

College Sport Wellington and PNP Cycling Club MTB Champs Rangituhi, Porirua. Sun 15 March 2026

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 2026**. E.g. A 16 year old rider **turning 17 any time in 2026** 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 + ePNP 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 **Criterion** 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.

Key Health & Safety Notes

There is more Health & Safety info later in this manual. In addition, 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. However please note these two main points:

In the event of a serious crash, do not hesitate to ring 111 even prior to contacting event staff.

In the event of an emergency all riders and supporters are to report to the Registration Tent at the entrance of Spicer Botanical Gardens - or a safe location nearby on Broken Hill Road. If appropriate, names will be recorded against the Rider Check-In sheets prior to participants leaving the event.



v3.0 22 Feb 2026

Timetable (approx.)

Midday Saturday 14 Feb 2026: 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]



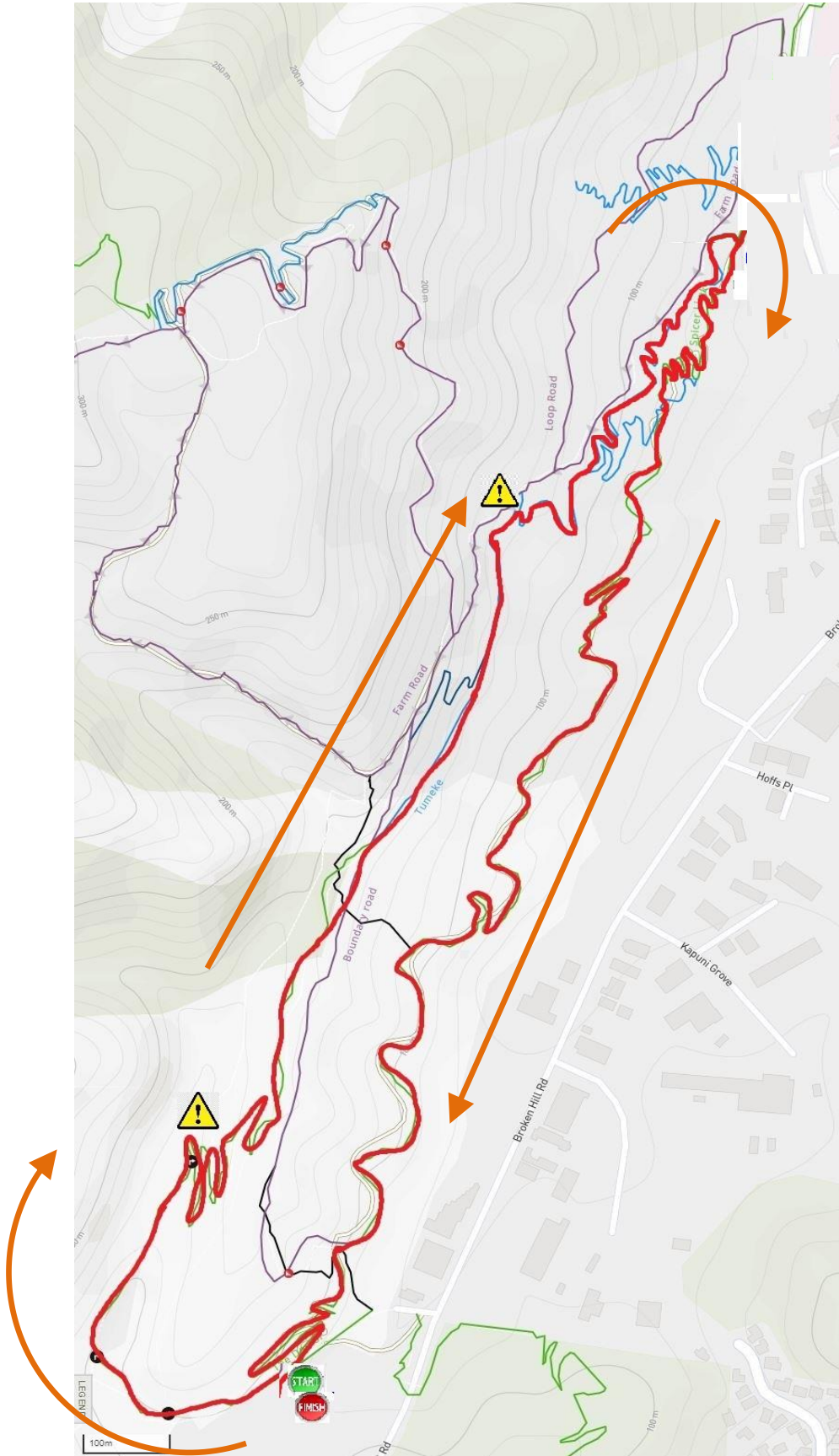
Exit Spicer Link into the Botanical Park.....

