



# 2019 Road Events Calendar

Welcome to the ASCC 2019 Road Events Calendar. This calendar outlines the events that your club intends to run throughout 2019 and provides details on rider requirements, racing regulations, lists Race Directors/Commissaires for each event and details of the points system for each race series.

## 1. Race Directors, Commissaires and Volunteers.

ASCC is a not for profit association that is totally reliant on volunteers to conduct events, which means we need all riders and supports to contribute to events throughout the year. All riders from 2018 are expected to assist by directing or assisting with at least one race. Each event has a Race Director who is responsible for organising the event and for races there is also a Commissaire who oversees race regulations and safety. Race Directors/Commissaires will be awarded 5 points for events that they act as Race Director or Head Commissaire, and do not ride/race.

Nominated Race Directors take responsibility for organising the event including finding additional support for marshalling, timekeeping and course-setting. If nominated for a race and you are unable to complete your duties you are asked to organise a suitable person to take on your listed role. Please contact the ASCC Road Race sub-committee to inform them of any change or issues, Max Yffer 0408780361 or Laurie Berryman 0409855282.

## 2. Race Equipment

The Race Director is responsible for organising the race equipment prior to the event and returning everything after the event. The race box and equipment are kept in the locked storeroom (roller door) at the Clubrooms. The Race Directors key will be passed on by the Race Director from the previous race (could also pass on race equipment). If you do not hear from the previous Race Director by at least 2 days prior, give them a call. For information or to resolve issues contact Road Race sub-committee members Max Yffer 0408780361 or Laurie Berryman 0409855282.

## 3. Riders

All riders are required to have a current Cycling Australia membership or are to take out a day membership prior to the race:

- Ride+ or Race membership for Gran Fondos, Time Trials, Cyclocross and MTB/road joint social events
- Race membership is required for all other events – track racing, criteriums, grade races, King of the Hills and handicaps.
- RIDE memberships are required to participate in a social ride conducted in conjunction with race events.
- Go to <http://membership.cycling.org.au> to obtain your membership

Membership cards are to be presented at sign-on at all races. Riders who do not present evidence of a valid membership will not be allowed to race.

All equipment, bikes, helmets etc must meet CA regulations and requirements. The Commissaire may carry out inspections at any of the races.

For most events riders are required to wear race numbers which will be provided at sign on.

## 4. Race Fees

There may be race fees charged for some events. This will be published prior via the Alice Springs Cycling Club website and FB page.

## 5. Points Series

There are points awarded (based on finishing place) to riders for each race that contribute towards each of the following series, Crit Series, TT Series & Road Race Series. Points from all of these Series contribute toward the Overall Road Race Series.

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CODE	DATE	TIME	POINTS	DESCRIPTION	DIRECTOR/COMMISSAIRE
R1	Sun 3 <sup>rd</sup> Feb	6.45am for 7 start	Crit Series	<b>Criterion #1</b> Alice Springs Telegraph Station Carpark Juniors U13 15 mins + 1 lap; C Grade 20mins + 1 lap A & B Grade 20 mins + 1 lap	Director: Ben Kaethner Commissaire: L Berryman
R2	Sun 10 <sup>th</sup> Feb	6.45am for 7 start	Crit Series	<b>Criterion #2</b> Alice Springs Telegraph Station Carpark Juniors U13 15 mins + 1 lap; C Grade 20mins + 1 lap A & B Grade 20 mins + 1 lap	Director: Darren Hill Commissaire: Adrian Basso
R3	Sun 17 <sup>th</sup> Feb	6.45am for 7 start	Crit Series	<b>Criterion #3</b> ASCC Clubrooms Cameron St Juniors U13 15 mins + 1 lap; C Grade 20 mins + 1 lap B Grade 25 mins + 1 lap: A Grade 30 mins + 1lap	Director: Richard Farrell Commissaire: Cherry Basso
	Sun 23 <sup>rd</sup> Feb	Feb		CARR 12 hr	
R4	Sun 3 <sup>rd</sup> March	6.45am for 7 start	Crit Series & Road Points Series	<b>Criterion #4</b> ASCC Clubrooms Cameron St Juniors U13 15 mins + 1 lap; C Grade 20 mins + 1 lap B Grade 25 mins + 1 lap: A Grade 30 mins + 1lap	Director: Holly Greenwood Commissaire: Andrea Martin
R5	Wed 6 <sup>th</sup> March	Gun goes at 6.30pm	Autumn CX Series		Race Directors: Laurie Berryman and Adrian Basso
R6	Wed 13 <sup>th</sup> March	Gun goes at 6.30pm	Autumn CX Series		TBA
R7	Sun 17 <sup>th</sup> March	5.00pm for 5.15 start	TT Series	<b>Short Course Individual Time Trial #1</b> - 10km Juniors and Seniors Darken Drive. Sign on at Information Station Simpsons Gap. Start/Finish just north of carpark, 5km in and return.	Director: Anne-M Typuszak Commissaire: Cherry Basso
R8	Wed 20 <sup>th</sup> March	Gun goes at 6.30pm	Autumn CX Series		TBA
R9	Sun 24 <sup>th</sup> March	5.00pm for 5.15 start	TT Series	<b>Short Course Individual Time Trial #2</b> - 10km Juniors and Seniors Darken Drive. From the Information Station towards Simpsons Gap 5km return. Start/Finish at road sign just north of carpark. Turn point at 'cyclist' sign 150m north of end of bike path.	Director: Clive Hickey Commissaire: Dave Thornton
R10	Wed 27 <sup>th</sup> March	Gun goes at 6.30pm	Autumn CX Series		TBA
R11	Sun 31 <sup>st</sup> March	8.00am for 8.15 start	TT Series	<b>Long Course Individual Time Trial #3</b> - Santa Teresa Rd Start/Finish 1.4km SE of airport roundabout. Seniors 20km, U17/U15 10km, U13/U11 4km	Director: Gary Renkin Commissaire: Max Yffer

