



# **Victorian Junior Road Championships & Quad C North East Grand Prix**

**6th & 7th November 2021**

## **Event Technical Guide**

**Event Sponsored By:**

Carnegie Caulfield Cycling Club

The BBQ Garden and Providore, Glenrowan

The Black Dog Brewery



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## Welcome

Welcome to the major championship race of the 2021 Junior Road Season and the exciting new open race: The Quad C North East Grand Prix.

Quad C is the junior riding program at Carnegie Caulfield Cycling Club is pleased to host the event for the first time, as part of fulfilling our mission of “developing world class talent while supporting all levels of club racing, social events and rider education”

The Junior Championship Races of this weekend include the final round of the 2021 Victoria Junior Road Series.

With a very busy program we will see State Champions awarded to U11, U13, U15, U17 and U19 riders in the Road Race and Individual Time Trial.

The Quad C North East Grand Prix will include two open races for Women and two for Men:

- The Ronde van Taminick Road Race - Open Women's event (U19 and up, 84mk) and Open Men's (U19 and up, 105km)
- Winton Wetlands TT - Open Women's and Open Men's event (U19 and up, 19.6km) Individual Time Trial.

Please make sure that you schedule time for a COVID Safe lunch and the award ceremony to close out the season at Mokoan Hub and Café at midday on Sunday August 7<sup>th</sup>.

Good luck to all riders and we hope that you have a great weekend of personal achievement.

David Williams  
**Race Director**



## Special Thank-you

This event would not be possible without the tireless efforts of volunteers. For this we thank all of the QuadC parents and the CCCC committee for supporting the race.

Thank-you to all the Traffic Controllers and Corner Marshals whose efforts go above and beyond the call of duty to keep the riders safe.

We would also like to thank the following organisations for their contribution to the event. Without their support the event would not run as smoothly as it does:

Mokoan Hub and Café for the use of their car park and cafe

Glenrowan Primary School – School grounds and building Saturday

The BBQ Garden & Providore, Glenrowan – Sponsors





## Event Officials

Role	Name	Contact Number
Race Director	David Williams	0431 707 676
Deputy Race Director	TBC	
Event Chief Warden	TBC	
Event Safety & COVID Officer	Sonika Tyagi	0411 325 053
CCCC Club President	Linda Hunter	
Traffic Management Coordinator (Game)	Warren Ross	0418 853 593
Clerk of Course	Ulrik Egede	0478 239 184
Lead/Follow Car Coordinator		
Event Permit Officer	David Williams	
Chief Commissaire	Laurie Norris	0417 550 805
Commissaire	Ian Maher	
Commissaire	David Morgan	
Commissaire	Barry Burns	
Commissaire	Jeff Little	
Commissaire	Greg Griffiths	
Timing	John Nicholson	0419 143 453
AusCycling Victoria	Annina Gallagher	
First Aid (Colmed)	Tom Walsh Ben Wain	0413 253 230 0421 200 385
Ambulance Victoria		000
Victoria Police	Glenrowan Police Station	5766 2215
Emergency Medical Facilities	Wangaratta Hospital 35-47 Green St, Wangaratta,	5722 5111



### Event Overview

The Carnegie Caulfield Club is conducting two separate events for Juniors and two separate events for Seniors on the weekend of the 6<sup>th</sup> and 7<sup>th</sup> of November 2021. Racing on both days is staged from two different locations in and around Glenrowan.

Saturday will see the running of the 2021 Victorian Junior Road Race Championships and followed by a State Open Senior road race for Women and Men.

Sunday will be the 2021 Victorian Junior Road Individual Time Trial Championships followed by the Senior Time Trial.

The AusCycling Victoria, Constitution, By-Laws, Technical and Series Regulations as well as specific 'Event Specific Regulations' listed hereunder are applicable to all competitors & accredited persons. Violations will be referred to the Commissaire Panel & Race Organisation for recommendation in respect to any penalty.



