

R5: Te Rangituhi, Porirua. Sun 16 Nov 2025

Event Notes

Courses will be made up of short and/or long loops. Please see your age group to determine your course and the number of short and/or long loops you will be doing.

Timetable

All grades start around 10am. The Start loop is within the Spicer Botanic Gardens. The event will be approximately 8am - 1pm + pack-down.

XCO Race:

Category	Garden	Long	Short	KMs
E-Bike Social	1	3		25.0
Open Men	1	3		25.0
Open Women	1	2	1	22.5
Masters Men 1 (30-39)	1	2	1	22.5
Masters Men 2 (40-49)	1	2	1	22.5
Masters Men 3 (50-59)	1	2	1	22.5
Masters Men 4 (60+)	1	2	1	22.5
Masters Women (40+)	1	2	1	22.5
Social Men	1	2		17.0
Social Women	1	2		17.0
U19 Men	1	2	1	22.5
U19 Women	1	2		17.0
U17 Men	1	2		17.0
U17 Women	1	2		17.0
U15 Men	1	1	1	14.5
U15 Women	1	1		9.0
U13 Men	8			6.8
U13 Women	8			6.8
U11 Men	6			5.2
U11 Women	6			5.2
U8 Mixed	4			3.6

Spicer Botanical Garden Loop: U8, U11, U13. + Start Loop for all other riders.

This 'Garden Loop' is mostly being used by the U8, U11, U13 races, but this loop will first be used by all other riders as a **Start Loop**, prior to starting a **Long Loop**.

The Start will be by the northern ford, ride south through the southern ford, past the Doctor then turn left up a 'pinch climb' (2-way) into the trees and into the proper Garden Loop.

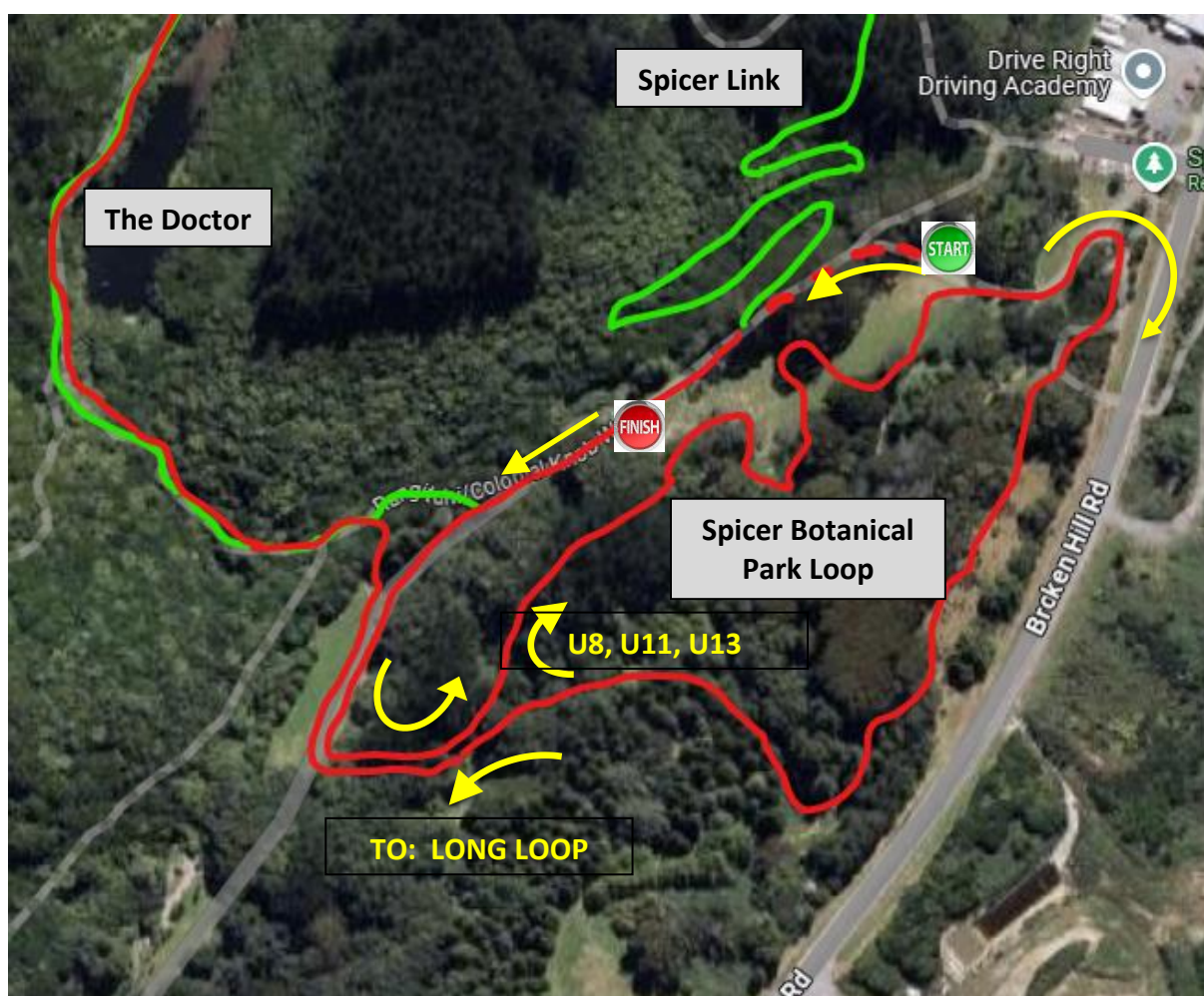
Stay **left of the bridge (2-way)** and turn left to ride down a grass strip back down to the larger grass area.