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R12	Sun 7 <sup>th</sup> April			<b>Barrett Drive Cyclocross</b>	
S1	Sat 13 <sup>th</sup> April	7.30am for 8 start	GF Series	<b>Stuarts Well Gran Fondo</b> Meet at Framptons Real Estate. Ride neutral to jail. Option to start at jail. Finish at Stuarts Well for lunch BBQ	Director: Ben Bruce Commissaire: Ben Gardener
	19 <sup>th</sup> – 22 <sup>nd</sup> April			CARR Easter in the Alice	
R13	Thurs 25 <sup>th</sup> April	2pm for 2.15 start		<b>2UPTT</b> Teams of two are selected by the toss of the kip. A two-person TTT, Flynn's Grave, out & back 7km total. Everyone then rides a short uphill ITT (Anzac Hill). The winning pair has the lowest sum of the three times. Coffee and ANZACs to follow.	Race Director: Steve Yates Commissaire: L Berryman
R14	Sat 27 <sup>th</sup> April	2pm for 2.15 start	Road Points Series	<b>Individual Handicap 27km</b> Meet at Flynn's Grave, Ilparpa Loop, finish at Big Gum Tree. Riders will be handicapped based on recent performances.	Race Director: Max Yffer Commissaire: Cherry Basso
S2	Sat 4 <sup>th</sup> May – Mon 5 <sup>th</sup> May	7.00am for 7.30 start		<b>West Macs Cruise</b> Day 1 Alice Springs to Ormiston Gorge, Day 2 Ormiston Gorge to Hermannsburg, Day 3 Hermannsburg to Alice Springs velodrome. A great WE of cruising, socialising and sightseeing.	Race Director: Andrea Martin
	5 <sup>th</sup> -6 <sup>th</sup> May			Top End Tour <a href="https://dcc.tidyhq.com/public/schedule/events/22518-2019-blue-cycles-top-end-tour">https://dcc.tidyhq.com/public/schedule/events/22518-2019-blue-cycles-top-end-tour</a>	
R15	Sat 18 <sup>th</sup> May	2.00pm for 2.15 start		<b>Graded Team Handicap - Ilparpa Loop</b> Start Flynn's Grave, Finish Len Kittle Drive (big gum tree) A Grade v B v C Grade. Riders in usual grades with handicaps applied to grade group. Places awarded to the grade judged by the last rider of the grade over the line. All riders must finish except in the case of a genuine mechanical failure.	Race Director: Nicola Jelinek Commissaire: David Thornton
R16	Sat 1 <sup>st</sup> June	2.00pm for 2.15 start	Road Points Series	<b>Standley Chasm Individual Handicap 36km</b> Start/Finish at parking area on access road. Ride south to turning point short of Larapinta Dve. Two laps for everyone. Riders handicapped based on recent performances.	Race Director: Mark Brittle Commissaire: David Thornton
R17	Sat 15 <sup>th</sup> June	2.00pm for 2.15 start		<b>Mixed Grade Team Time Trial – Ilparpa Loop.</b> Start Flynn's Grv, Finish Len Kittle Drv (big gum tree) Teams of 3, 1 rider from each grade (A, B & C). Time is taken when last rider	Race Director: Kieran McKinley Commissaire: Cherry Basso