**There will be NO ACCESS to Winton Wetlands Café and Hub from the east on Lake Mokoan Road due to the roads being closed for the TT event.**

**Access to the start line is ONLY from the west, through Benalla.**

**You need to expect at least an extra 20 minutes of travel to avoid this road block.**



## Quick Program Guide

Date	Time		Where
Saturday	0900	Registration Opens	Glenrowan Primary School
6/11/21	1000	First Race Starts JB13/JG13	Old Hume Hwy
	1008	JB11/JG11 Road Race	
	1018	JM15 Road Race	
	1021	JW15 Road Race	
	1050	JM17 Road Race	
	1105	JW17 Road Race	
	1245	Open Men Road Race	
	1250	Open Women Road Race	
	1545	Seniors (only) Presentations	Glenrowan Primary School
	1600	Course Closed	
Sunday	0800	Registration Opens	Winton Wetlands Education Centre at Mokoan Hub and Cafe
7/11/21	0900	First Race U11 TT	Lake Mokoan Road
	0915	U13TT	
	0950	U15TT	
	1010	U17TT	
	1040	Senior TT	
	1200	Lunch & Presentations	Winton Wetlands Education Centre at Mokoan Hub and Cafe
	1300	Finish	



## Saturday 6th November 2021

### Road Race – Races start at 10am

#### Stage Information

On the Saturday there will be a traffic DETOUR in place at the Finish Line in front of the Glenrowan Primary School from 9am. Signs will clearly show the detour. The recommended route to get to Registration at the Glenrowan Primary School on the Saturday is via the Glenrowan Township using Gladstone Street and turning into Beaconsfield Parade. Registration will be in the school grounds. Competitor parking will be in Beaconsfield Parade. Please observe the areas reserved for Official parking and Marshaling areas. See map below.

**Please be mindful of the local residents. Do not leave any rubbish behind.**

Registration opens at 9:00am on Saturday 6<sup>th</sup> November at the Glenrowan Primary School, corner of Beaconsfield Parade and the Old Hume Hwy, Glenrowan. Riders must register at least 30 minutes before your start time. Riders competing in both the Saturday Road Race and Sunday ITT may hold on to their race numbers and transponders to use again on Sunday. You will need to sign in again on Sunday morning.



DETOUR around Glenrowan Primary School for Saturday 6<sup>th</sup> November.

“Rider muster” starting point for ALL road races is in Beaconsfield Parade beside the school.

A detailed site map of race headquarters at Glenrowan Primary School is shown below.





Glenrowan Primary School – Site Map for Saturday 6<sup>th</sup> November Road Races

Lead/Follow/Spares Car drivers awaiting setup please park at the Glenrowan Pre School 160 Old Hume Highway.



## Victorian Junior Road Race Championships: Event Information

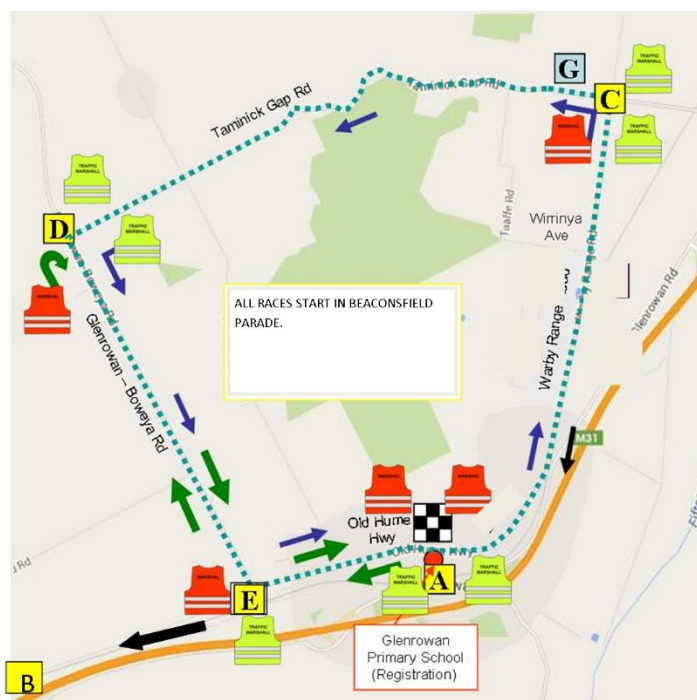
### Road Race Juniors Saturday 6<sup>th</sup> November

