

College Sport Wellington and PNP Cycling Club MTB Champs Te Rangituhi, Porirua. Sun 16 Feb 2025

Event Notes

College Sport Wellington (CSW) riders will need to enter their appropriate grade to qualify for CSW awards. Please note that your age is taken as of **31 Dec 2025**. E.g. A 16 year old rider **turning 17 any time in 2025** must enter the **U19 grade, not U17**.

Wellington region college students, including Wairarapa will be eligible for a College Sport Wellington Champion Gold medal in the age group races: U15, U17, U19.

Riders will need to be PNP Club Members to be eligible for a PNP Club Championship Medal. The Club Champion(s) can be from any grade which races the same course as the OPEN grade and starts within the same start save in the XCO race.

Details on PNP Social Membership (1 Sept - 31 Aug) and formal membership (Cycling NZ + PNP Membership, as required for national races) can be viewed [here](#). Social PNP club membership is \$40 for U19 or younger riders, \$60 for adults with a \$150 Family option.

The MTB Championship is a points-based event determined across three events: An **XCO** (Cross-Country) race, one **Down Country** stage and a **criterium** race. Different bikes may be used for the different events. A weighted points system is applied to all placings in all events (including non-eligible riders). Championship placings are determined by points gained. If there is a point tie, your XCO placing will be the decider.

Timetable (approx.)

Midday Sat 15 Feb: Online Entries Close (No on the day entries)

Sun 16 Feb:

8:00 - 8:45am: Event sign-in

9:00am: XCO race briefing (all riders)

9:10am: XCO junior race start. (U11, U13, U15)

9:45am senior: XCO senior race start (U17+)

11:00am: Down Country -only sign-in closes

11:15am U11/U13s Down Country race briefing then departure.

11:30am: Main Down Country race briefing then departure

11:45am: U11/U13 - Down Country race starts

12:15: Senior Down Country Race starts

01:15pm: Down Country ended

1:30pm: Criterium Race 1

1:45pm: Criterium Race 2

2:15pm: Prizegiving

2:45pm: Clean-up & Finish

Event 1: XCO Race

The Juniors (U11, U13, U15) will start earlier (9:10) followed by Seniors, in waves (9:45).

N	Category	Long	Short	KMs
1	Open Men	2		16.0
2	Open Women	2		16.0
3	Masters Men 1 (30-39)	2		16.0
4	Masters Men 2 (40-49)	2		16.0
5	Masters Men 3 (50-59)	2		16.0
6	Masters Men 4 (60+)	2		16.0
7	Masters Women (40+)	2		16.0
8	Social Men	2		16.0
9	Social Women	2		16.0
10	E-Bike Social	2		16.0
11	U19 Men	2		16.0
12	U19 Women	2		16.0
13	U17 Men	2		16.0
14	U17 Women	2		16.0
15	U15 Men		2	11.0
16	U15 Women		2	11.0
17	U13 Men		2	11.0
18	U13 Women		2	11.0
19	U11 Men		1	5.5
20	U11 Women		1	5.5

XCO SHORT Loop Description:



Starting at the 'carpark' ford, ride south, cross the ford then turn right into **THE DOCTOR**

Ride The Doctor (1.4k) up past the pond then veer right - uphill.

Take an early exit onto **BOUNDARY ROAD 4WD**, turning left for a brief climb into a right-turn into **TUMEKE**.



Ride down ALL of TUMEKE (1.2k), keeping to the LEFT BRANCH.

[Note: Half way down, the LONG loop will exit onto the 4WD. Stay on Tumeke]

At the end of Tumeke, turn right into **SPICER LINK** and ride the complete trail (2.9k)

[Note: Half way along, the LONG loop will exit up a 4WD. Stay on Spicer Link]



