offending riders will be disqualified. The lead riders of the “following” group must leave a minimum 10 metre gap to the rear of a passing peloton.
- Any Riders crossing the centre line of the road during the race will be disqualified. Note: On some parts of the course there is no centre line marking and it will be up to the Commissaries’ discretion if a rider has deviated to the incorrect side of the road sufficiently to incur disqualification.

**ROAD RACE FINISH:** The Road Races finish on the road adjacent to the Criterium track, heading North. Riders will be directed immediately they finish to an appropriate warm down area, as the Criterium Track may or may not be being used by U9 / U11s at the time... TMP personnel will be in place to control all traffic at the finish of each race. Immediately upon finishing the race, riders must claim their position.

**HELMET COVERS:** It may be necessary where more than one age group is on the course at the same time, for some riders to wear helmet covers to distinguish which Age Group they belong to.

**SUNDAY 2<sup>nd</sup> June 2019**

Port Macquarie Junior Tour

**Sponsored by  
PERCIVAL PROPERTY**

**U13, U15 & U17**

Sign On from : 7:15 am at PMCC Club House - 650 Burrawan Drive, Lake Innes

**NOTE !!!!** Start times are based on “Estimated number of entries” and may change slightly when all entries have been confirmed

**Roll Out:** To be **COMPLETED 15 minutes** before allocated **Start Time**

## Stage 2: Individual Time Trial - Sunday 2nd June 2019

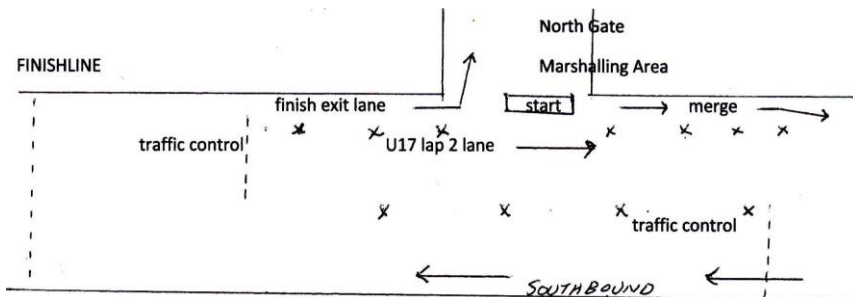
Time	Category	Distance	Course
8:00am	U13 Boys then Girls	6.25km 1 lap	<a href="#">[Course 1]</a>
8.40am	U15 Boys then Girls	7.25km 1 lap	<a href="#">[Course 7]</a>
9.20am	U17 Men then Women	14.5km 2 laps	<a href="#">[Course 7]</a>

Please note: U15's will not start until all U13's have finished. A time gap of approximately 5 minutes will be allocated between the final starter and next starter from each age category.



## ITT (Individual Time Trial) BRIEFING NOTES

- Riders will depart at 30 second intervals.
- Competitors are to remain in the vicinity of the Start area, after their Roll-Out.
- Riders encountering a recognised Mechanical Mishap in the first 100 metres may be granted a re-start.
- Riders must ensure they do NOT draft the rider in front of them. Riders suspected of drafting a rider by less than 25 metres, in front, may be disqualified.
- Riders must overtake to the RIGHT of the rider in front.
- It is the riders' responsibility to ensure they know the Time Trial Course for their Age Group. Organisers will not take responsibility for a rider not completing the correct course.
- Riders missing their Start Time will NOT be granted a re-start.
- ALL "Warm-Ups" are to be on the Criterium Track prior to roll out.
- **NO** warm-ups on roadway, please.
- Riders are required to have their Roll-Out completed 15 minutes before their Start Time.
- After "Roll Out", competitors MUST remain in the Marshalling area at the gateway to the Criterium track on the Northern side of the Clubhouse.
- **On completion of the U13, U15, U17 ITTs, competitors will enter the Clubhouse area via the Northern gate, return to the clubhouse on the CRIT track.**
- U9, U11, U13 Age Groups are NOT permitted to wear "Time Trial" style helmets.



