

R1: Waiu Trail Park, Wainuiomata. Sun 4 Sept 2022.

Event Updates: See website pnp.org.nz/mtb or follow <http://www.facebook.com/pnpmatb>

Ride 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.

The **U11 & U13** groups (only) will have a delayed start and take two shortcuts to skip the 'extensions' into Beeline/Directa then 2nd Star/Nga Tuna.

Long Loop Description



Start at Waiu Hub with a clockwise loop on the grass then left into **JUNGLE GYM** - uphill

Turn right at the 5-way intersection into lower **BEELINE** and ride downhill to the end

Turn left into **WETLANDS LOOP** on the western side (clockwise direction)

Turn left into **DIRECTA**, heading uphill

Turn right at the 5-way intersection into **JUNGLE GYM** (upper) and ride uphill to the end.



At the top, continue onto the **4WD: ECNZ Connector Rd** and turn right (uphill).

(Note: this is where the **SHORT** loop splits off. It goes into **Labyrinth**)

Stay on 4WD: ECNZ Connector Rd and continue uphill to the pylon at **SPOONHILL HUB**.

Turn right at the pylon into Spoonhill Hub, then turn right again into **LABYRINTH RETURN**.



Continue down Labyrinth Return, turning left at the join into **SNAIL TRAIL**

(Note: the **SHORT** loop re-joins at this point)

Continue down, and at the end of Snail Trail turn sharp left into **WETLAND LOOP** (clockwise direction)

Turn left (uphill) into **SECOND STAR**

(Note: Do **NOT** take the **U11s/U13s** shortcut)

At the top, veer right into **NGA TUNA** (downhill)

At the bottom turn sharp left into **WETLAND LOOP** again

Turn left at the 'T' intersection to return to the park base.

(Caution: The **U11s/U13s** re-join the main track at this 'T' intersection)



Continue out onto the park base and around the park to complete the lap.

Short Loop Description



Start at Waiu Hub with a clockwise loop on the grass then left into **JUNGLE GYM** - uphill.



Turn right at the 5-way intersection into lower **BEELINE** and ride downhill to the end
(**Except: U11s/U13s who short-cut straight ahead up Jungle Gym**)

Turn left into **WETLANDS LOOP** on the western side (clockwise direction)

Turn left into **DIRECTA**, heading uphill

Turn left at the 5-way intersection into **JUNGLE GYM** (upper) and ride uphill to the end.



At the top of Jungle Gym, turn right into **LABYRINTH**.

(Note: At this point the **LONG** loop splits off)

After 100m turn right (downhill) into **SNAIL TRAIL** and continue down to the end.

(Note: the Long Loop re-joins half way down Snail Trail)

At the end of Snail Trail turn sharp left into **WETLAND LOOP** (clockwise direction)



Turn left (uphill) into **SECOND STAR**

(**Except: U11s/U13s who short-cut straight ahead**)

At the top, veer right into **NGA TUNA** (downhill)

At the bottom turn sharp left into **WETLAND LOOP** again

Turn left at the 'T' intersection to return to the park base.

(Caution: The U11s re-join the main track at this 'T' intersection)