1. Riders must Register / Sign On at the Glenrowan Primary School at least 30 minutes prior to their race start time. **Racing starts at 10am. See the Race Schedule on page 17.**
2. If you have entered the event but are unable to ride for any reason please notify the Commissaires as soon as possible and return your transponder, bike number and rider numbers to Registration at the Glenrowan Primary School, if you will not be competing in the ITT on Sunday 7<sup>th</sup> November.
3. The undercover netball area at Glenrowan Primary School may be used as a warm-up and cool-down area for riders with rollers and trainers.
4. **START LOCATION:** Riders assemble in Beaconsfield Parade at the position marked “A” in the image below; just south of the Old Hume Hwy. Please be mindful of the local residents.



NOTE: Traffic detour shown as orange dotted line.

5. An overview of the Road Race course is shown below.



6. COURSE SUMMARY BY AGE GROUP: Anti-clockwise laps of Taminick Loop for U15, U17,. All road races start in Beaconsfield Parade. All FINISH on Old Hume Hwy outside Glenrowan Primary School. U13 riders turn left along the Old Hume Highway, turn right to point D and Turn around. U11 turn left along Old Hume Highway, past Boweya Road to the S Bends / Railway line where they turn around at point B and return to Finish Line.

#### Saturday Road Race Course Description Summary

Grade	Distance (km)	Description
W11, M11	8	START A, B (turn around), FINISH
W13, M13	15	START A, E, D (turn-around), E, FINISH
W15, M15	35	CONTROL to G; RACE START G, D, E, C, D, E, FINISH
W17, M17,	63	(3 laps) START A, C, D, E, C, D, E, C, D, E, FINISH



7. The Under 11 riders start in Beaconsfield Parade and turn left onto the Old Hume Hwy to start. They continue to a turn-around point "B" and then proceed back to the Finish line outside the Glenrowan Primary School.
8. The Under 13 riders start in Beaconsfield Parade and turn left into the Old Hume Hwy to start. They proceed west then turn right into the Glenrowan-Boweya Rd (point marked as "E"). They proceed to point "D" where they turn around and return to the Finish line outside the Glenrowan Primary School.
9. The Under 15 riders will assemble in Beaconsfield Parade and will be under control to point "G" at which point warm-up jackets will be collected. Racing will start from point "G".
10. There are to be NO support vehicles, parents or spectators following any of the competitors.
11. Any rider who receives outside assistance from anyone other than appointed officials will face disqualification and possible fine.
12. All corners will be marshaled.
13. All grades will have a Lead and Tail car.
14. There will be no spares cars.
15. No spectator cars will be allowed to follow any race.
16. It is each rider's responsibility to know their course and know how many laps they need to complete.
17. Any rider that falls more than 30 minutes behind the lead group of their race may be removed from the race.



# Ronde van Taminick Road Race (Seniors)

## EVENT INFORMATION

**Road Race Saturday 6<sup>th</sup> November**

**Prizes: Open Women: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, U19, Masters, Sprint (Lap 1, 2 & 4), Mountain (Lap 1 & 3);**

**Prizes: Open Men: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, U19, Masters, Sprint (Lap 1, 3 & 5), Mountain (Lap 1, 2 & 4)**

