



v1 8 Feb 2023

PNP MTB Champs and College Sport Wellington MTB Champs Waiu Trail Park, Wainuiomata. Sun 19 March 2023.

Event Notes

Riders will need to be PNP Club Members to be eligible for a PNP Club Championship Medal, and enter OPEN grade (unless in College). PNP Membership is [completed online](#) by purchasing a 2023 CNZ (MTB) license and nominating Port Nicholson Ponoke Cycling Club as your club. The club membership fee is \$40 for Under 19 and \$60 for adults. Wellington region college students will be eligible for a College Sport Wellington Champion Gold medal in the age group races: U19, U17, U15.

The MTB Championship is a points event determined across three events: An XCO race, one Enduro stage and a Criterium 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.

Timetable

10am Sat 18 March: Online Entries Close (No on the day entries)

Sun 19 March:

8:00 - 8:45am: Event sign-in
9:00am: XCO race briefing
9:10am: XCO trail races start in waves
10:30am: Enduro-only sign-in
10:40am U11/U13's Enduro race briefing then departure
11:10am: Main Enduro race briefing then departure
11:15am: U11/U13 - Enduro race starts
11:40am: Main Enduro Race starts
12:30pm: Enduro ended
1:00pm: Criterium Race 1
1:20pm: Criterium Race 2
1:40pm: Criterium Race 3
2:00pm: Prizegiving
2:30pm: Clean-up & Finish

Event 1: XCO Race

The XCO race will be run in the same way as the PNP MTB Spring series with riders completing a combination of long and short loops, as listed below. The **U11 and U13 grades** will also be allowed two 'shortcuts' on the short loop.

Loop Counts (Note: Age is as you will be on 31 Dec 2023).

Open Men	2 long loops (16.2 km)
Open Women	2 long loops (16.2 km)
Masters Men 1 (30-39 years)	2 long loops (16.2 km)
Masters Men 2 (40-49)	2 long loops (16.2 km)
Masters Men 3 (50-59)	2 long loops (16.2 km)
Masters Men 4 (60+)	2 long loops (16.2 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)
U19 Men	2 long loops (16.2 km)
U19 Women	2 long loops (16.2 km)
U17 Men	2 long loops (16.2 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)

XCO Long Loop Description



Start at Waiu Hub with a loop on the grass then 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, exit onto the 4WD then turn right and continue up the 4WD for 850m
(Note: this is where the SHORT loop splits off)

Turn right into spoonhill hub (There will be tape across the road).



Turn right, into LABYRINTH RETURN, downhill, until you join onto 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 U11-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 U11-U13s re-join the main track at this 'T' intersection)



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

XCO Short Loop Description



Start at Waiu Hub with a loop on the grass then 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 of Jungle Gym, turn right into LABYRINTH and ride for 100m to an intersection.
(Note: At this point the LONG loop splits off)

Take the right fork into SNAIL TRAIL and continue down to the end
(Note: the Long Loop re-joins half way down Snails)

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



Turn left (uphill) into SECOND STAR
(Except: U11-U13s who short-cut straight ahead)

At the top, veer right down NGA TUNA (downhill)