### ITT Start and Finish Procedure Protocol:

Riders will start at their allocated times as per diagram, heading North.

Riders must stay within their left hand marked zone until clear of markers, check for traffic and enter roadway proper. Be aware of any congestion when passing back through start finish area.

U17 Men riders starting around 10 minutes or more after the first rider away need to be aware that riders in their group on their second lap may be passing you as you start, check before entering roadway.

All U17 Women riders need to be aware of possible passing riders at their start.

When riders have crossed the finish line they are to keep to the left hand road shoulder and exit roadway via start area immediately and with care to avoid officials and riders in that zone.

**SUNDAY 2<sup>nd</sup> June 2019**

**Port Macquarie Junior Tour**

**Sponsored by  
PERCIVAL PROPERTY**

**U13, U15 & U17**

**Sign On** from 10:15 am (if not signed on for ITT) at PMCC Club House - 650 Burrawan Drv  
Lake Innes

**Roll Out:** To be **COMPLETED 15 minutes** before allocated **Race Start** Time

### Stage 3: Criterium – Sunday 2nd June 2019

Time	Category	Distance
11:00am	U13 Boys then Girls	10 minutes + 2 laps
11:40pm	U15 Men Heats then Women	15 minutes + 2 laps
1.00pm	U17 Men Heats	15 minutes + 2 laps
1:45pm	U17 Women	20 minutes + 2 laps
2:15pm	U15 Men final	15 minutes + 2 laps
2:40pm	U17 Men final	20 minutes + 2 laps

Please note: Based on previous years entries, some age groups will need to be run as heats and a final. To allow for this age groups will be in the following order, but may changes after entries have been finalized.

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### CRITERIUM RACE BRIEFING NOTES

**RIDER BRIEFING:** Riders must be present for the race briefing, at the marshalling area, at the southern entrance to the Criterium Track, 10 minutes prior to scheduled race start.

**ROLL OUT** Need to be COMPLETED 15 minutes before race start time, then competitors must remain in the Marshalling area ready for Race Start.  
Roll-out will be at the Southern Gate to Criterium Track

**WARM UP:** No Warm Ups are to take place on the Criterium Track. Warm ups can take place on the Public Roadway in front of the PMCC Clubhouse. Care should be taken as there is NO road marshalling provided. Riders must comply with all road rules and at all times remain on the correct side of the roadway.

#### **RECOGNISED MISHAPS:**

- The “Lap Out” rule will apply to riders encountering a recognised mishap (e.g. Mechanical, fall etc.) as deemed legal by the Chief Commissaire.
- Riders must then present to the pit area (located at the Southern entrance to track) before re-joining the race.

#### **FINISH:**

Riders can complete a warm down lap and exit the course at the southern exit.

**LAPPED RIDERS:** will be withdrawn from the race by the Chief Commissaire.

**HELMET COVERS:** It may be necessary where more than one age group is on the course at the same time, for some riders to wear helmet covers to distinguish which Age Group they belong to.



**SATURDAY 1<sup>st</sup> June 2019**

Port Macquarie Junior Tour  
**Sponsored by**  
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## **U9 and U11 Events**

**Sign On** Saturday from 7:15 am at PMCC Club House - 650 Burrawan Drive, Lake Innes

**Roll Out:** To be **COMPLETED 15 minutes** before allocated **Race Start Time**

### Stage 1: CRITERIUM – Saturday 1<sup>st</sup> June 2019

Start Time	Age Group		Laps	Distance
8-00 am	U11 Boys	PMCC Criterium Track	3 Laps	2.4 K
	U11 Girls			
8-30 am	U9 Boys		2 Laps	1.6 K
	U9 Girls			

### Stage 2: ITT (Individual Time Trial) – Saturday 1<sup>st</sup> June 2019

Start Time	Age Group		Laps	Distance
9-20 am	U9 Boys	PMCC Criterium Track	2	1.6
	U9 Girls		2	1.6
9-35 am	U11Boys		2	1.6
	U11 Girls		2	1.6