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




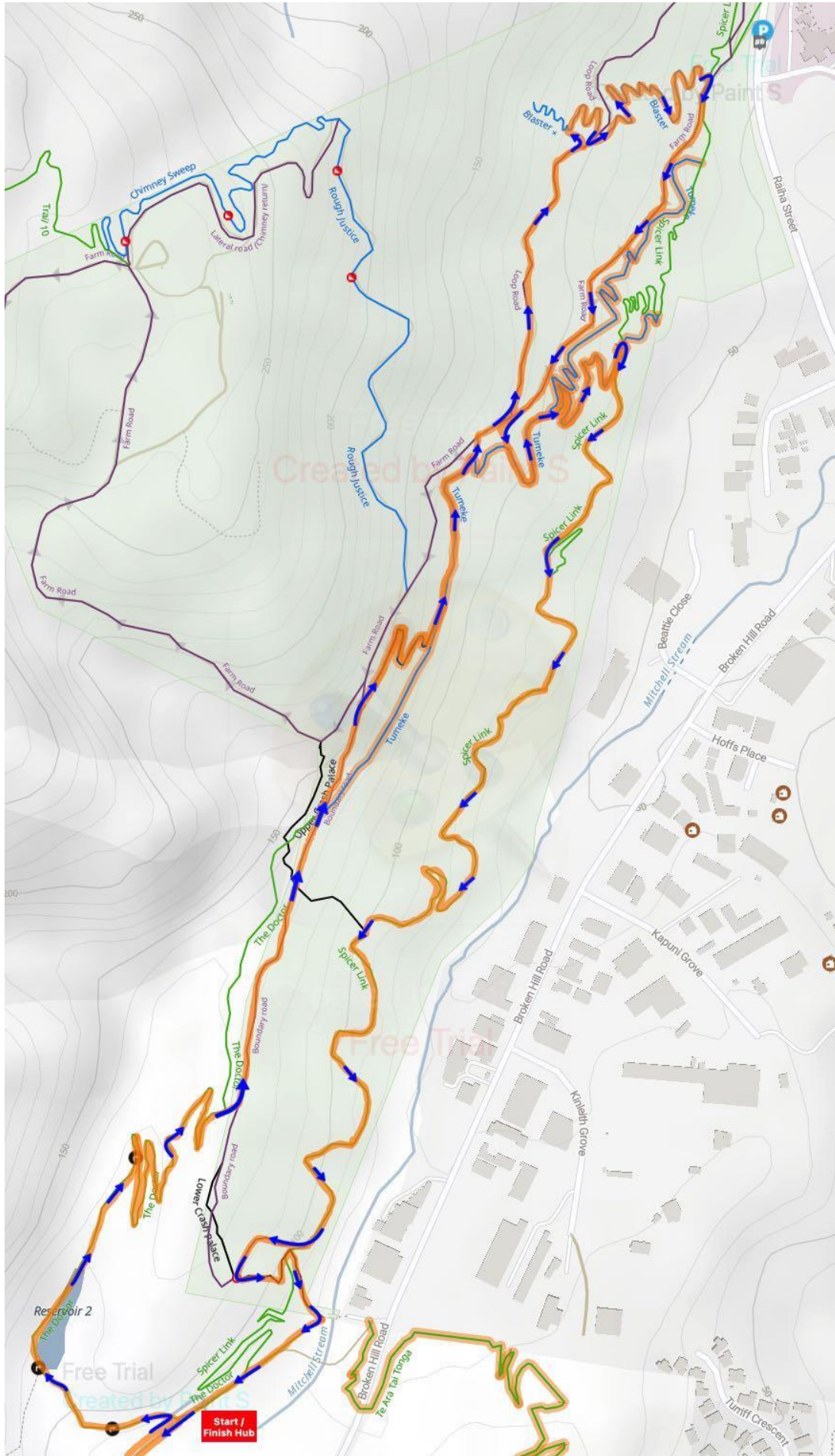
Note: U13/U15 riders do NOT cross the Start/Finish: Lap1 > Lap2
Club & College MTB Champs - Rangituhi - JUNIORS / SHORT Loop