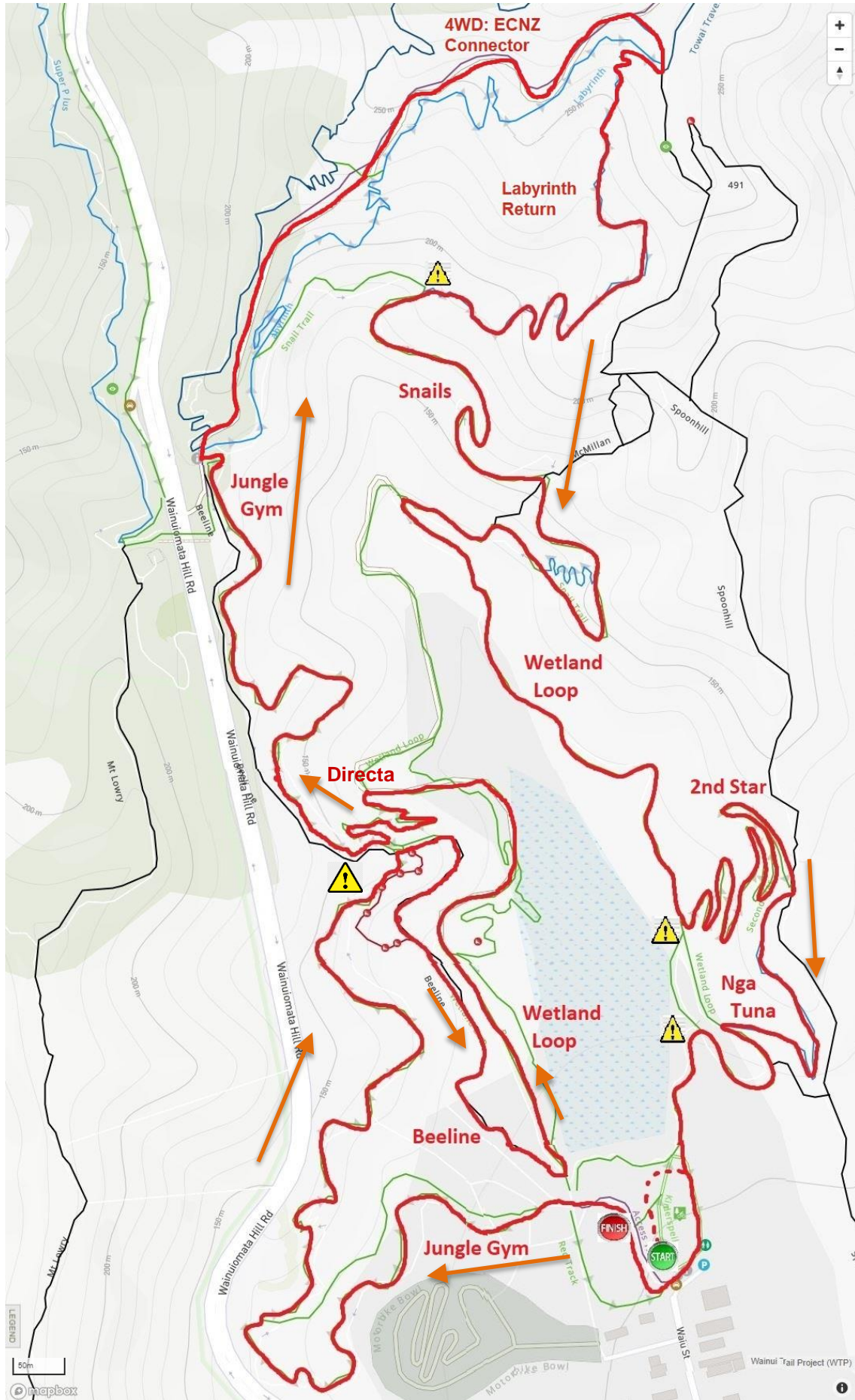
Continue out onto the park base and around the park to complete the lap.

Loop Counts (Note: Age is as you will be on 31 Dec 2022).

Open Men	2 long loops, 1 short loop (22.9 km)
Open Women	2 long loops, 1 short loop (22.9 km)
Masters Men 1 (30-39 years)	2 long loops, 1 short loop (22.9 km)
Masters Men 2 (40-49)	2 long loops, 1 short loop (22.9 km)
Masters Men 3 (50-59)	2 long loops, 1 short loop (22.9 km)
Masters Men 4 (60+)	2 long loops, 1 short loop (22.9 km)
Masters Women (40+)	2 long loops (16.2 km)
Social Men (Open age group)	2 short loops (13.4 km)
Social Women (Open age group)	2 short loops (13.4 km)
eBike Social (Open age group)	3 short loops (20.1 km)
U19 Men	3 short loops (20.1 km)
U19 Women	3 short loops (20.1 km)
U17 Men	3 short loops (20.1 km)
U17 Women	2 short loops (13.4 km)
U15 Boys	2 short loops (13.4 km)
U15 Girls	2 short loops (13.4 km)
U13 Boys	2 extra-short loops (9.0 km)
U13 Girls	2 extra-short loops (9.0 km)
U11 Boys	1 extra-short loop (4.5 km)
U11 Girls	1 extra-short loop (4.5 km)

Child (beginners 3-9 years) We are looking to organise a short 10-15 min circuit race for the youngest riders around the park base around 11:30pm. We will be looking for parents and some finished (fast) riders to help set this up.

Giant Wellington PNP Spring Series - Waiu Trail Park - LONG Loop



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

Parking within the grassed park 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 Waiu Trail Park Carpark on the southern side (right hand side as entering) only and Waiu Street, where ample parking is available on a Sunday.

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.

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 U11/13 at Beeline hub; Long/Short merge on Snails; Narrow bridge on Wetland Loop.

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.

Covid-19: This event is expected to be run at the Orange setting. At this setting all riders are strongly encouraged to maintain social distancing and sanitisation, but this is not an event requirement. Hand sanitiser and masks will be available for riders.

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 shelter. The evacuation point will be the western side of the grassy area, when the finish line is situated. If more distance is required, the evacuation point will be the Parkway Family Playground on Parkway Rd (turn left when exiting Waiu Rd)