

R3: Te Rangituhi, Porirua. Sun 29 Oct 2023

Note: The senior riders will ride south from the new start/finish area in the Spicer Botanical Gardens then complete multiple Ohariu/Tawa loops before returning back to the Start/Finish area at the gardens.

LONG Loop Description:



Start with a **START LOOP** within the SPICER BOTANICAL GARDENS.



Only when instructed that the way is clear by the marshal, cross Broken Hill Road and ride up **TE ARA TONGA** (1.8k). **You are required to stick to the formed path.**

At the end of this trail, pass through the gates and ride up **VICTORY LINK**. This will take you uphill on the grass past the buried watertank, through some pine forest then out onto **TURBINE ROAD**, a wide, sealed, closed road up to the saddle summit (a marshal point).

(Caution: This road is closed to the public but treat it as an open road and expect service vehicles).

OHARIU VALLEY LOOP: At the saddle summit, turn right and ride through the gravel carpark into the trees, then left into the easy downhill track: **TE ARAROA** (Spicer) (800m).

(Caution: At the end of this trail is a bike-only gateway. You may need to dismount and push through.)

Once through the bike-only gateway, turn left and head along the gravel shared driveway (100m)

(Caution: You will need to be cautious of vehicles on this section of the track)

At the end of the gravel section, turn left and ride through the gate to ride up **TURBINE ROAD** (700m) to just short of the saddle summit.

TAWA LOOP: Turn right into **KEMU O RUA HAURUA** (Trail of two Halves) and ride it to the bottom (1.5km).

Turn left into **KIWI CRES ASCENT** and ride this back up to the saddle summit (1.8km) following arrows through the grassy section at the end back to the saddle summit (marshal point)

At the saddle summit depending on your designated loops you will either:

- Continue ahead through the gravel car park to complete another **OHARIU VALLEY LOOP**.
- Turn left, ride down the road 200m then turn left into **KEMU O RUA HAURUA** to complete another **TAWA LOOP**
- Turn right and head back to the Spicer Botanical Gardens, as follows.

Ride north down **TURBINE ROAD**. At the closed tip gates, turn right into **VICTORY LINK**.

(Caution: You will need to SLOW as you leave this fast, sealed downhill section).

Ride down Victory Link veering left at the end, shortly after passing the buried watertank.

Ride through the gate back onto **TE ARA TONGA** (1.8k).

Obey the marshal when wanting to cross Broken Hill Road. You may be granted a time credit if you are held up in a tight race. (Safety and Sportsmanship are the keys here!)

Follow the signed trail to the final Finish



SHORT Loop Description:



Start with a short **START LOOP** within the SPICER BOTANICAL GARDENS.

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**, turning left for a brief climb into a right-turn into **TUMEKE**.

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

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

At the end of Spicer Link, either:



Follow the arrows to the **FINISH LINE** OR

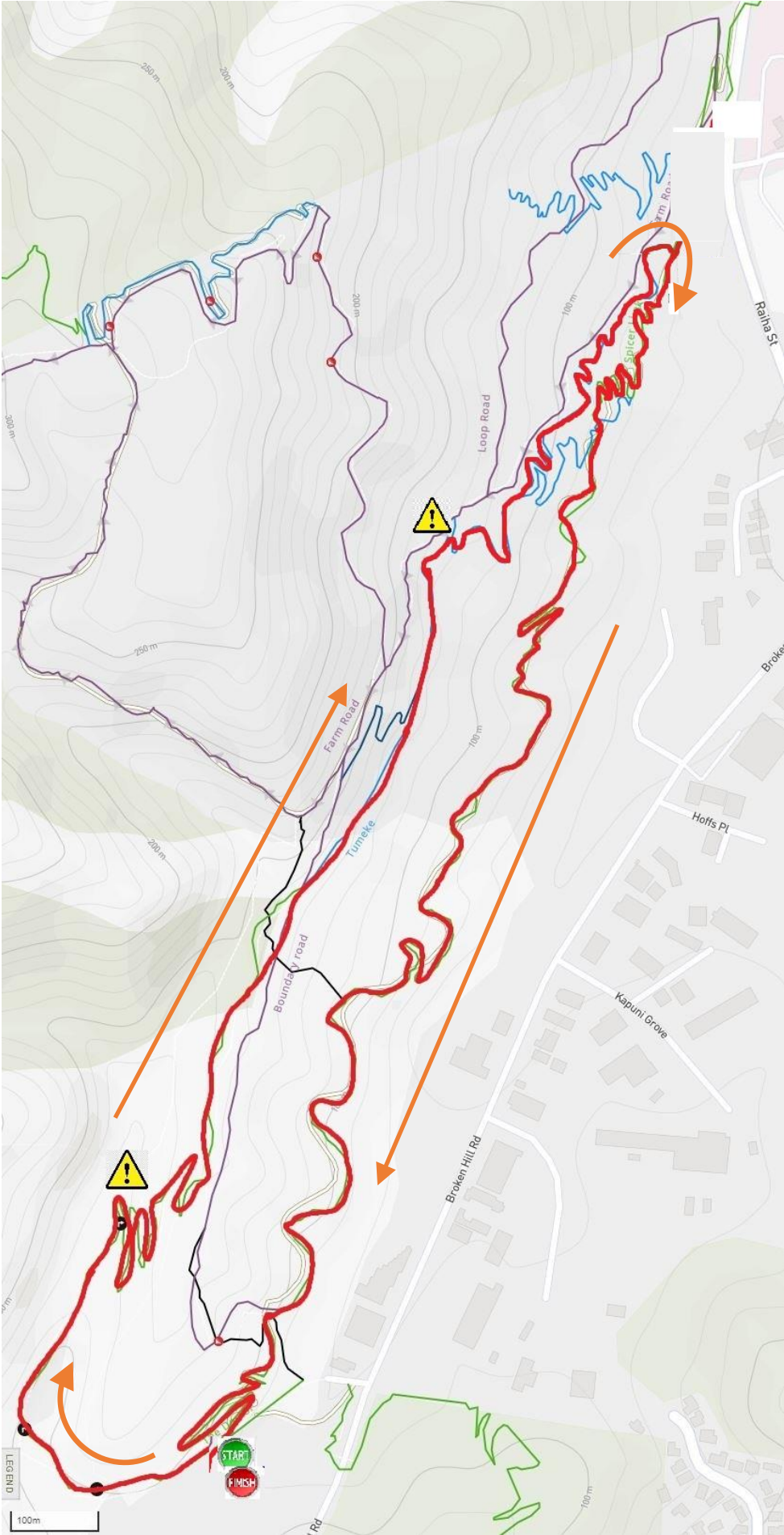


Start another loop: Turn right, cross the ford, then turn right again into **THE DOCTOR**.

Giant Wellington PNP Spring Series - Rangituhi - LONG Loop



Giant Wellington PNP Spring Series - Rangituhi - SHORT Loop



Loop Counts per Category

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

Long Loops are done from the top of the hill as combinations of O=Ohariu & T=Tawa loops.

E.g. 2.0 long = out + **Ohariu-Tawa-Ohariu-Tawa** + home (19.3 km)

Long Loops

Open Men	2 long: out- O-T-O-T -home	(19.3 km)
Open Women	2 long: out- O-T-O-T -home	(19.3 km)
Masters Men 1 (30-39)	2 long: out- O-T-O-T -home	(19.3 km)
Masters Men 2 (40-49)	2 long: out- O-T-O-T -home	(19.3 km)
Masters Men 3 (50-59)	2 long: out- O-T-O-T -home	(19.3 km)
Masters Men 4 (60+)	2 long: out- O-T-O-T -home	(19.3 km)
Masters Women	1.5 long: out- O-T-O -home	(16.1 km)
U19 Men	2 long: out- O-T-O-T -home	(19.3 km)
U19 Women	1.5 long: out- O-T-O -home	(16.1 km)
U17 Men	1.5 long: out- O-T-O -home	(16.1 km)
U17 Women	1.5 long: out- O-T-O -home	(16.1 km)
E-bike Social	2 long: out- O-T-O-T -home	(19.3 km)
Social Men (Any age)	1.0 long: out- O-T -home	(12.9 km)
Social Women (Any age)	1.0 long: out- O-T -home	(12.9 km)

Short Loops

U15 Boys	2 short loops (11.0 km)
U15 Girls	2 short loops (11.0 km)
U13 Boys	2 short loops (11.0 km)
U13 Girls	2 short loops (11.0 km)
U11 Boys	1 short loop (5.5 km)
U11 Girls	1 short loop (5.5 km)

Child (beginners 3-9 years) There will be a 10-15min race for our youngest riders around the base area starting about 1:30pm, prior to the prizegiving. We will be looking for parents and some finished (fast) riders to help set this up. Please support our young riders.