### Stage 3: ROAD RACE– Saturday 1<sup>st</sup> June 2019

Start Time	Age Group		Laps	Distance (K)
12:00 noon	<b>U9 Boys &amp; Girls</b>	PMCC Criterium Track	4	3.2
	Boys & Girls combined			
12:30 pm	<b>U11 Boys &amp; Girls</b>		5	4
	Boys & Girls Combined (if run separately see below)			
01-00 pm	U11 Girls Only (if Required)	5	4	

## **Welcome - from Peta Pinson Mayor Port Macquarie-Hastings Council**

*On behalf of the Port Macquarie-Hastings community I'm honoured to welcome the young cycling athletes and their families to our beautiful region.*

*Cycling is a popular recreational activity and is fast becoming an equally popular competitive sport in our community, thanks to the great racing facilities provided and maintained by the Port Macquarie Cycle Club.*

*Like many sports, particularly at the grassroots level, it simply would not exist without the tremendous effort and dedication of the many committee members, staff and volunteers who give so much of their time to the sport they love.*

*We're a sport loving community here in the Port Macquarie-Hastings, and we are very proud to host many events that attract elite level athletes from across the globe, and the NSW Junior Cycling Tour is no different.*

*Personally, what I love about junior events like this is that we have the opportunity to witness tomorrow's champions, Olympic athletes, future mentors, leaders and Aussie icons compete. The hard work and dedication of young sports people is amazing, it's truly inspiring.*

*We're looking forward to the return of the event this year, and hope that the Port Macquarie stage continues to grow in the future and becomes a tour highlight that turns into fond memories for competitors, family members and local cycling club volunteers for many years to come.*

*Whether you're a first time visitor or are returning once again, I hope you enjoy your stay and take some time to explore our beautiful area when the racing is over. Good luck everyone!*

**Peta Pinson**

**Mayor - Port Macquarie-Hastings Council**

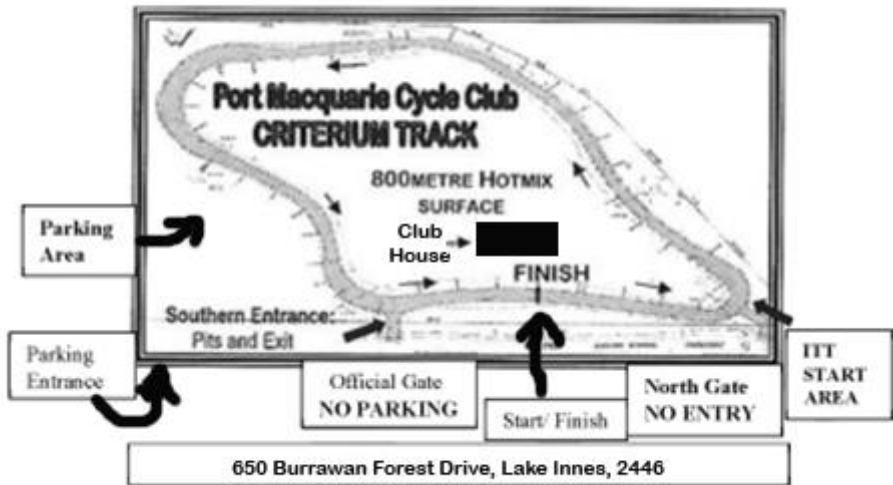
Message from Percival Property - our Major Sponsor

Percival Property is very proud to be the major sponsor of the Port Macquarie Junior Tour. The inaugural tour held in 2018 was beautifully organised, particularly well run and was a very positive, high energy event that was a pleasure to be part of. I have no doubt that the 2019 tour will be even better. Not only is it an opportunity to take part in some very competitive racing some of the state's best cyclists you also are able to experience what is undoubtedly one of the most beautiful parts of Australia. We look forward to seeing you !