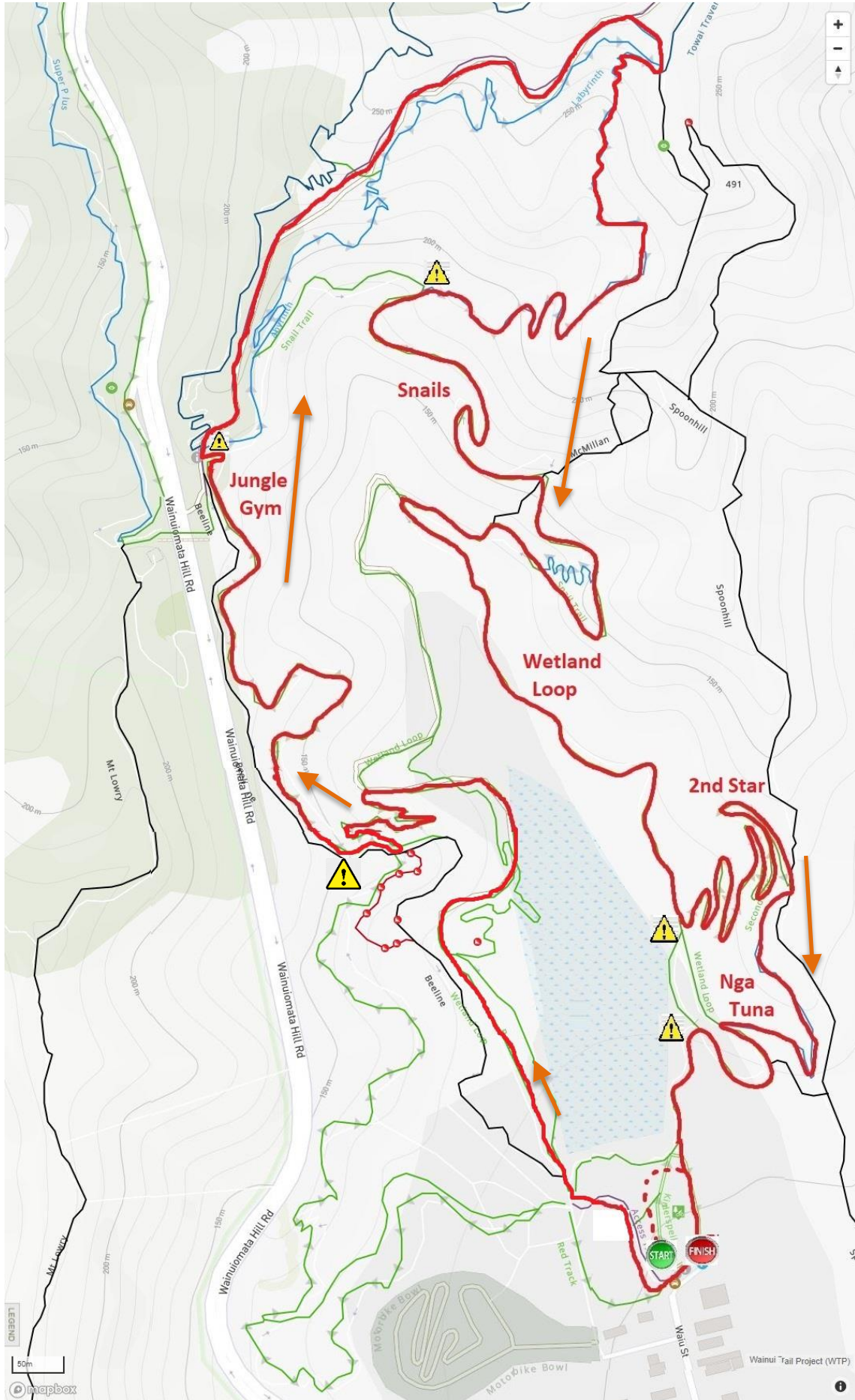
At the bottom turn sharp left into WETLAND LOOP again

Turn left at the 'T' intersection to return to the park base.
(Caution: The U11-U13s re-join the main track at this 'T' intersection)