XCO SENIORS/LONG Loop Description:

Spicers Botanical Garden	Start Loop - Spicers Botanical Garden 
The Doctor	Turn left into THE DOCTOR. Ride most of the Doctor uphill, completing all the S-Bends.
Boundary Road 4WD	At the top of THE DOCTOR, take the early exit right out onto BOUNDARY RD 4WD, ride past Tumeke, then turn left into the entrance of UPPER TUMEKE
Upper Tumeke	Turn right into UPPER TUMEKE -
Tumeke	At the bottom of UPPER TUMEKE carry on straight ahead down TUMEKE
Farm Rd 4WD	Carry on down TUMEKE, taking the first left exit onto FARM RD 4WD about halfway down.
Loop Rd 4WD	Turn right (downhill) then shortly after turn left into LOOP RD 4WD  Caution: two-way traffic
Blaster (Upper)	Turn right off Loop Road to enter section on BLASTER (Upper)
Blaster (Lower)	Cross LOOP ROAD and re-enter BLASTER - carry on down BLASTER
Farm Rd 4WD	At the exit of BLASTER turn right and carry on up steepish climb (300m) up FARM RD 4WD.
Tumeke	Turn left into TUMEKE and ride downhill
Lower Tumeke	At intersection of TUMEKE and LOWER TUMEKE take right hand track and head down LOWER TUMEKE
Spicer Link	Where LOWER TUMEKE first crosses SPICER Link, turn right to head south along SPICER LINK
Boundary Road 4wd	At the intersection of SPICER LINK and BOUNDARY ROAD 4WD turn right to take the steep 100m 'pinch' climb
Lower Crash Palace	Turn right off BOUNDARY ROAD 4WD (climb) and head down LOWER CRASH PALACE, short ~10m section SPICER LINK and continue down
Spicer Link	Exit LOWER CRASH PALACE onto SPICER LINK - head north (Straight ahead) for ~10m before turning right in LOWER CRASH PALACE
Lower Crash Palace (off Spicer Link)	Head down LOWER CRASH PALACE (off Spicer link) - NOTE if wet the course will not use this section

<p>Start / Finish Area</p>	<p>At the bottom of LOWER CRASH PALACE turn right to head back through the start finish area.</p> <p>Repeat subsequent Laps, or Finish </p>
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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.

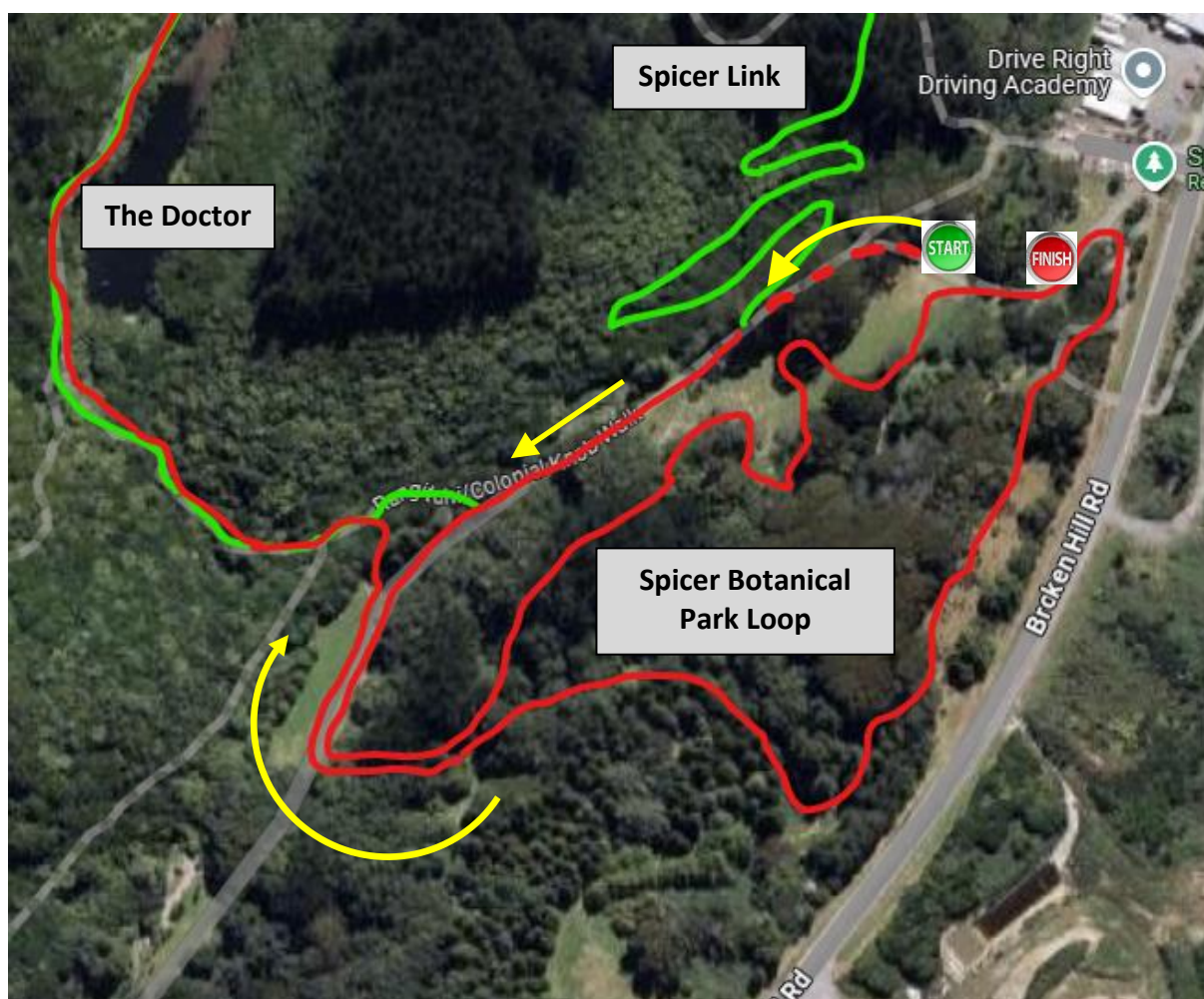
Stay **left of the bridge (2-way)** and turn left to ride down back to the grass.

