

## 2023 R4: Belmont (Stratton St), Lower Hutt. Sun 12<sup>th</sup> Nov 2023

### Ride notes

Courses are made up of long, medium and short loops. The lap configuration will depend on your category. We run a social category for those who want to give the event a try or hang with their mates. The age grades are for those who want to ride with or against riders of their own age. Open Men and Open women are open to anyone, but the Open Men also incorporates the seniors, so it can be highly competitive.

Please see your age group/category below to determine your course and the number of long, medium and short loops you will be doing.

### Long Loop description (10km, 380m climb)



Start at Stratton St road end.

Ride past the Woolshed and up the small rise ([see dotted line on the map](#))

Veer left into **4 DEGREES** and climb to the top (3.0km)

[Ignore the SHORT arrow which turns right into Connect 4 after 800m.](#)

At the top of 4 Degrees follow the LONG arrow up to **OLD COACH ROAD** heading south

[Note: This is where you both split from and re-join the MEDIUM loop](#)



**Caution: Keep left of cones (2-way traffic)**

Veer left and up **BULL-A-VARDE S-Bends** until you come to a 4-way Junction.

Ride straight through the junction and on about 30m.

Veer left down **BULL RUN**

At bottom at Hill Rd stay left on trail and climb **HILL ROAD CONNECTOR**

At the top ride straight through the same 4-way Junction, then right descending the last bit of

**SWEETACRES**. Turn right onto **OLD COACH ROAD**



**Caution: Keep left of cones (2-way traffic)**

Veer left

[Note: Take care merging with the MEDIUM Loop at the entrance to Electric Ave](#)

Down **ELECTRIC AVENUE** descent

Cross Slogger Logger 4WD road into WETA descent to the Woolshed to FINISH or



Turn right after the Woolshed and do a sweeping loop around the Woolshed.

Enter bottom of 4 DEGREES for your next lap ([see solid line on the map line](#))

### Medium Loop description (4.8km, 180m climb)



Start at Stratton St road end

Ride past the Woolshed and up the small rise ([see dotted line on the map](#))

Veer left into 4 DEGREES and climb to the top (3.0km)

[Ignore the SHORT arrow which turns right into Connect 4 after 800m.](#)

At the top of 4 DEGREES follow the MEDIUM arrow turning right downhill

[Note: This is where the LONG loop splits off and re-joins](#)



Turn Right into **ELECTRIC AVENUE** descent

Cross Slogger Logger 4WD road into WETA descent to the Woolshed to FINISH or



Turn right after the Woolshed and do a sweeping loop around the Woolshed

Enter the bottom 4 DEGREES for your next lap ([see solid line on the map line](#))

## Short Loop description (2.5km, 110m climb)



Start at Stratton St road end

Ride past the Woolshed and up the small rise ([see dotted line on the map](#))

Veer left into 4 DEGREES and climb

After 800m turn right following SHORT arrow into Connect 4

At the end, ride down and up to Slogger Logger 4WD road



Left up Slogger Logger 4WD road for 10m

Turn right into WETA descent **Giving Way** to riders coming out of Electric Ave



Down to the Woolshed to FINISH or

Turn right after the Woolshed and do a sweeping loop around the Woolshed

Enter the bottom 4 DEGREES for your next lap ([see solid line on the map line](#))

## Age-groups and Loop counts

**NOTE:** Your age is based on the age you will be as at 31 Dec 2023

<b>Open Men</b>	2 Long loops, 1 short	(22.5 km)
<b>Open Women</b>	2 Long loops, 1 short	(22.5 km)
<b>Masters Men 1 (30-39 years)</b>	2 Long loops	(20.0 km)
<b>Masters Men 2 (40-49)</b>	2 Long loops	(20.0 km)
<b>Masters Men 3 (50-59)</b>	2 Long loops	(20.0 km)
<b>Masters Men 4 (60+)</b>	2 Long loops	(20.0 km)
<b>Masters Women (40+)</b>	1 Long loop, 1 Medium loop	(14.8 km)
<b>Social Men (Any age group)</b>	2 Medium loops	(9.6 km)
<b>Social Women (Any age group)</b>	2 Medium loops	(9.6 km)
<b>e-Bike Social</b>	2 Long loops, 1 short	(22.5 km)
<b>U19 Men</b>	2 Long loops	(20.0 km)
<b>U19 Women</b>	1 Long loop, 1 Medium loop	(14.8 km)
<b>U17 Men</b>	2 Long loops	(20.0 km)
<b>U17 Women</b>	1 Long loop, 1 Medium loop	(14.8 km)
<b>U15 Boys</b>	2 Medium, 1 short	(12.1 km)
<b>U15 Girls</b>	2 Medium, 1 short	(12.1 km)
<b>U13 Boys</b>	2 Medium loops	(9.6 km)
<b>U13 Girls</b>	2 Medium loops	(9.6 km)
<b>U11 Boys</b>	2 Short loops (Connect 4)	(5.0 km)
<b>U11 Girls</b>	2 Short loops (Connect 4)	(5.0 km)

**Child (open to beginners 3-10 years)** For our youngest riders, their course will be a series of loops in the grass area near the Start/Finish, for a period of 15-20 mins.

This is scheduled for about 11:30, once most riders are finished and can watch/encourage.

## 2023 Giant Wellington PNP Spring Series - R4 Belmont - LONG Loop Map





# 2023 Giant Wellington PNP Spring Series - R4 Belmont MEDIUM Loop (Red) & SHORT Loop (Uses Connect 4 Blue)



## Key Personnel

Key personnel responsible for safely running this event are:

Name	Position	Contact Number
Pete Mitchell	Event Director Volunteer Manager	021 332 666
Robert Comeskey	Race Manager	021 717 311
Mark Renall	PNP President	021 2689506

## Traffic/Parking Management

No public roads are being used in this event.

The Woolshed carpark will have spaces reserved for First Aid and coffee vendors (Faultline)

Parking within the Woolshed gated area will be reserved for vehicles of event personnel only which may not be moved until the completion of the event.

Event parking for competitors will be within the normal Carparks and along Stratton St.

## Event Updates/Communications

For event updates see the website: [pnp.org.nz/mtb](http://pnp.org.nz/mtb) or <http://www.facebook.com/pnpmatb>

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](http://pnp.org.nz/mtb).

**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:

- Notable course points: Merge with U11 at the entrance to Weta; Long/Short merge at the start of Electric Avenue; Course crossing near the entrance to Bull Run; Slippery patches on Bull Run.

**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.

**Finding an 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 the woolshed. The evacuation point will be the southern side of the grassy area, near when the finish line is situated. If more distance is required, the evacuation point will be the pump track on Stratton St.

## **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 at this event and/or subsequent PNP MTB events.