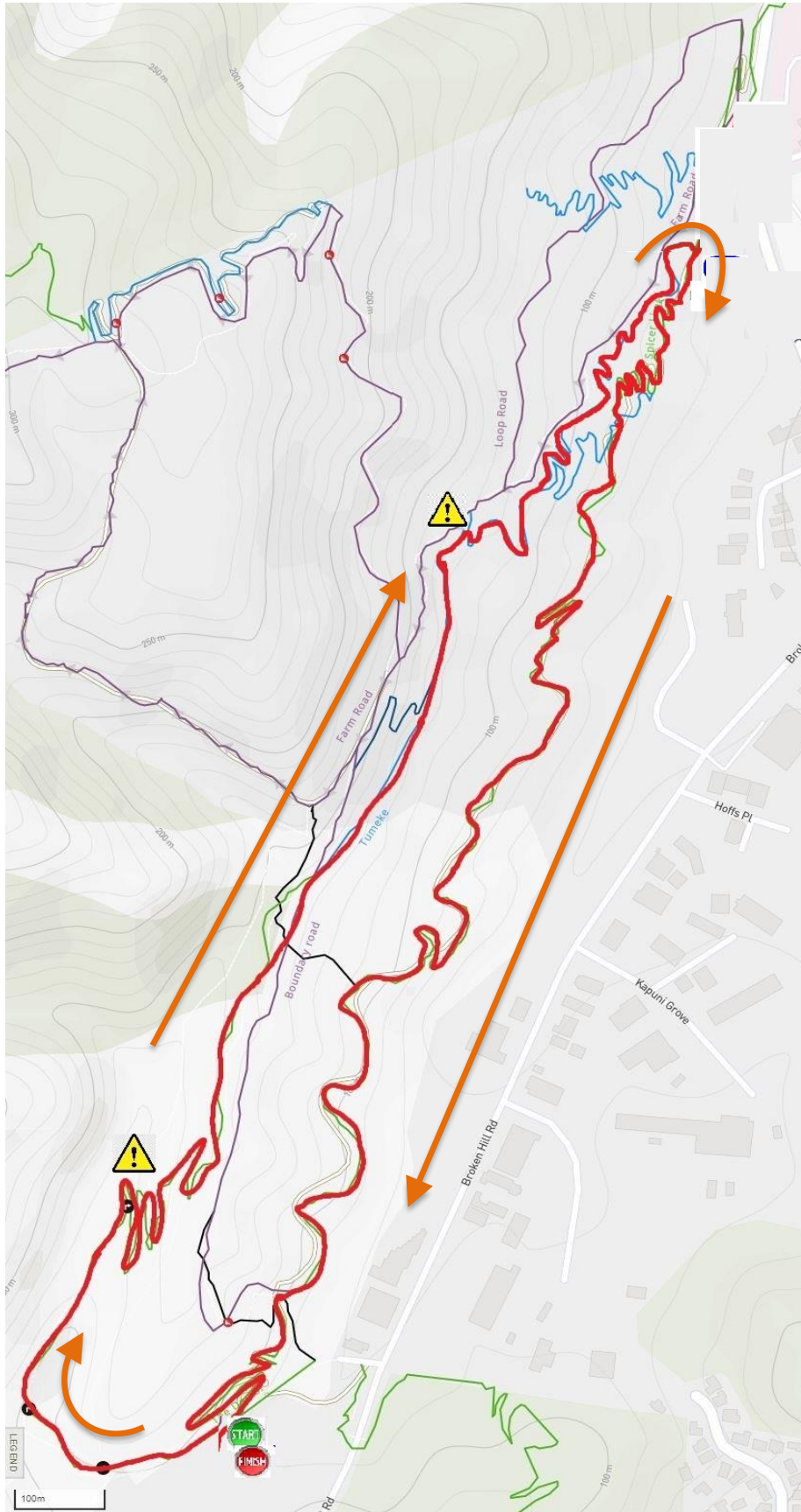
Exit Spicer Link into the Botanical Park.....

If you have more loops to complete **turn right and repeat the loop** described above.



If you have completed your loops, **turn left and ride to the FINISH line** by the carpark

Note: U13/U15 riders do NOT cross the Start/Finish: Lap1 > Lap2
Club & College MTB Champs - Rangituhi - JUNIORS / SHORT Loop



XCO SENIORS/LONG Loop Description:



Start riding south from the 'carpark' ford to join the **SPICER BOTANICAL PARK** loop at the exit of Spicer Link. You will cross the Finish line and begin your 'First Loop' half way through.
(See Enlargement below)

Turn left into **THE DOCTOR**. Ride most of the The Doctor uphill completing all the S-Bends.

At the top, take the early exit right out onto **BOUNDARY RD 4WD**, then turn left riding up to the entrance of Tumeke.



Turn right into **TUMEKE** and ride the 2/3 of the trail taking **first left exit** onto **FARM RD 4WD** about half way down.

[Note: You are splitting off from the Short Loop here]

Turn right (downhill) then shortly after turn left into **LOOP RD 4WD**, to get across to Blaster.

Turn left into **BLASTER+** and ride the complete **BLASTER+** and **BLASTER** trails.

Turn right out of Blaster, then right again starting a steepish climb (300m) up **FARM RD 4WD**.

Turn left into **TUMEKE** again and ride to the end of this trail (last 1/3).