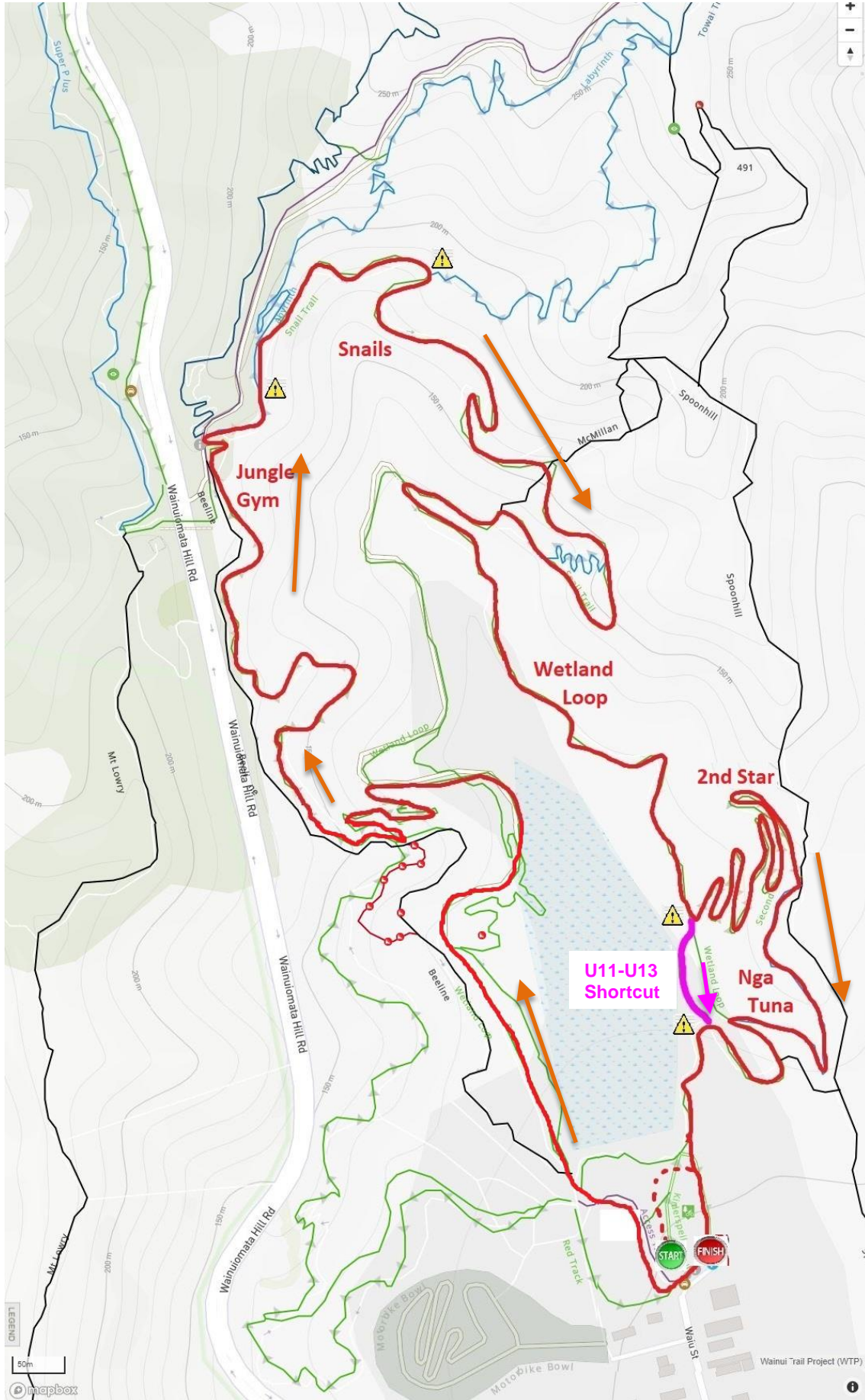


Continue out onto the park base and around the park to complete the lap.