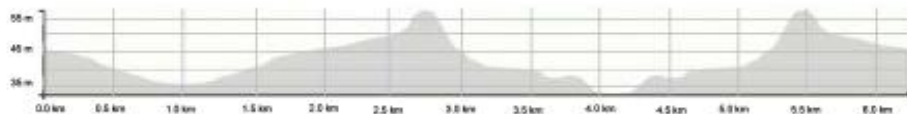
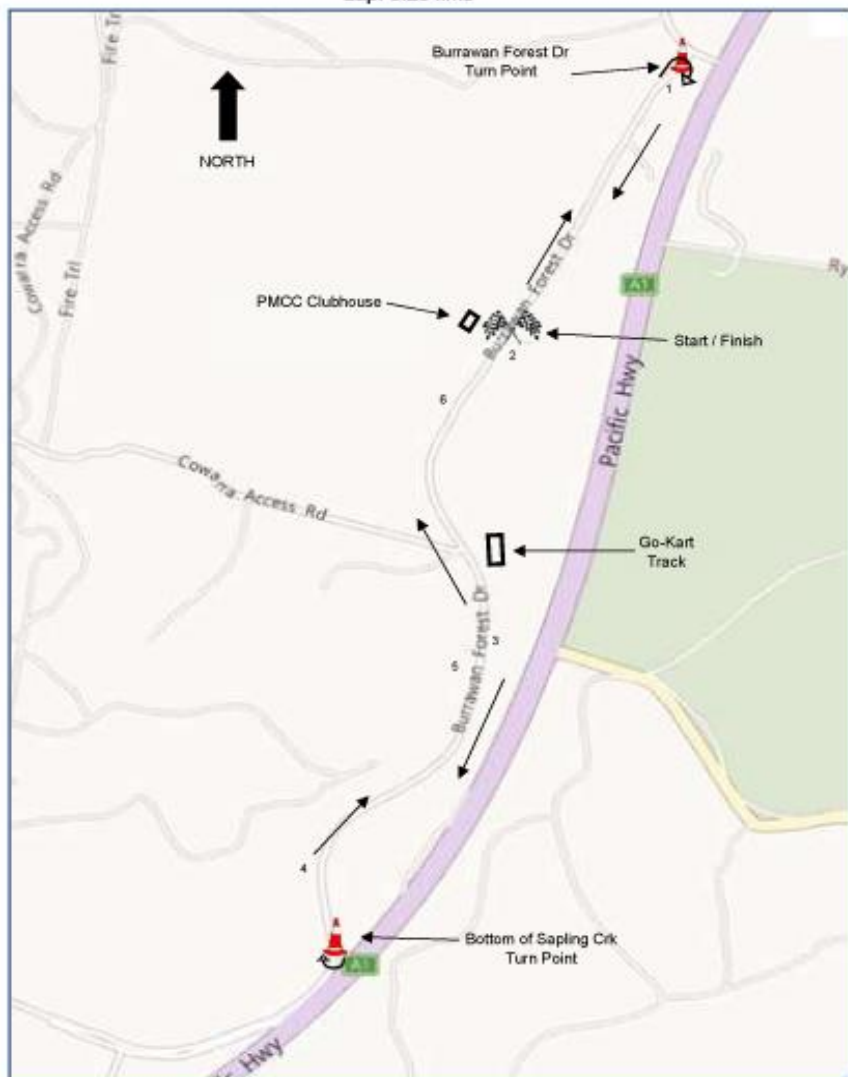
Michael Percival  
Licensee/Director