Complete some chicanes on the grass, past the **Finish line** then across the northern ford.

Turn right and ride up shadowing the road. Just **past** the first major intersection turn right into a cross-track (signposted), then left into a short singletack through the trees.

U8, U11, U13: Exit the trees then turn right back onto the grass strip leading back down to the larger grass area, the chicanes and through the **Finish Line**.

Other riders: Exit the trees then turn left. 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**



LONG Loop Description:



Complete a loop of the Spicer Botanical Garden Loop. (See pervious section)

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.

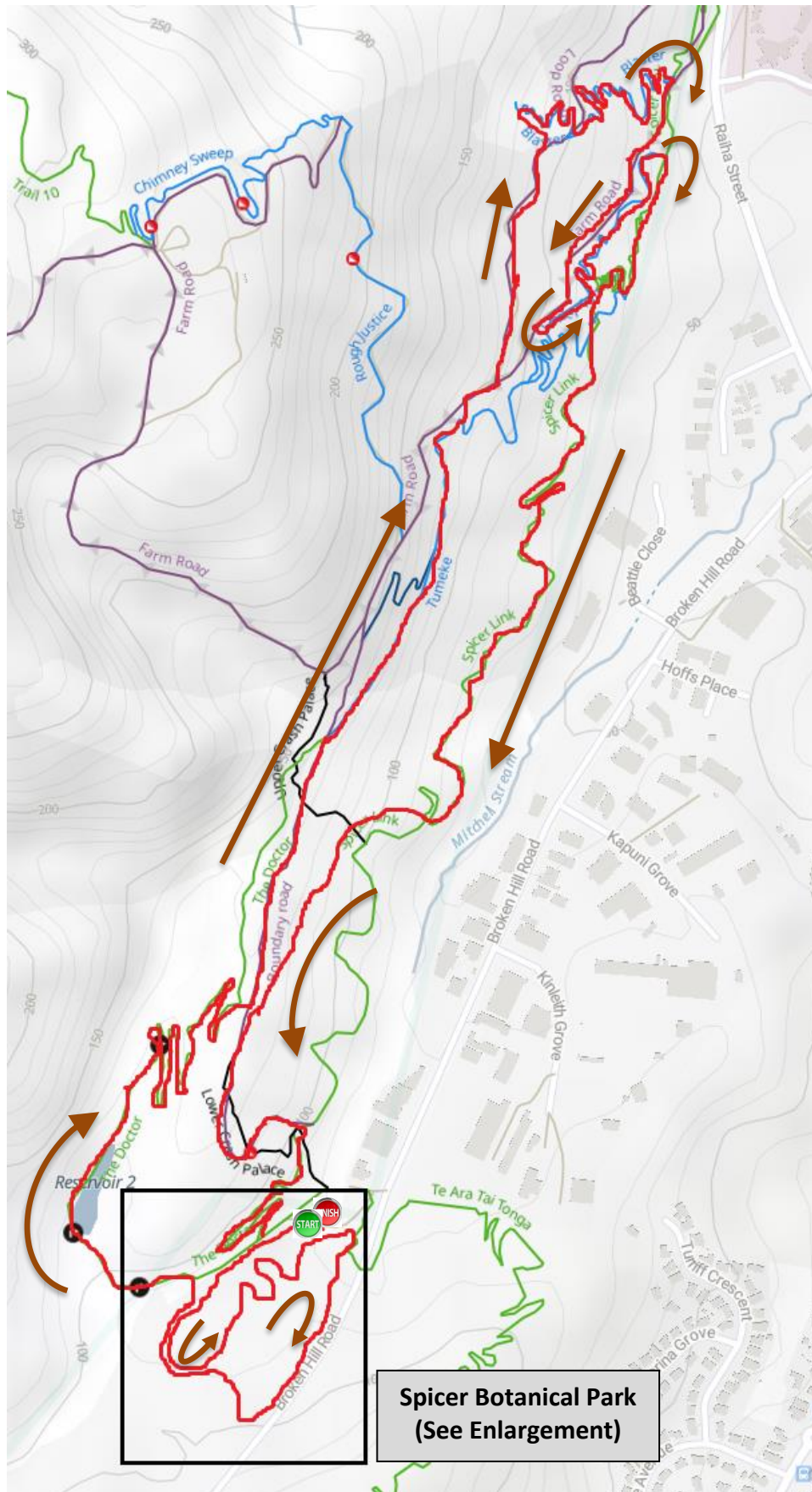


About half way through the Spicer Botanical Park loop you will cross the **FINISH** Line.