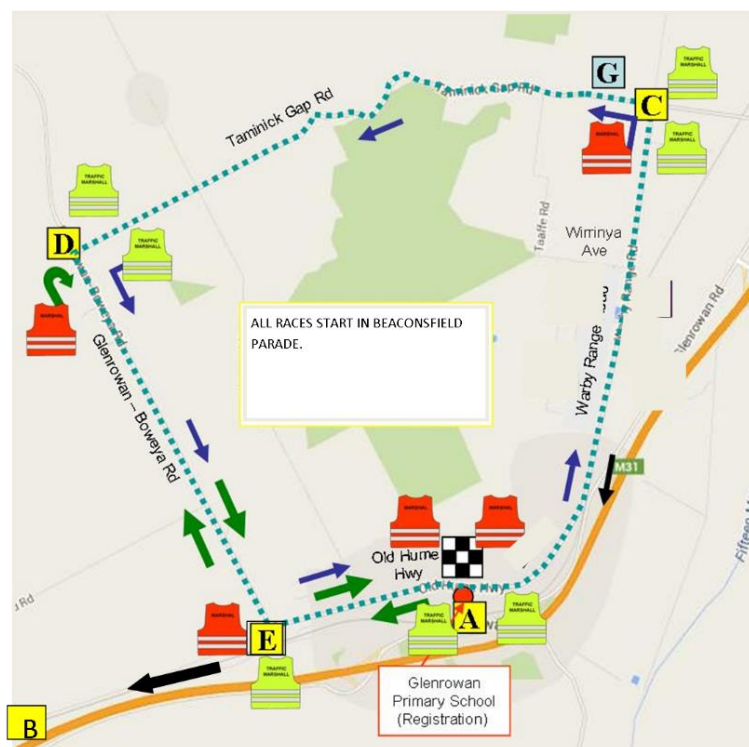
1. Riders must Register / Sign On at the Glenrowan Primary School at least 30 minutes prior to their race start time. **Racing starts at 12:45pm. See the Race Schedule on page 17.**
2. If you have entered the event but are unable to ride for any reason please notify the commissaires as soon as possible and return your transponder, bike number and rider numbers to Registration at the Glenrowan Primary School, if you will not be competing in the ITT on Sunday 11<sup>th</sup> August.
3. The undercover netball area at Glenrowan Primary School may be used as a warm-up and cool-down area for riders with rollers and trainers.
4. **START LOCATION:** Riders assemble in Beaconsfield Parade at the position marked “A” in the image below; just south of the Old Hume Hwy. Please be mindful of the local residents.



**NOTE:** Traffic detour shown as orange dotted line.

5. An overview of the Road Race course is shown below.





6. COURSE SUMMARY: Anti-clockwise laps of Taminick Loop. All road races start in Beaconsfield Parade. All FINISH on Old Hume Hwy outside Glenrowan Primary School.

Grade	Distance (km)	Description
Open Men	105	(5 laps) START A, C, D, E, C, D, E, C, D, E, C, D, E, C, D, E FINISH Sprint Points: Lap 1, 3, 5 Mountain Points: Lap 1, 2 & 4
Open Women	84	(4 laps) START A, C, D, E, C, D, E, C, D, E, C, D, E FINISH Sprint Points: Lap 1, 2, 4 Mountain Points: Lap 1 & 3