Turn right at the exit and ride south taking the second entry into Spicer Link. Look for: ➔.

Ride the north half of **SPICER LINK**, keeping to the formed track.



Ride up into **BOUNDARY RD 4WD** (where the track does a 'U' bend around a distinct tree).
[Note: You are splitting off from the Short Loop here]

Ride Boundary Rd 4WD up past the early exit point from The Doctor (separated), then back down turning right onto **SPICER LINK** again.

At the exit of Spicer Link turn right to join the **SPICER BOTANICAL PARK** loop.



About half way through the Spicer Botanical Park lop you will cross the **FINISH** Line.
If you have more loops to complete, then continue and repeat the loop described above.

XCO Spicer Botanical Park sub-loop (Enlargement)

This 'Park Loop' is a part of the Long/Seniors loop and **will be completed each time around**.

The Start will be from the Ford, joining the regular loop at the exit of Spicer Link.

Ride **past** The Doctor entrance, turning right up a 'pinch climb' (2-way) into the trees.

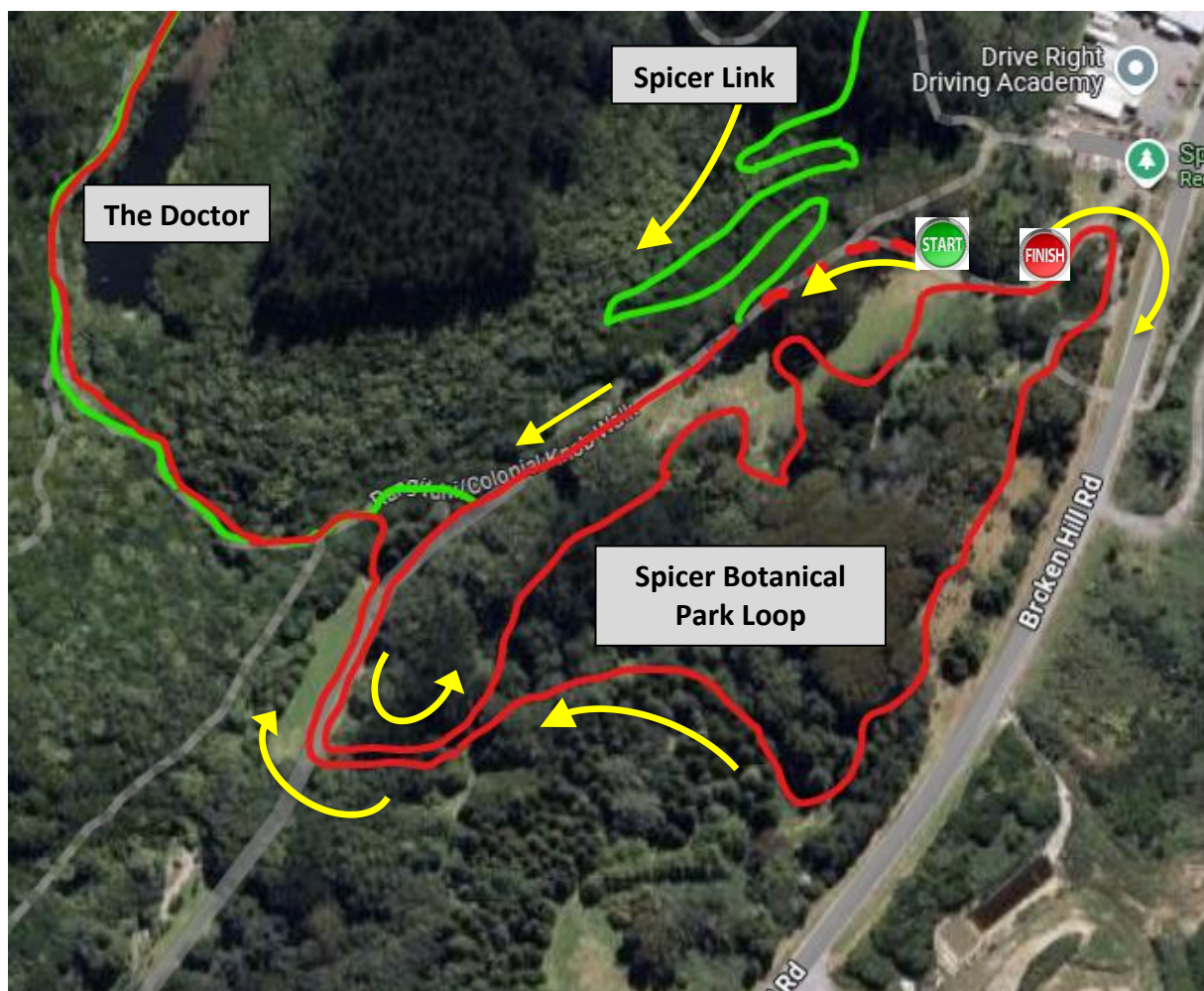
Stay **left of the bridge (2-way)** and turn left to ride down back to the grass.