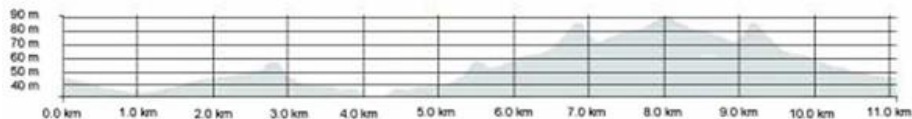
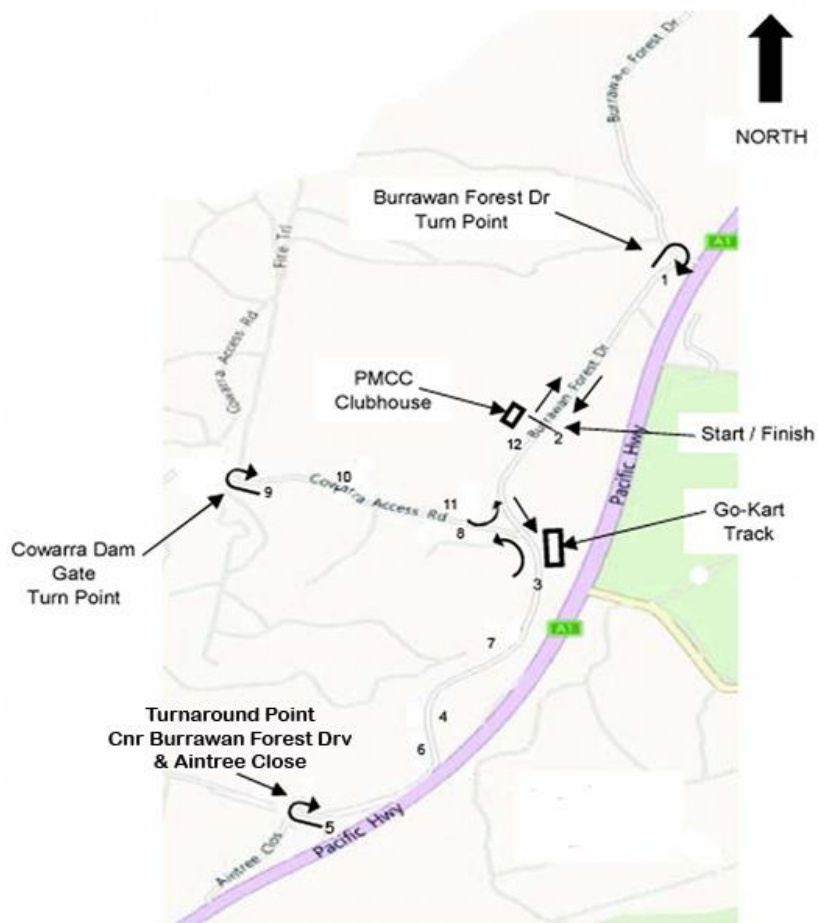
Criterion Track



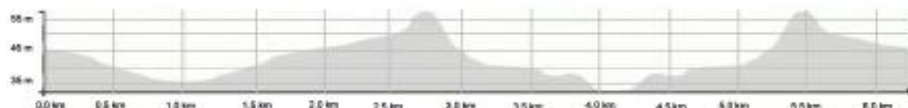
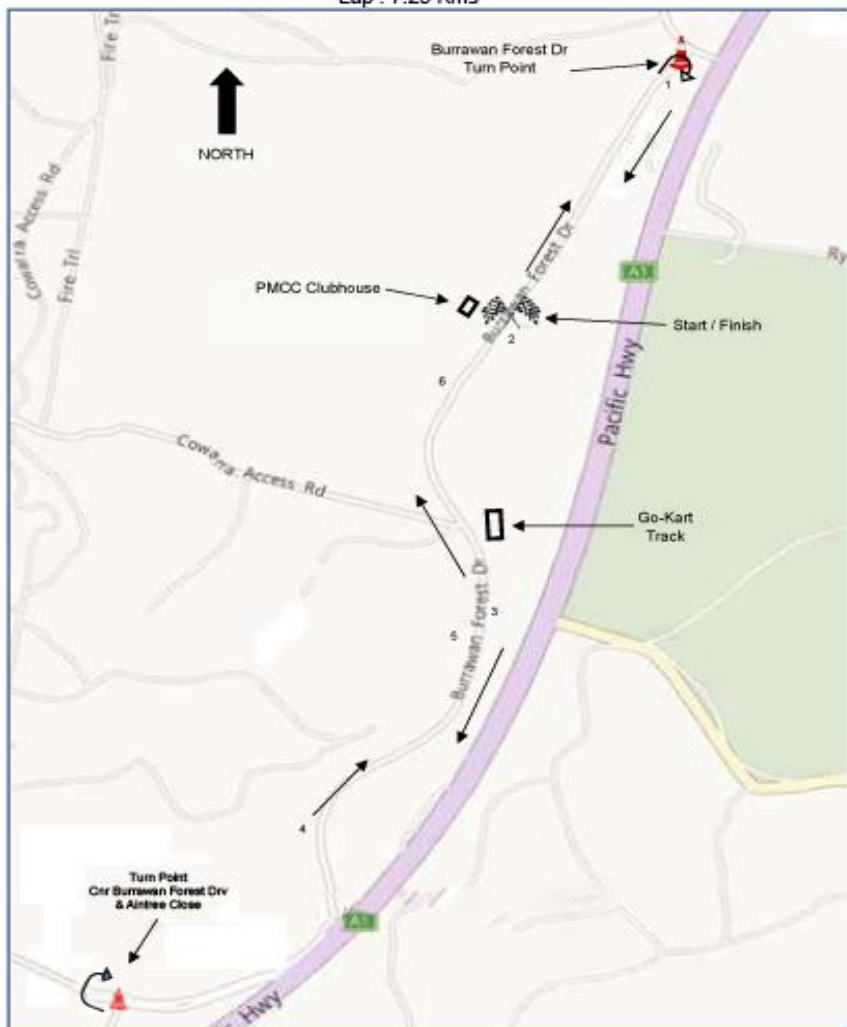
Junior Tour Road Course 1  
Lap: 6.25 kms