7. Support vehicles will be not be permitted on the course.

8. All corners will be marshaled.

9. Both senior races will have a Lead and Tail car.

10. No spectator cars will be allowed to follow any race.

11. It is each rider's responsibility to know their course and how many laps they need to complete.

12. Any rider that falls more than 30 minutes behind the lead group of their race may be removed from the race.

13. Sprint points (start/finish line) and Mountain points (top of Taminick Gap) awarded:

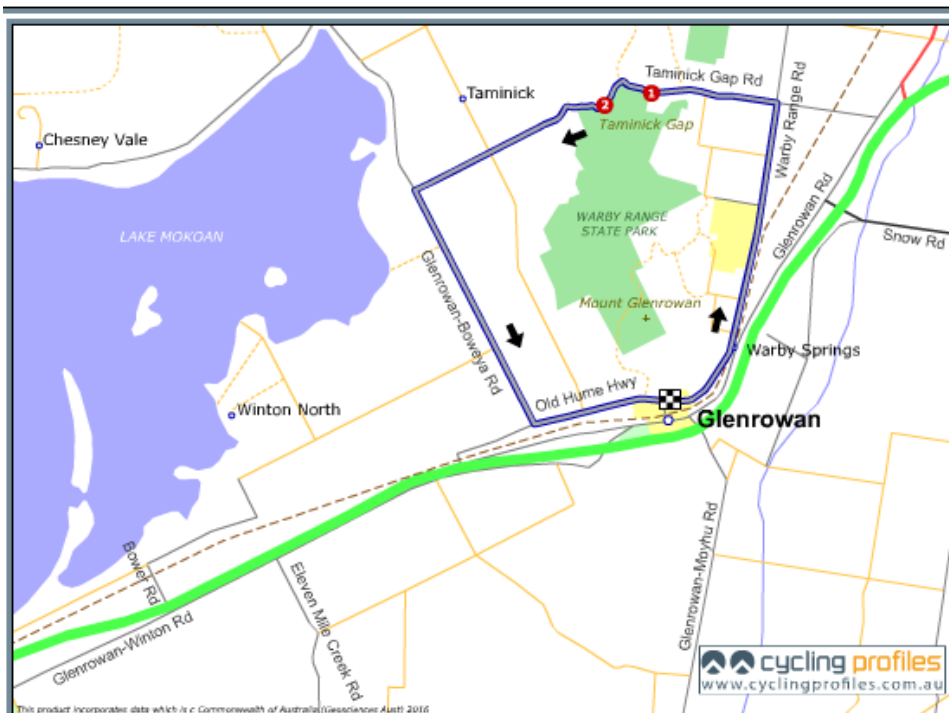
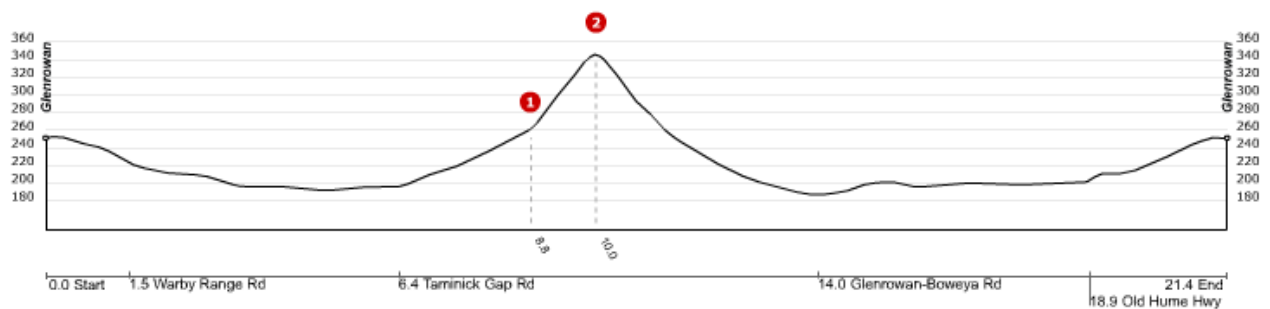
1<sup>st</sup>=10 points, 2<sup>nd</sup>=8points, 3<sup>rd</sup>=6 points, 4<sup>th</sup>=5 points, 6<sup>th</sup>=4 points, 7<sup>th</sup>=3 points, 8<sup>th</sup>=2 points, 9<sup>th</sup>=1 point



## Road Race Start Order

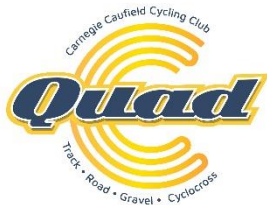
Saturday 6 <sup>th</sup> November 2021 Road Race Starting Order - Schedule						
Event No	Category	Dist. (km)	Start Time at course mark "A"	Expected Finish Time of Winner	Est. Race Duration of Winner	Starting Direction
1	JB13/JG13	15	10:00	10:27	27 min	West
2	JB11/JG11	8	10:08	10:23	15 min	West
3	Men 15*	35	10:18	11:39	1 hr 5 min	East
4	Women 15*	35	10:21	11:52	1 hr 15 min	East
5	Men 17	63	10:50	12:37	1 hr 47 min	East
6	Women 17	63	11:05	13:08	2 hr 3 min	East
7	Open - Men	105	12:45	15:30	2 hr 45 min	East
8	Open - Women	84	12:50	15:10	2 hr 20min	East
* M15 & W15 Under control to start racing at "G"						

## Road Course Information



Climb	Percentage
1	2.8% 2.35km
2	7.8% 1.15km





## **Sunday 7th November 2021**

### **Individual Time Trials – Races start at 9am**

#### **Stage Information**

On Sunday there will be a traffic DETOUR in place for the length of Lake Mokoan Road east of the Mokoan Café and Hub. For people travelling from Wangaratta and Glenrowan this will require a detour to be followed through Benalla to access the start line. Absolutely no cars will be able to travel on the course, so ALLOW AN EXTRA 20 MINUTES to travel from Wangaratta to TT start line.