Complete some chicanes through the grass, across the ford and through the Finish line.

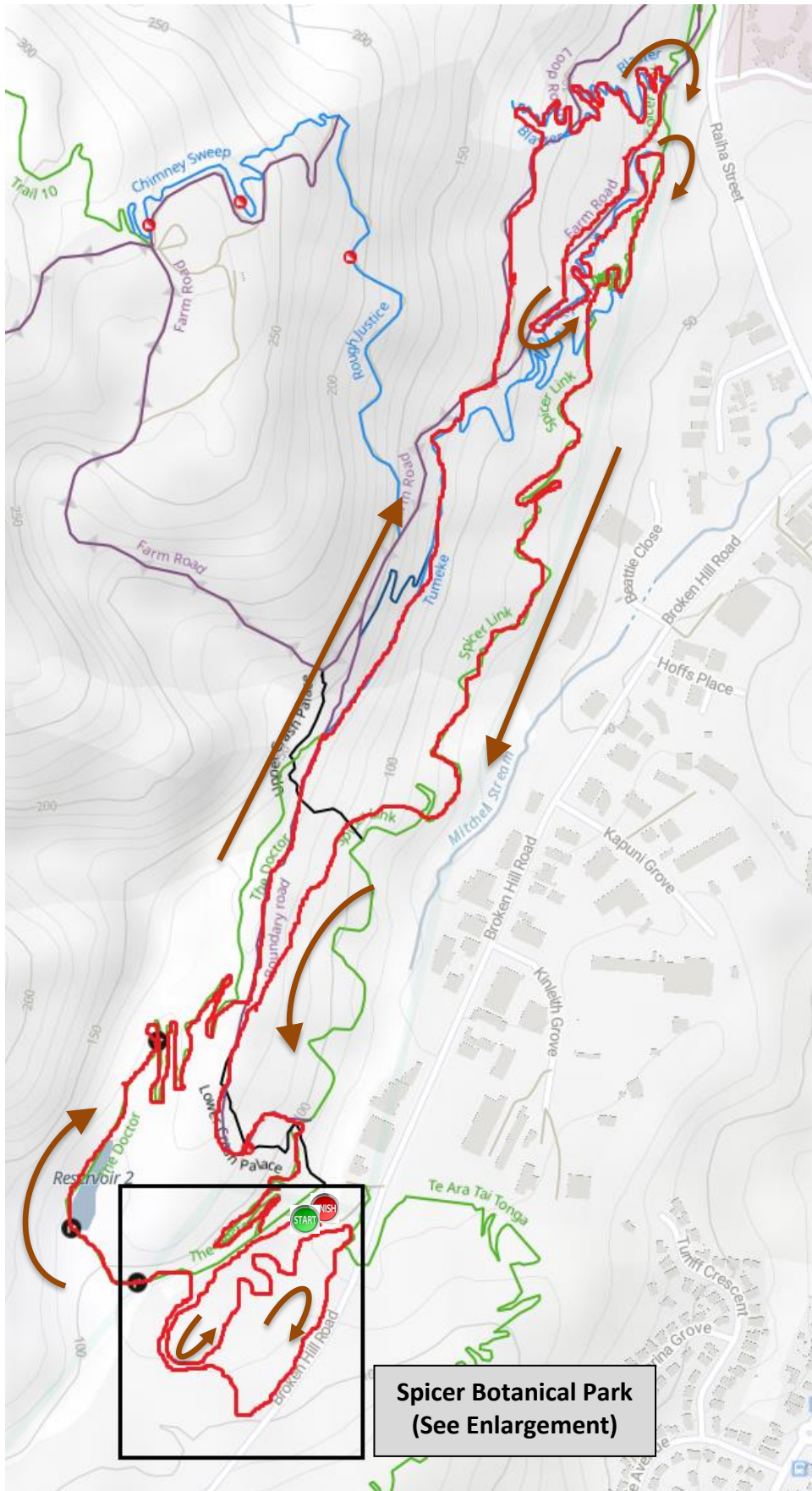
Turn right and ride up shadowing the road then right into the cross-track (signposted).