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				crosses the line	
S3	Sat 22 <sup>nd</sup> June	2.00pm for 2.15 start		<b>Two Tribes</b> - joint ASCC & CARR event. Telegraph Station. People can compete either individually or in teams. Road riders ride 36km to High Point Marker and return, then tag MTB partner who rides course as marked. BBQ to follow at Telegraph Station. Meat supplied, please bring a salad. Prize for best salad.	Race Director: L Berryman
R18	Sun 7 <sup>th</sup> July	8.00am for 8.15 start	TT Series & Road Points Series	<b>Long Course Individual Time Trial #4</b> - Juniors & Seniors Santa Teresa Rd Start/Finish opposite big steel model aeroplane 1.4km SE of airport roundabout. Seniors 20km, U17/U15 10km, U13/U11 4km	Race Director: Mike Heyburn Commissaire: Mandy Hargraves
R19	Sat 13 <sup>th</sup> July	2.00pm for 2.15 start	Road Points Series	<b>Graded Road Race</b> - Flynn's Grave 10km out & 10km back - number of laps depends on grade A Grade 80km, B Grade 60km, C Grade/U17 40km	Director: Nick Barnes Commissaire: Stuart McDonell
	Sat 20 <sup>th</sup> July – Sun 21 <sup>st</sup> July	8.00am sign on		<b>Barkly Challenge</b> Race against teams from Mt Isa and Darwin. Event consists of Prologue & Graded Road Race Saturday. Graded Criterium Sun morning. Social riding too. Lunch & presentations to follow.	Director: Stuart McDonell Commissaires: Mandy Hargreaves & Ben Gardner
	Sat 3 <sup>rd</sup> August			Mt Isa Border Ride Mt Isa – Qld/NT border, Camp overnight at Camooweal	
S4	Sat 10 <sup>th</sup> August		GF Series	<b>Glen Helen Gran Fondo</b> 27km/hr depart Flynn's Grave 7.30am, 32km/hr depart Flynn's Grave 8.30am, Also Hugh River departure 9am. Lunch at Glen Helen.	Director: Brenda Bruce Assistant Director: ??
R20	Sun 11 <sup>th</sup> August	8.00am for 8.15 start	Road Points Ser	<b>Graded Road Race</b> - Glen Helen to Tylers Pass A Grade, B Grade, C Grade 45km, U13 21km	Director: TBA Commissaire: TBA
	Sun 18 <sup>th</sup>	August		Top End Gran Fondo	
	22 <sup>nd</sup> –25 <sup>th</sup>	August		The Redback (MTB)	
S5	Sat 7 <sup>th</sup> Sept	8.00am for 8.30 start	GF Series	<b>Ross River Gran Fondo</b> 27km/hr depart Star of Alice 8.30am, 32km/hr depart Star of Alice 9am. Lunch at Ross River.	Director: Ben Kaethner Assistant Director: ??
R21	Sat 21 <sup>st</sup> Sept	2.00pm for 2.15 start	Road Points Series	<b>Airport Handicap</b> approx. 50km Start/Finish Santa Teresa Rd, 1.4km SE of airport roundabout. Head SE along Santa Teresa Rd, turnaround at end of bitumen, continue past start/finish & turn left into Maryvale Rd,	Director: James London Commissaire: Max Yffer

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				turnaround at end of bitumen & return to start/finish line. Riders handicapped based on recent performances.	
R22	Sat 28 <sup>th</sup> Sept	8.00am for 8.15 start	Road Points Series	<b>Club Championship Road Race</b> - Standley Chasm A Grade - 72km (4 laps) B Grade - 54km (3 laps) C Grade/U17 - 36 km (2 laps) U15 - 18km (1 lap) U13 - 12km (turnpoint set at 6km) Start/Finish line at carpark prior to entrance. Ride south to turn point @ 9km just short of Larapinta Dve.	Director: Emma Shearer Commissaire: Ben Gardner
R23	Sun 29 <sup>th</sup> Sept	7.45am for 8.00 start	TT Series & Road Points Series	<b>Club Championship Time Trial #6</b> - Juniors & Seniors Santa Teresa Rd Start/Finish opposite big steel model aeroplane 1.4km SE of airport roundabout. Seniors 20km, U17/U15 10km, U13/U11 4km	Director: Mike Heyburn Commissaire: Sam Typuszak
R24	Sun 6 <sup>th</sup> Oct	10.00am for 10.30 start	Road Points Series	<b>King of the Hills</b> Sponsored by Grant & Jan Heaslip, Bond Springs Station Sign on at Clubrooms, Cameron St. Race start cnr Dalgety Rd/Stuart Hwy, Race finish High Point Marker. Alexis Rhodes female sprint Geoff Moss Bridge, Tony Muscat male sprint James Orr Bridge. Lunch to follow.	Director: Brenda Bruce Commissaire: Laurie Berryman
R25	Wed 16 <sup>th</sup> Oct	Gun goes at 6.30pm	Spring CX Series		
R26	Wed 23 <sup>rd</sup> Oct	Gun goes at 6.30pm	Spring CX Series		
R27	Wed 30 <sup>th</sup> Oct	Gun goes at 6.30pm	Spring CX Series		
R28	Wed 6 <sup>th</sup> Nov	Gun goes at 6.30pm	Spring CX Series		
R29	Wed 13 <sup>th</sup> Nov	Gun goes at 6.30pm	Spring CX Series		