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.

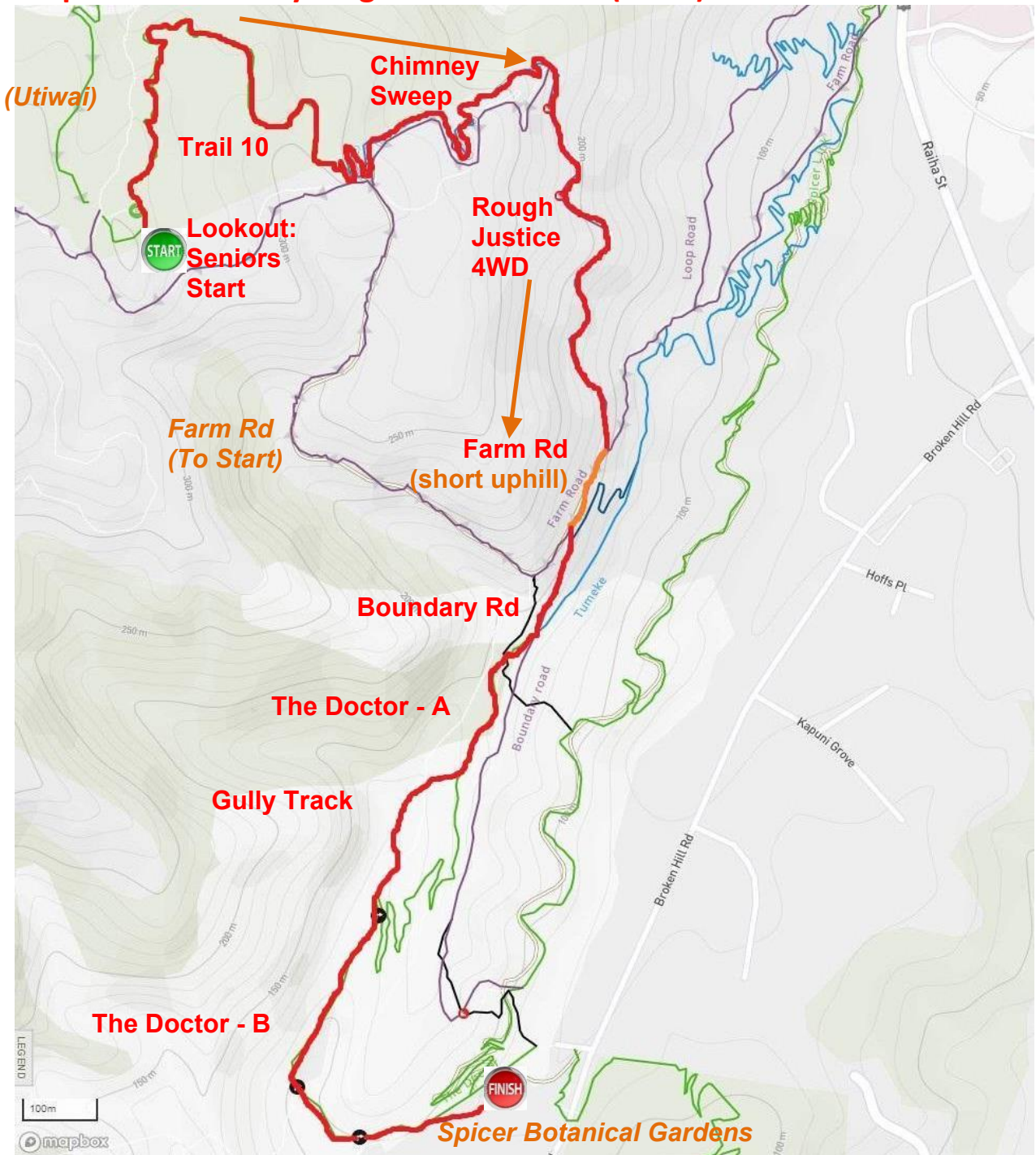
Ride down Boundary Rd for about 100m then turn right into **THE DOCTOR** (1.6km).