Ride **across the bridge (2-way)**, keeping left down the pinch climb, turning right on the grass.

Turn left into the alternative (early) entrance into THE DOCTOR



Wellington PNP Spring Series - Rangituhi - SENIORS / LONG Loop (2)



Event 2: Down Country Stage - Senior riders (U15+)

Getting to the Down Country Start:

Start at the lookout at the Top of Utiwai

Recommended access to the start is by riding up The Doctor trail from Spicer Botanical Gardens, up 100m of Boundary Rd, turn left and ride up Farm Rd. There are some steep 4WD sections.

Course Description



From the lookout near the top of Utiwai, ride down all of **TRAIL 10** (1km)

Near the Transmission tower, turn left into **CHIMNEY SWEEP** (610m) and ride all of this.

At the exit turn right and ride all of **ROUGH JUSTICE** (4WD - 630m).

Caution: Rough Justice 4WD can be fast with loose gravel and off-camber slopes.

Veer right at the intersection with **FARM RD 4WD**, completing a short 150m uphill.

Turn left into **BOUNDARY RD 4WD** to resume downhill.

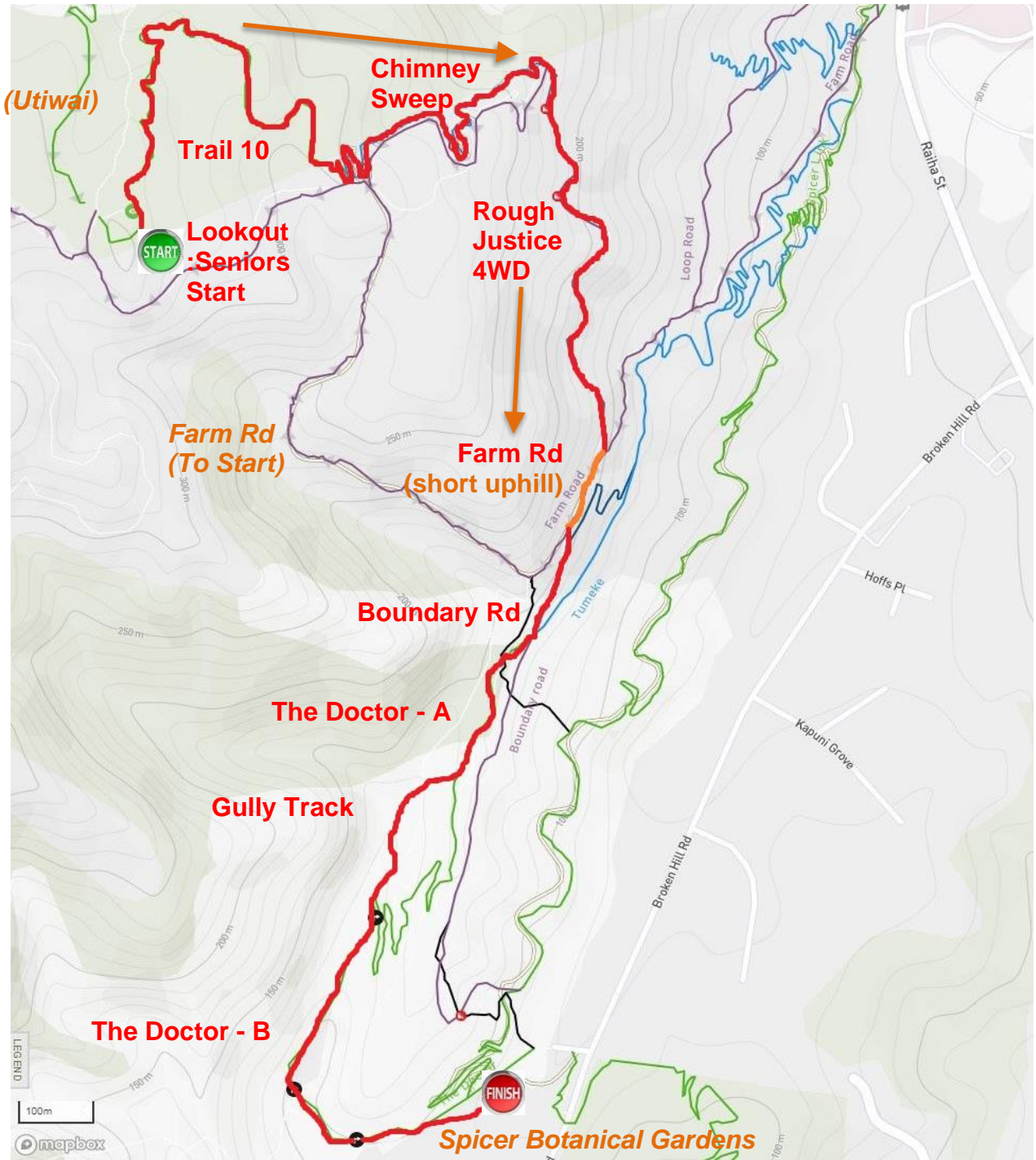
Ride down Boundary Rd for about 100m then turn right into **THE DOCTOR** (1.6km).