Competitor parking will be on-site at and around the Education Centre at the Mokoan Hub and Café. There are outside toilets and a café on site. Delicious food, coffee and cold beverages will served. For sit down meals (including yummy all-morning breakfasts) you will need to book ahead.

Presentations will take place onsite starting at midday. Including presentations for:

Victorian Junior State Championships Road Race

Victorian Junior State Championships ITT

Victorian Junior Road Series Final Placings

Quad C Winton Wetlands ITT (Top 3 Open Women and Open Men plus Top U19 and Masters rider)

**Please be mindful of the local residents. Do not leave any rubbish behind.**



## Victorian Junior ITT Championships: Event Information

ITT Juniors Sunday 7<sup>th</sup> November



Map – course is east from Mokoan Hub & Café with a turnaround point half way through the TT event for each grade. Toilets / changing rooms are available at the Mokoan Hub & Café.

1. Riders must register at the Mokoan Hub & Café Education Centre, and **each competitor will need to check in with QR code prior to race (or risk disqualification)**.
2. For the Junior Championships the first race Start Time is **9am** with the youngest age groups W11 and M11 progressing by increasing age group through to the M19. There will be at least one minute intervals between the start times of riders in each age/gender category.
3. Individual Time Trial start times for each rider will be published prior to the event.
4. The ITT will be an out-and-back course on the Lake Mokoan Road. The road will be **CLOSED TO THROUGH TRAFFIC**. There will be official's cars on the course and possibly an occasional local resident gaining access to their property. Please obey traffic rules and stay left at all times.



6. The Start/Finish line for all competitors will be 200m east of the Mokoan Hub & Café on Lake Mokoan Rd car park entrance. Riders are advised to report to the Time Trial registration area inside the entrance to the Mokoan Hub & Café car park at least 10 minutes before their scheduled start time in order for your bike to be rolled out by the officials. You will be required to remain in the start area after your bike has been rolled out.
7. When a competitor has completed rollout they are NOT permitted to leave the corralling area and must proceed through the starting area as instructed by officials.
8. The course format is out-and-back. There will be a turn-around point for each age category. Each competitor must be familiar with their course details.
9. NO support vehicles, parents or spectators to follow any competitor.
10. Any rider who receives outside assistance from anyone they may face disqualification and possible fine.
11. For riders who are competing in both the Road Race on the Saturday and the ITT on the Sunday, please hold on to your numbers and transponders ready to use on the Sunday.
12. Junior categories up to and including JM17 and JW17 are NOT permitted to use Time trial specific bikes. Under 15 & 17 grades are allowed clip-on time trial bars for the time trial only.



## Winton Wetlands Individual Time Trial (Seniors)

Event Information <https://www.strava.com/routes/2849472788316751306>

**Prizes: Open Women: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, U19, Masters; Open Men: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, U19, Masters**

The Senior Time Trial event will be held on an out and back course on Lake Mokoan Road, starting 10 minutes from the Hume Hwy, at the site of the Mokoan Café and Hub Education Centre. It is a very flat course with a small 2% rise mid-section. The course is prone to some cross winds.

The course will be on the same road as the Junior ITT championships (see map above) with the turnaround just prior to the intersection with Glenrowan-Boweya Rd intersection.

1. Riders must register at the Mokoan Hub & Café Education Centre, and **each competitor will need to check in with QR code prior to race (or risk disqualification)**.

2. For Open Races the start time is **10.40am**. Start Lists will be published prior to the event, with riders graded fastest leaving first. There will be at least one minute intervals between the start times of women's and men's categories.

3. Individual Time Trial start times for each rider will be published prior to the event.

4. The ITT will be an out-and-back course on the Lake Mokoan Road. The road will be **CLOSED TO THROUGH TRAFFIC**. There will be official's cars on the course and possibly an occasional local resident gaining access to their property. Please obey traffic rules and stay left at all times.