XCO Long Loop Map



XCO Short Loop Map



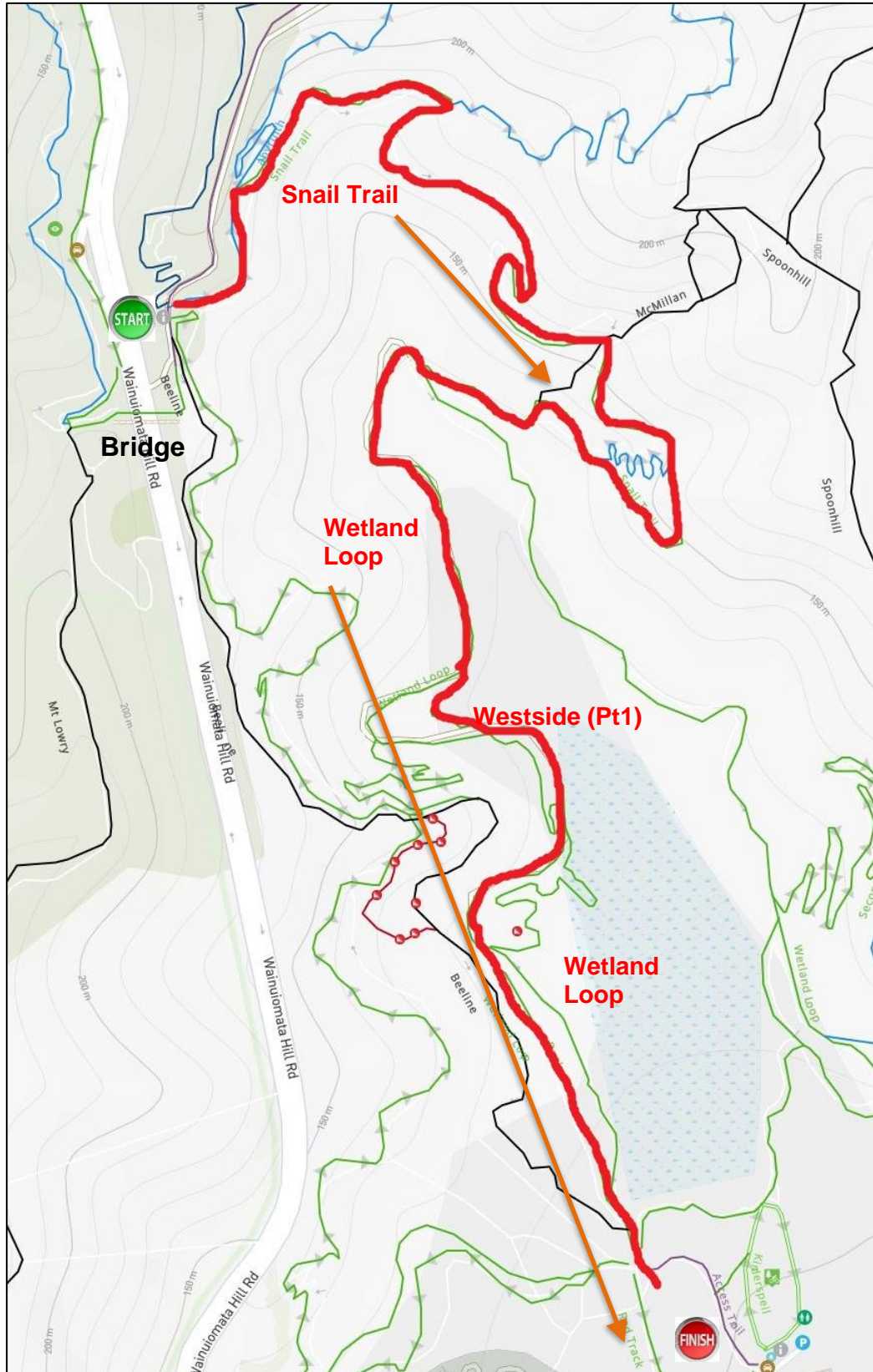
Event 2: Enduro Stage

U11 and U13 grades only will start near the bridge and will race down:

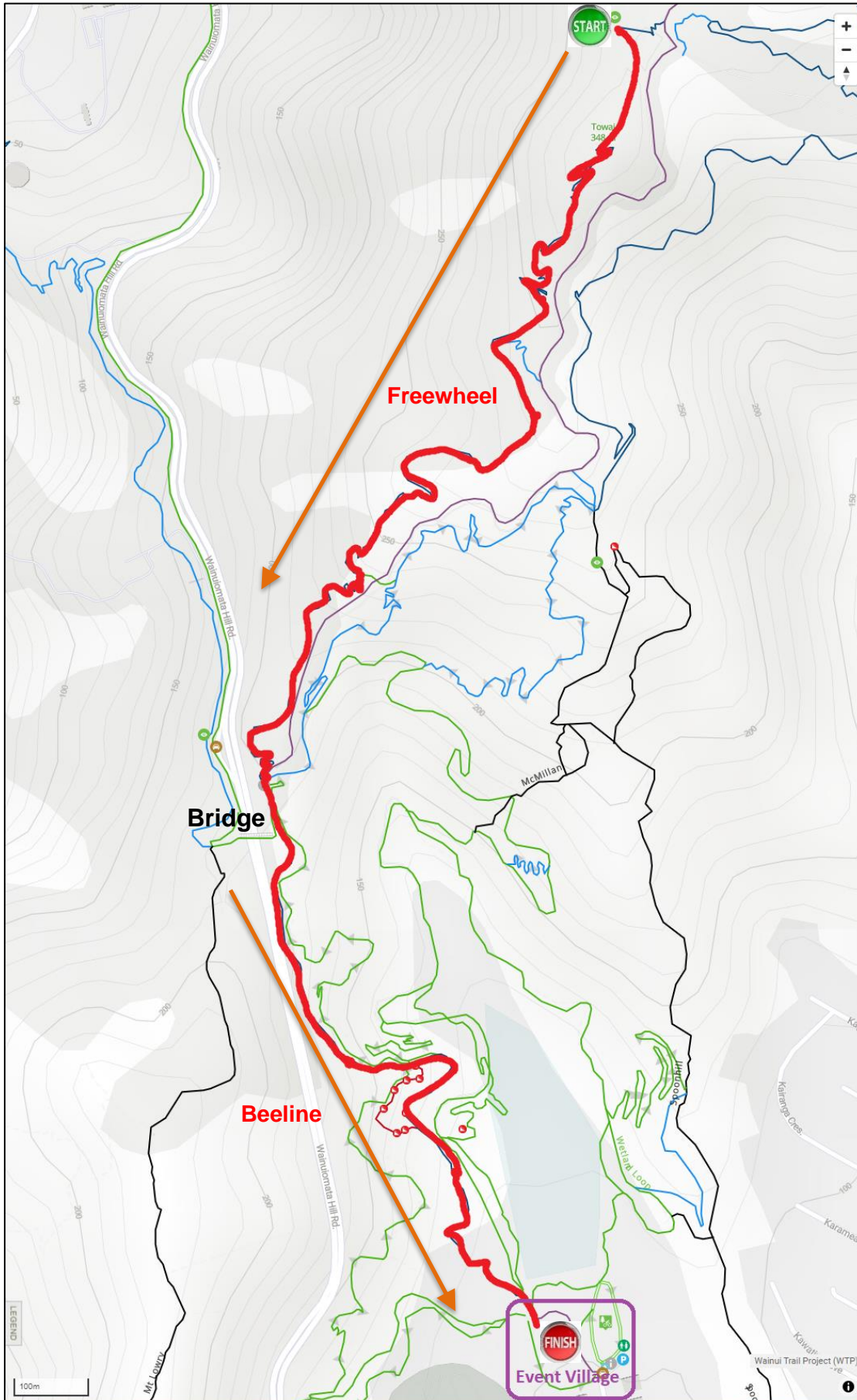
Labyrinth (100m) and Snail Trail.

Wetland loop (straight/right), taking the first and third sections of WestSide

Turn right into Banker to ride to the Finish at the park.



All other grades will start at the trig station near the start of Freewheel and will race down Freewheel and Beeline finish at the park near the start of Red Track.



Event 3: Criterium

With the Criterium event, points are awarded for placings with no respect to time differences. There will be 3-4 short Criterium races for different ages groups, run sequentially over the same course.

Format: Each Criterium race will be for an initial 15 mins, then the bell will be rung for riders to complete a final round.

Course: There will be a small start loop on the grass in the park prior to riding into the main loop:
Wetland Loop: (West: Heading toward Directa)
Right, into Banker
Left, into the Wetland Loop 'Swamp' section
Right into the grass area, then around to the Finish line near the start of Red Track.