**Junior Tour Road Course 4**  
Lap : 12.2 Kms



Junior Tour Road Course 7  
Lap : 7.25 Kms







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COME OUT OF YOUR SHELL

[www.portmacquarieinfo.com.au](http://www.portmacquarieinfo.com.au)

The Port Macquarie Hastings Council supports our Club and this event.

Port Macquarie Cycle Club would appreciate it, if you wouldn't mind completing the survey at the end of this program and handing it to the officials at the Sign-On Desk

Thanking you in advance for assisting the Club in completing the survey and PMCC hopes you have an enjoyable and successful weekend.

Your experience ...

# How was it?

1. Event Name & Date:

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2. Please provide your residential postcode:

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3. Did you visit specifically for this event?

- Yes    No I was on holidays or other reasons (skip to Q6)  
 Not applicable – I live nearby

4. How many nights did you (or will you) stay?

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5. Where did you stay during the event?

- Port Macquarie Area       Camden Haven Area  
 Wauchope Area             Other

6. What type of accommodation did you stay in?

- Hotel/motel                       With friends/family  
 Caravan/camping               Your own home  
 Rented house/apartment       Other

7. How many people did you bring with you that did not compete/participate in the event (eg family/friends/support crew)?

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port macquarie  
Camden Haven Wauchope Hinterland

8. How did you hear about this event?

- Newspaper  Flyers/posters  
 Word of mouth  TV  
 Internet  Walked into it  
 Social media  Other (please specify):

9. How would you rate your event experience?

	Poor	Average	Very Good	Excellent
Entertainment				
Food				
Facilities				
Safety				
Organisation				
Overall Experience				

10. Are you likely to attend this event again?

- Yes  No

11. Are you likely to return to this region for a holiday within the next three years?

- Yes  No  Not applicable – I live close by

12. Can you suggest any positive changes to this event for next time?

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Name: \_\_\_\_\_

Email (optional): \_\_\_\_\_

- I do not wish to receive Port Macquarie tourism information

Thank you! For further information on events in our region, visit [portmacquarieinfo.com.au](http://portmacquarieinfo.com.au), or contact the Economic Development Team: [economic@pmhc.nsw.gov.au](mailto:economic@pmhc.nsw.gov.au).



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<p>Gordon Street <i>Cycles</i> est. 1989</p>	<p>coateshire</p>	<p>THE SUPA STARTER PACK 45kg LPG DOUBLE YOUR GAS! WHEN YOU ORDER 1 GAS BOTTLE! INCLUDES FREE DELIVERY Just take 8 mins to your 45kg bottle when you make your order.</p>