After about 300m, turn right into the **GULLY TRACK** (400m), which rejoins The Doctor.



Exit the Doctor, then turn left, cross the Stream and ride to the **FINISH** line on the grass.

Map: Down Country Stage - Senior riders (U15+)



Event 2: Down Country Stage - Junior riders (U11 + U13)

Getting to the Down Country Start:

Start at the intersection of Farm Rd & Boundary Rd section

Get to the start by riding The Doctor trail from Spicer Botanical Gardens, then turning left and riding up 100m of Boundary Rd to the intersection with the Farm Rd 4WD.

Course Description



Start at the intersection of Farm Rd & Boundary Rd section, 100m uphill from The Doctor.

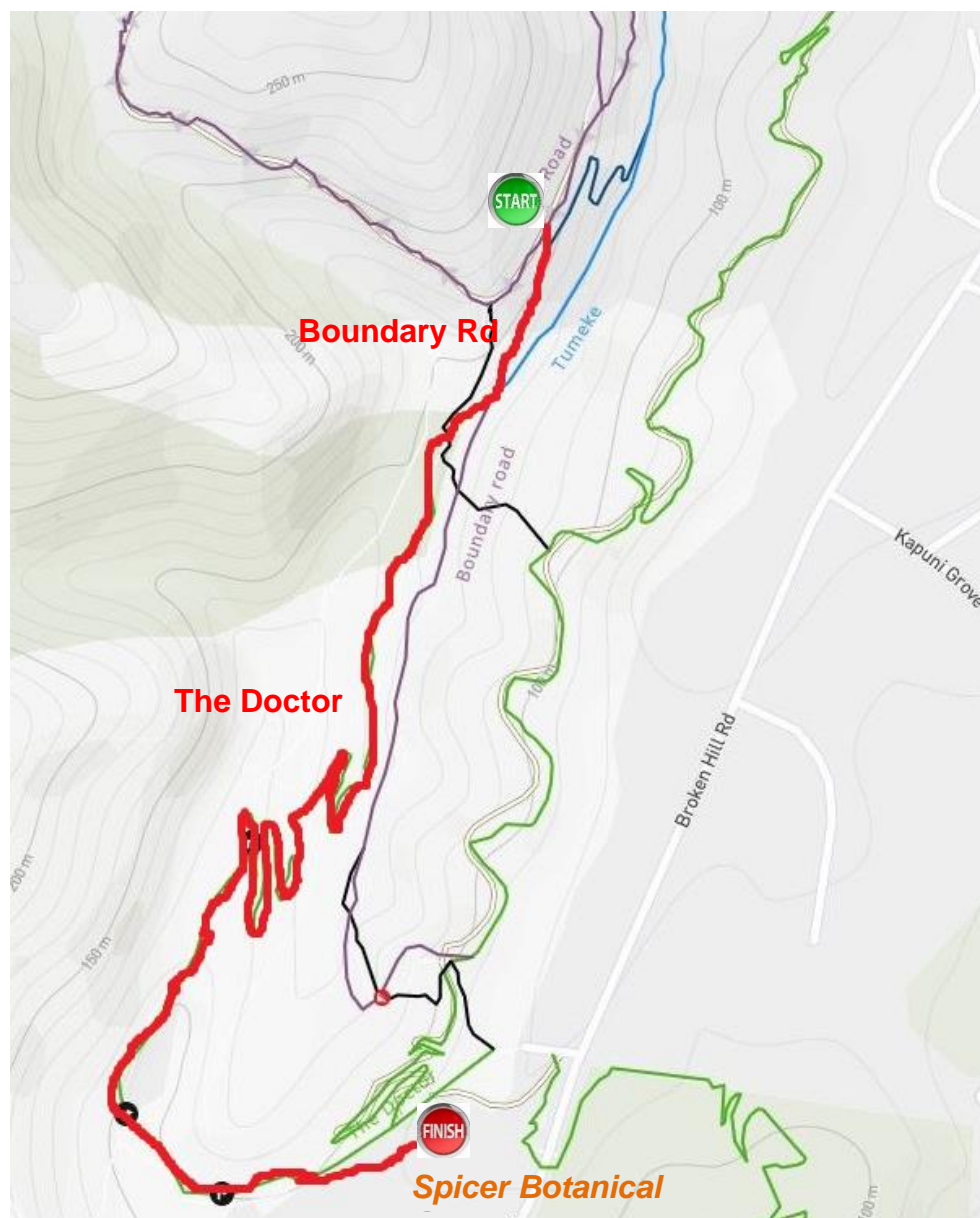
Turn left into **BOUNDARY RD 4WD** to resume downhill.