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.

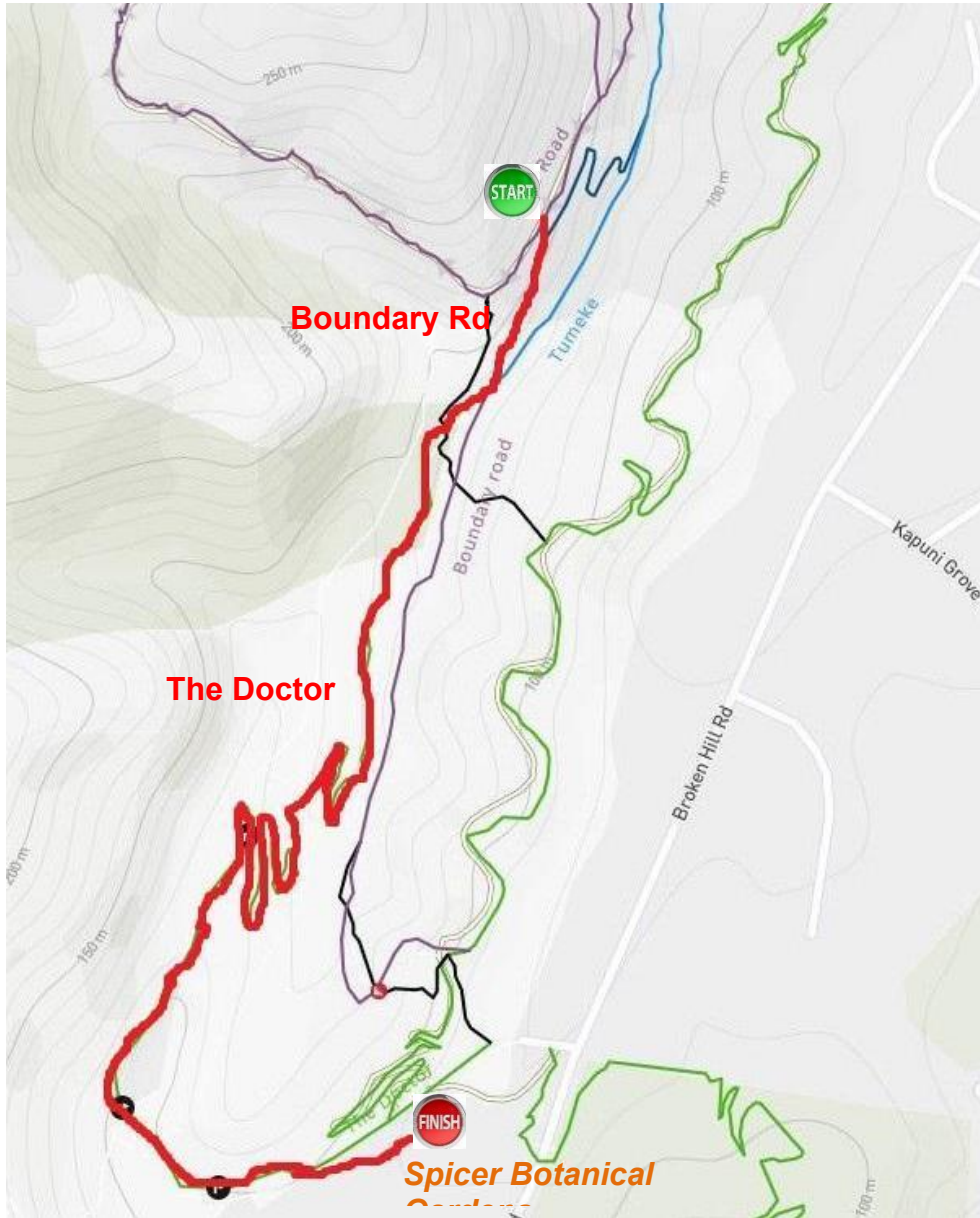
Turn left into **BOUNDARY RD 4WD** to resume downhill.