6. The Start/Finish line for all competitors will be 200m east of the Mokoan Hub & Café on Lake Mokoan Rd car park entrance. Riders are advised to report to the Time Trial registration area inside the entrance to the Mokoan Hub & Café car park at least 10 minutes before their scheduled start time.

7. The course format is out-and-back. There will be a turn-around point for each age category. Each competitor must be familiar with their course details.

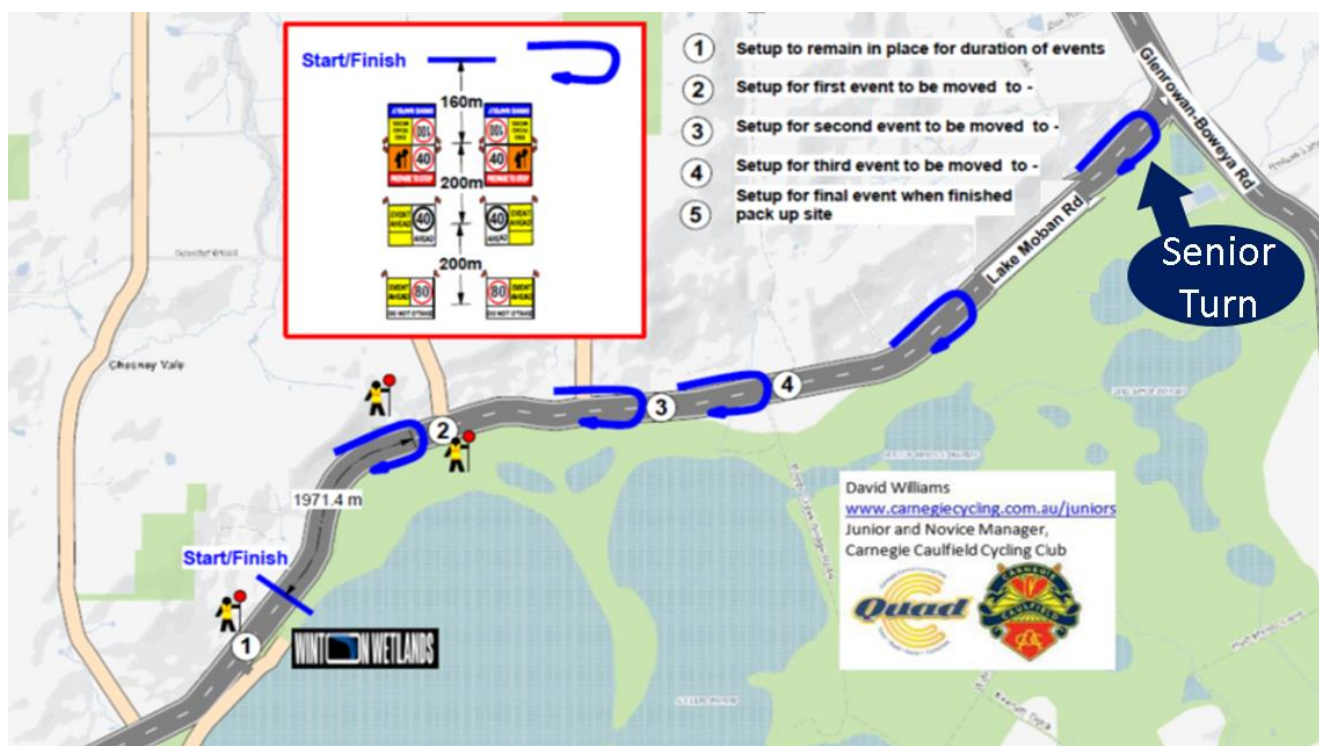
8. NO support vehicles, parents or spectators to follow any competitor.

9. Any rider who receives outside assistance from anyone they may face disqualification and possible fine.

10. For riders who are competing in both the Road Race on the Saturday and the ITT on the Sunday, please hold on to your numbers and transponders ready to use on the Sunday.

12. All riders will be required to follow AusCycling technical regulations without exception. Riders not complaint will be disqualified from results. Roll-outs will NOT be applied for U19 riders, gearing selection will be up to riders' discretion.





Map – course is east from Mokoan Hub & Café with a turnaround point half way through at 9.8km. Toilets / changing rooms are available at the Mokoan Hub & Café.