If you have more loops to complete, then continue and repeat the loop described above.

Wellington PNP Spring Series - Rangituhi - SENIORS / LONG Loop

Note: The Garden Loop is done only at the start of the race. Repeat loops exit **Spicer Link**, pass through the **Finish Line** and then ride directly into **The Doctor** again.



SHORT Loop Description:



The Short Loop will only be done after a Long Loop.

After riding across the **FINISH line**, continue riding south and 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)

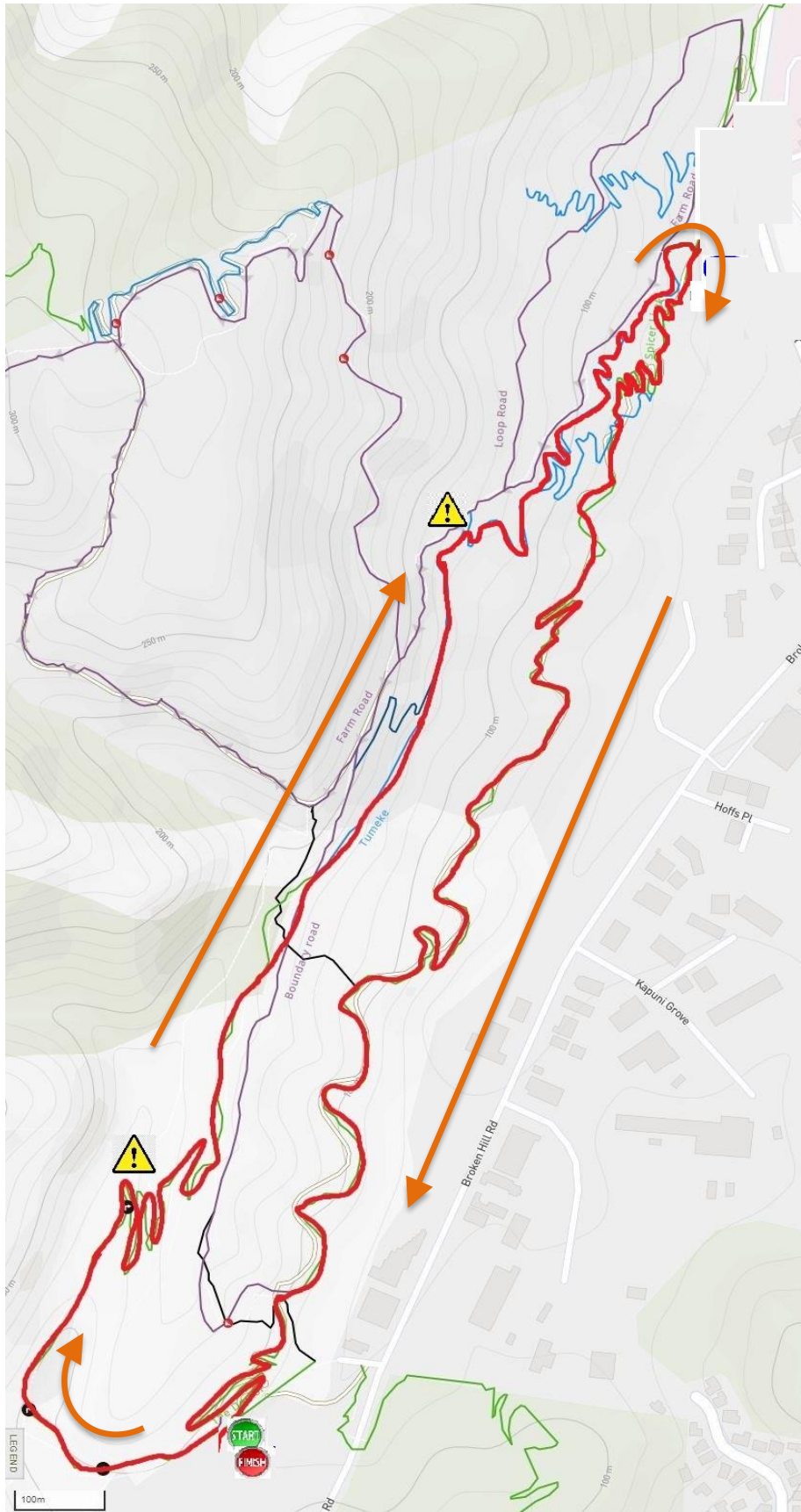
[Note: Half way along, the LONG loop will exit up a 4WD. Stay on Spicer Link]



Exit Spicer Link into the Botanical Park. Ride onto the grass and through the **FINISH line**.

If completing a Short Loop, you have finished the race.

Rangituhi - SHORT Loop



Key Personnel

Key personnel responsible for safely running this event are:

Name	Position	Contact Number
Jason Brown	MTB Convenor	0274 213 617
Deb Sherwin	Registrations	021 215 4450
Robert Comeskey	Timing Systems	021 717 311

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/pnptb>

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.