### Criterion Series (4 Races)

- R1. Telegraph Station
- R2. Telegraph Station
- R3. Cameron St
- R4. Cameron St

All riders will be graded into A, B, and C grades. Juniors U13 will race separately. Riders will nominate their grade. Riders are strongly encouraged to nominate for the grade most appropriate to their ability. Adjustments of grades may be made by the Race Director/Commissaire as appropriate.

Crit Series points are not transferable between grades.

The final lap will commence when the leading rider crosses the line following the completion of the race time.

Lapped riders will finish in order behind the lead rider but have their position adjusted in accordance with their lap deficit.

Lapped riders may be pulled from the race at the Race Director's / Commissaire's discretion.

Lapped riders are not to influence the outcome of the race.

Riders may miss a lap and rejoin the race following a mechanical failure.

Crit Series grade winners shall be based on accumulated points.

Points are awarded for starting, finishing and for the first 3 places as per the table above.

All Crit Series Points contribute to the Overall Road Series Points.

Place	Points
1st	8
2nd	6
3rd	4
4th	3
5th	3
6th	3
7 <sup>th</sup> etc	3
DNF	1

#### POINTS

All riders are to direct one race in the season. Race Directors/Commissaires will be awarded 5 points, if they don't race. Race Directors/Commissaires can delegate responsibilities to a suitable experienced person and still race.

**Grade Races (3 Races)**

**R19.** Flynn's Grave Graded Road Race

**R20.** Glen Helen – Tylers Pass

**R22.** Club Road Race Championship (Standley Chasm )

All riders will be graded into A, B, C and Social grades.

Riders will nominate their grade. Riders are strongly encouraged to nominate for the grade most appropriate to their ability.

Adjustments of grades may be made by the Race Director/handicapper as appropriate.

Grade Races Series Points are not transferable between grades.

Points from any grade contribute to the Overall Road Series Points.

A and B grades may be started together where the race distance is equal and either grade has less than 5 riders or if there are insufficient numbers to race separately. All grades that start together may race together.

Grades that start separately must race separately. For example if A & B grade start separately then A and B grade riders may not draft each other.

Social riders may be started with C Grade.

No times, places or competition points will be awarded for social riders.

Grade Race Series winners shall be based on accumulated points.

The Club Road Race Grade Championship is determined from the grade results from the one race.

Grade Race points count towards the Overall Road Series Points.

**POINTS**

Place	Points
1st	10
2nd	8

3rd	6
4th	5
5th	5
6th	5
7 <sup>th</sup> etc	5
DNF	2

Points are awarded for starting, finishing and for the first 3 places as per the table above

All riders are to direct one race in the season. Race Directors/Commissaires will be awarded 5 points, if they don't race.

Race directors/Commissaires can delegate responsibilities to a suitable experienced person and still race.

**Gran Fondos (3 events)**

**S1.** Stuart's Well Gran Fondo

**S4.** Glen Helen Gran Fondo

**S5.** Ross River Gran Fondo

Some Gran Fondos may commence with a neutral section. This is to be determined and communicated to the riders on the day by the Race

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Director. Junior riders shall only ride where the distance is less than the maximum allowed.

**R24. King of the Hills**

King of the Hills is an ungraded race.

12 points are awarded for first place reducing by 1 point per placing.

12 points are awarded for first place regardless of the number of entrants

Finishers beyond 10<sup>th</sup> place receive 3 points.

Starters who do not finish receive one point.

King of the Hills Points contribute to the Overall Road Series Points.

4 <sup>th</sup>	9
5 <sup>th</sup>	8
6 <sup>th</sup>	7
7 <sup>th</sup>	6
8 <sup>th</sup>	5
9 <sup>th</sup>	4
10 <sup>th</sup> & beyond	3
DNF	1

Race Directors/Commissaires will be awarded 5 points, if they don't race.