### Individual Time Trial Race Distances Sunday 7<sup>th</sup> November 2021

Grade	Distance (km)
W11, M11	4
W13, M13	8
W15, M15	10
W17, M17, W19	15
Open Women, Open Men	19.6



## AusCycling Victoria Specific Regulations

1. As this is an AusCycling sanctioned event, AusCycling Technical Regulations and penalties apply. Riders will not be able to participate unless their bikes are compliant with technical regulations including age specific roll-out, handle bars and extensions, wheel and tyre specifications. Any riders breaching these regulations will be disqualified during or after the event.
2. As this event is conducted on open roads, all bicycles must have an appropriate red light fitted and operating on either the seat post or right rear seat stay of their bike. The light must be operational during the entire event and visible from 200 metres to the rear.
3. An Australian Standards approved (AS/NZ 2063) helmet shall be worn at all times whilst riding a bicycle on open roads (*Local Police as well as CV Officials will issue fines to riders who do not observe this Law*)
4. All competitors are reminded that it is an offence to urinate within view of the public. The penalty is disqualification from the event, a \$100 fine and their license suspended for 4 weeks (*Annexure 9: item 81*). (*Local Police will issue fines to riders who do not observe this Law*)
5. Any rider who drops, throws or discards rubbish will be disqualified from the event and fined \$100 (*Annexure 9: item 33*). (*Local Police will issue fines to riders who do not observe this Law*)
6. Police permits for events conducted on 'Open Roads', require **all competitors to keep left at all times**. A competitor who purposely crosses 'Double White Lines' will be disqualified from the event, fined \$100 and their license will be suspended for 4 weeks (*Annexure 9: item 49*).
7. Competitors who cross the centre of a roadway may be fined \$100 for the first offence, second offence will be disqualification, fined \$200 and suspended for 4 weeks (*Annexure 9: item 49.1*).
8. Each competitor will be issued with two x body numbers, 1 frame number and a transponder. Numbers must not be cut, folded or modified in any way. One body number is to be placed on the lower centre of the back and the other on the left ribcage. The frame number must be secured on the seat post or attached to the rear brake assembly. The transponder must be placed as low as possible on either front fork. Numbers must be visible at all times.
9. Cameras attached to a competitor's bicycle are NOT allowed during this event.



10. It is the rider's responsibility to ensure they have the correct gearing prior to each event. All competitors are required to roll out prior to the start of the Time Trial and the top 6 riders in each stage plus one random rider will be required to roll out after each stage. Gearing - roll out distances. For all junior categories, male and female, the following maximum roll out distances shall apply:  
  
~~Under 19 – 7.93m~~ Roll out will not be assessed for U19 riders as this will be an open event  
Under 17 – 7.0m  
Under 15 – 6.0m  
Under 13 – 5.5m  
Under 11 – 5.5m
11. If you are unsure about how to set up your bike and conduct a roll out please ask for help from an accredited coach at your club
12. Locked-out gearing for Juniors is allowed for Victorian State Championships.
13. VJRS points will be allocated as per two individual events (RR and ITT). No GC points will be awarded.



The Carnegie Caulfield Cycling Club thanks you for  
your attendance at these Championships.

We hope to see you again next year.

Travel Safely!

[www.carnegiecycling.com.au/juniors](http://www.carnegiecycling.com.au/juniors)



## Carnegie Caulfield Cycling Club Junior Pathway

Novice	U11 to U15 Up to 3 sessions/wk Track, Road, Cyclocross	Packer Park	Glenvale Clinic
		DISC sessions	Sandown Clinic
		Zwift Session	Loan Track Bike*



Junior Training Squad	U13 to U19 Up to 3 sessions/wk Track, Road, Cyclocross	Packer Park	Glenvale Clinic
		DISC sessions	Sandown Clinic
		Zwift Session	Loan Track Bike*



### Junior Development Squad

DISC sessions Coached Weekend Rides Weekly coach feedback	Personal Coach Race Preparation	2nd year U15 to U19	Track & Road Program	Road Program	U15 to U19	Packer Park Coached Weekend Ride	Glenvale Clinic Sandown Clinic
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