Ride down Boundary Rd for about 100m then turn right into **THE DOCTOR** (1.6km).

Ride down the complete length of The Doctor.



Exit the Doctor, then turn left, cross the two fords and ride to the **FINISH** line on the grass.



Event 3: Criterium

There will be 2 or 3 short Criterium races for different ages groups, run sequentially over the same course.

The Seniors' Criterium race will be for an initial 15 mins, then the bell will be rung for riders to complete a final round.

The Juniors' Criterium race will be for an initial 10 mins, then the bell will be rung for riders to complete a final round.

Criterium Loop: Spicer Botanical Park

The Criterium Loop uses a small part of the XCO loop, with a different 'start' section.

The start will be from the carpark ford riding south **past** The Doctor entrance, turning right up a 'pinch climb' (2-way) into the trees, across/beside a bridge then turning left to join the main Criterium loop.

Ride down back to the grass and complete some chicanes through the grass area.

Cross the carpark ford and ride through the Finish line.

Turn right and ride up shadowing the road then right into the cross-track (signposted).

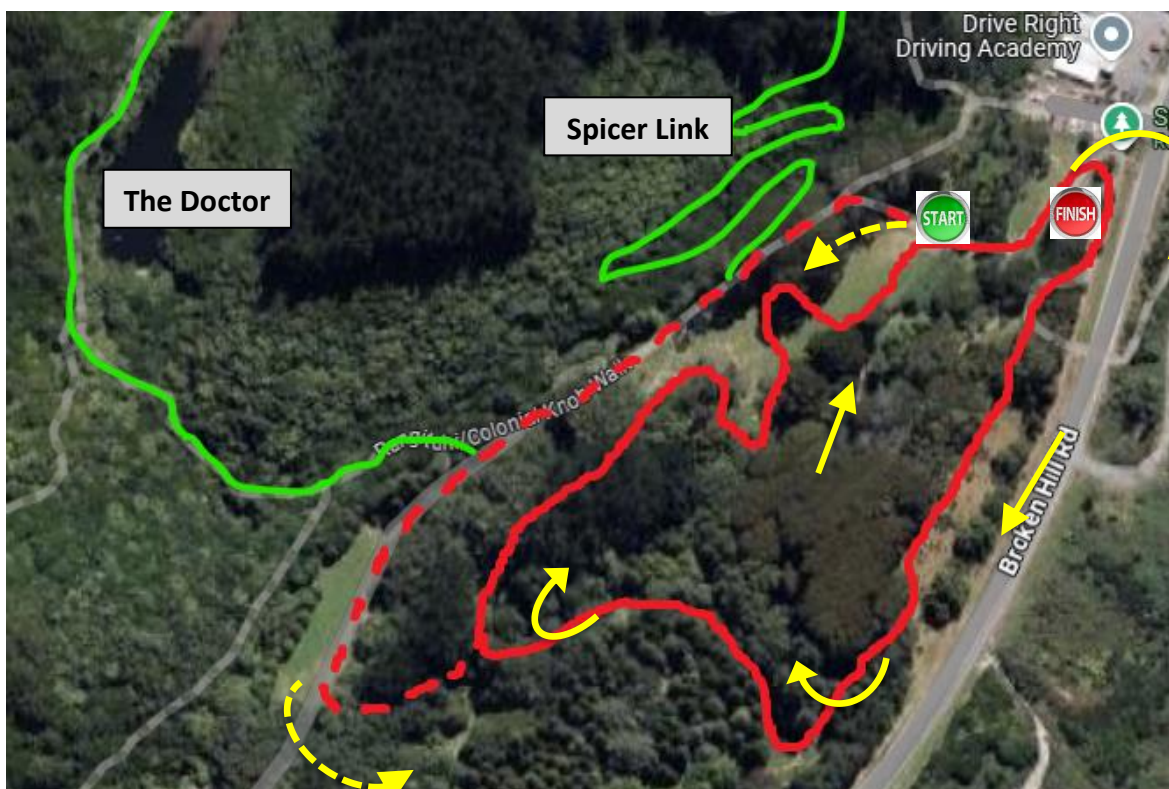
[Note: You arrive at the point where the 'start section' joins the main loop]

Turn right and ride down to the grass and complete some chicanes through the grass area.