Key Personnel

Key personnel responsible for safely running this event are:

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

Traffic/Parking Management

A TMP (Traffic Management Plan) is being developed by Marco Renalli (STMS qualified) for the road crossing within the gate to the PCC Refuse on Broken Hill Road.

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/pnppmtb>

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.

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:

- The road crossing within the Refuse site on Broken Hill Road. This is to be managed with a separate TMP (Traffic Management Plan)
- The possibility of Horses in the area on horse trails at the head of Ohariu Vally Rd. Managed with on-site early warning signage (2+ weeks in advance) as well as contact via the Ohariu Valley horse-riding group (Facebook)
- Conflict with walkers and casual riders. Managed with on-site early warning signage (2+ weeks in advance) 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.

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.

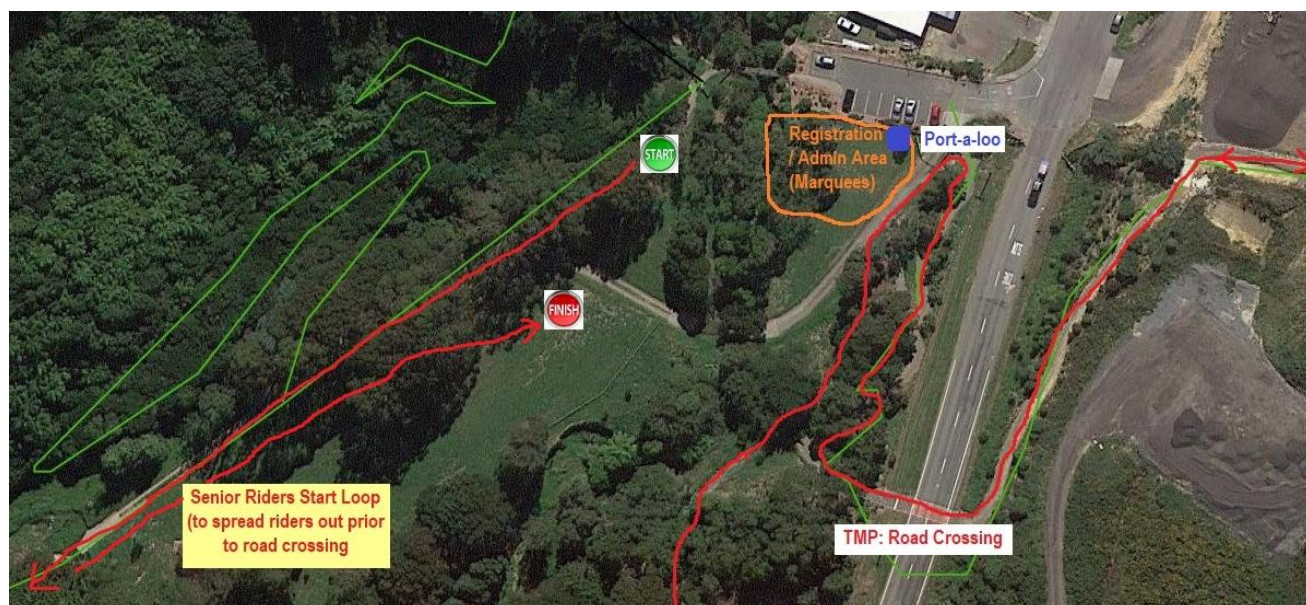
Stoppage: In the event of emergency where racing has been stopped, riders will be advised by marshals to return to the Event Base via the most direct safe route.

Evacuation: If the Event Base area needs to be evacuated e.g. due to a fire in 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.

The Start/Finish loop will be ridden in reverse at the finish; however the Finish location will be in a slightly different location on the grass (to allow for safer stopping).



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.