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).

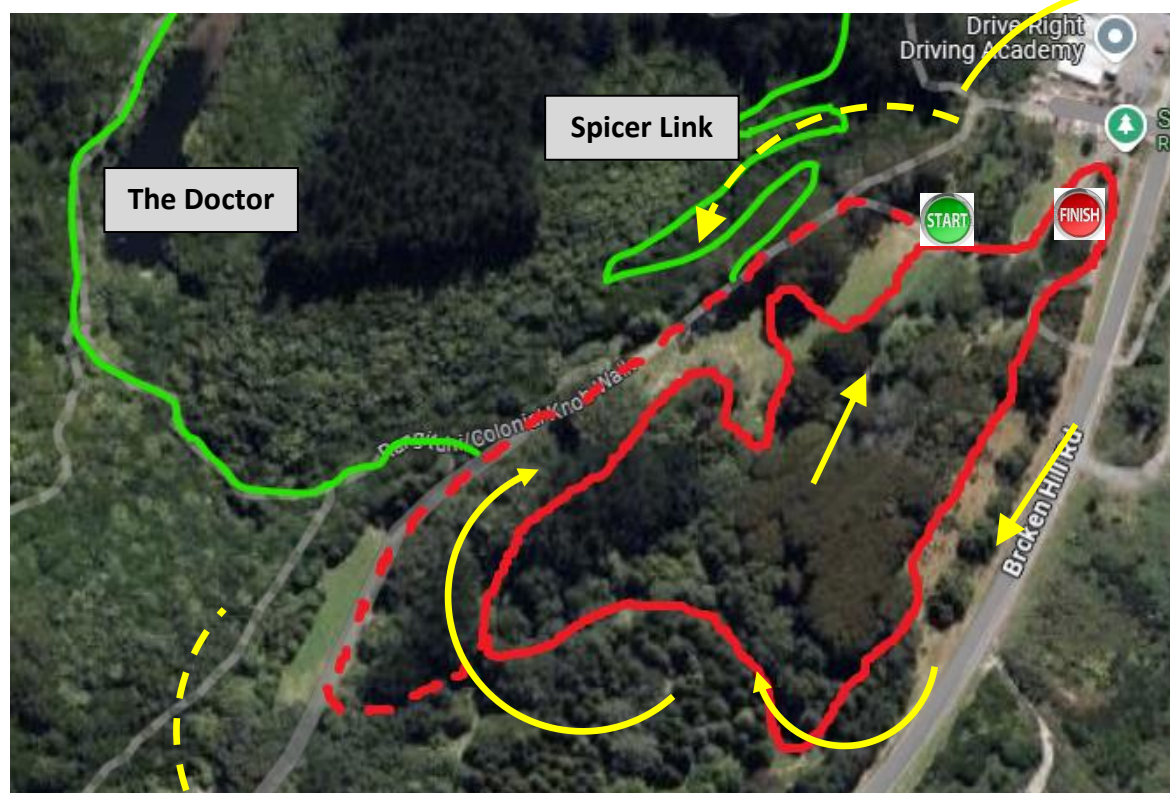
[Note: You arrive at the point where the 'start section' joins the main loop]

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
Jason Brown	Race Manager	027 421 3617
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/pnprmtb>

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.

In the event of an emergency all riders are to report to the Registration Tent at the entrance of Spicer Botanical Gardens - or a safe location nearby on Broken Hill Road. If appropriate, names will be recorded against the Rider Check-In sheets prior to participants leaving the event.

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.



v3.0 22 Feb 2026

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.