Cross the carpark ford and ride through the Finish line to start another loop.

While the bell rings, riders will be able to start out on one last lap.

Some riders may not get to begin a final bell lap before the chequered flag appears and riders must stop at the finish.



Key Personnel

Key personnel responsible for safely running this event are:

Name	Position	Contact Number
Robert Comeskey	Race Manager	021 717 311
Deb Hiswin	Assistant Manager	021 215 4450
Nick Warren	PNP President	021 029 90632

Traffic/Parking Management

No roads are being crossed during this event, and so no Traffic Management Plan is being developed for this event.

PNP would like to reserve the Botanic grounds carpark with reserved spaces for First Aid; Organisers (with trailers) and coffee vendors (Faultline Coffee)

Event parking for competitors will be along Broken Hill Road, where ample parking is available on a Sunday. Event competitors can ride reasonable distances from cars.

Event Updates/Communications

For event updates see the website: pnp.org.nz/mtb or <http://www.facebook.com/pnpsmtb>

At the Event Hub, a sound system will be used for all announcements and pre-race briefings.

Communication between organisers and marshals located around the event will be via PNP's 2-way repeater radios communicating on Channel 13. Reception to all marshal points has been successfully used with the PNP radios in previous events at this venue.

Mobile Phone numbers for marshals will be distributed as a backup communication method.

Health & Safety

The PNP MTB Health and Safety Policy, Emergency Response Plan and Risk Management Plan are available via links from the MTB page on the website: pnp.org.nz/mtb.

A port-a-loo will be available for all participants at Spicer Park.

Equipment: Riders should ensure that their bikes and other equipment are suitable for the conditions and are in a well maintained state.

Hazards: The following hazards specific to this site/event have been identified:

Note: NO road crossings are being used for this event, so a Traffic Management Plan (TMP) is not being implemented.

- Conflict with walkers and casual riders. Managed with on-site early warning signage (2+ weeks in advance); electronic notices on Facebook and similar public group sites (e.g. Welly Tracks, Dog Walkers, Horse Riding); as well as marshals at major entry points.

Procedures: Riders are to be aware of the following Health & Safety procedures. Time allowances will be made for any riders stopping to assist with an injury.

Instructions: Riders are to follow instructions of marshals and event organisers. Failure to do so can result in disqualification and barred entry from future events.

Non-serious self-injury on course: If you have a non-serious injury on the course, but are able to safely move, please clear the track as quickly as possible to protect yourself and others from being hit by a following rider. If on an obscured part of the course, keep calling "Rider Down".

If you need assistance, call to the next rider to stop. Advise them of your **Injury, Name** and **Number** and they will be able to inform the next marshal on the course.

If abandoning the race, do NOT travel backwards on the track into oncoming riders.

Significantly Injured Rider on course: If you encounter an injured rider on the course, you must assist if they need assistance. If they are unable to move, this is to be treated as a serious injury and you must:

- Stop and stay with the injured rider until First Aid or a marshal arrives on-site.
- DO NOT MOVE the rider if they are unable to easily move themselves.
- Secure the scene, ensuring approaching riders do not hit you or the injured rider. Stop following riders for assistance: (one as messenger, one as lookout).
- Get any details of the **Injury** as well as the **Name** and **Number** of the rider.
- Send the following rider with these details onto the next marshal.

Stoppage: In the event of emergency where racing has been stopped, riders will be advised by marshals to return to the Event Base via the most direct safe route.

Evacuation: If the Event Base area needs to be evacuated e.g. due to a fire in a shelter. The evacuation point will be down Broken Hill Road, in the direction of further exit ways.

Event Base

The Event Base will be at the Botanic Gardens on Broken Hill Road, at the entrance to the Porirua City Council Refuse. 1-3 3mx3m gazebos (depending on weather) will be set up in the area adjacent to the carpark. PNP gazebos are secured with hefty pegs (~40 mm, ~8mm diameter) as well as guy ropes when required.

Waste Management Plan

Waste collection will be provided for at the Event Base (Registration). ALL waste is to go into the approved collection bags, and will be sorted for Recycling materials after each event.

Any competitor who litters either during the race or at any time during the event will be subject to time penalties and risks disqualification at this event and/or subsequent PNP MTB events.