**GF POINTS CLASSIFICATION**

**Gran Fondos**

	Points
All riders	5
DNF	1

Race Directors/Commissaires will be awarded 5 point, if they don't race.

**KH POINTS GENERAL CLASSIFICATION**

**King of the Hills**

Place	Points
1 <sup>st</sup>	12
2 <sup>nd</sup>	11
3 <sup>rd</sup>	10



**HANDICAP RACES**

**R 14.** Individual handicap 27km

**R16.** Standley Chasm 36km

**R 21.** Airport Handicap, approx. 50km

Riders will be grouped and start in accordance with the allocated handicap established by the Director / Commissaire.

Points shall be awarded in two parts.

- in order of finishing
- in order of shortest lapsed time

No grade classifications apply to handicap races.

Handicap races have points awarded in accordance with the table and contributing to the Road Points Series aggregate.

**POINTS HANDICAP CLASSIFICATION**

<b>Finishing Order</b>	<b>Points</b>	<b>Shortest Lapsed Time</b>	<b>Points</b>
1 <sup>st</sup>	6	1 <sup>st</sup>	6
2 <sup>nd</sup>	5	2 <sup>nd</sup>	5
3 <sup>rd</sup>	4	3 <sup>rd</sup>	4
4 <sup>th</sup>	3	4 <sup>th</sup>	3
5 <sup>th</sup>	3	5 <sup>th</sup>	3
6 <sup>th</sup> etc	3	6 <sup>th</sup> etc	3
DNF	1		

Race Directors/Commissaires will be awarded 5 points, if they don't race.

Race Directors/Commissaires can delegate responsibilities to a suitable experienced person and still race.

### Time Trial Series

6 events make up the Time Trial Series;

- R7** 10km short course time trial Darken Drive
- R9** 10km short course time trial Darken Drive
- R11** Individual time trial 20km Santa Teresa Rd
- R18** Individual time trial 20km Santa Teresa Rd
- R23** Club Championship time trial 20km Santa Teresa Rd

The time trial series has an overall point classification and division categories tabled below. No grade classifications apply to time trials.

### TT POINTS SERIES

Time trials have points awarded on the basis of number of starters determining a General Classification and contributing to the series aggregate.

TT Series Points contribute to the Overall Road Points Series.

### TT SERIES POINTS

The time trials series has points awarded in accordance with the table determining the divisional classifications and contributing to the series divisional aggregates.

### CLUB CHAMPIONSHIP DIVISIONS.

The Club Championship has the following divisions: Male, Female and Junior (U17, U15 & U13).

### POINTS OVERALL CLASSIFICATION

Place	Points
1st	10
2nd	9
3rd	8
4th	7
5th	6
6th	5
7 <sup>th</sup> Onwards	4
DNF	1

Divisions
Male
Female
Junior Male – (Incl Under 17, 15 & 13)
Junior Female – (Under 17, 15 & 13)

Race Directors/Commissaires will be awarded 5 points, if they don't race.

Race directors/Commissaires can delegate responsibilities to a suitable experienced person and still race.

### **Cyclocross Series (2 Series)**

All races are held at the ASCC clubrooms

Mass start, with male and female, junior and seniors for each race

Juniors 15 minutes + 1 lap

Seniors 25 minutes + 1 lap

The final lap will commence when the leading rider crosses the line following the completion of the race time.

Lapped riders will finish in order behind the lead rider but have their position adjusted in accordance with their lap deficit.

Riders may miss a lap and rejoin the race following a mechanical failure.

Series grade winners shall be based on accumulated points.

Points are awarded for starting, finishing and for the first 3 places as per the table above.

Points do not count towards the Road Points Series.

Series presentation at the conclusion of the final race of each series.

### **POINTS**

Place	Points
1st	8
2nd	6
3rd	4
4th	3
5th	3
6th	3
7 <sup>th</sup> etc	3
DNF	1

Race Directors/Commissaires will be awarded 5 point, if they don't race.

Race directors/Commissaires can delegate responsibilities to a suitable experienced person and still race.

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**OVERALL ROAD SERIES POINTS**

All Series Points contribute to the Overall Road Rider of the Year.

Points from the 3 x Gran Fondos, 3 x Grade Races, 2 x Individual Handicap races, 5 x Individual Time Trials, 4 x Criteriums and King of the Hills are combined to provide an Overall Road Series Winner

The Crit, TT and Road Race Series Points contribute to the Overall Road Series

RACE TYPE	NUMBER OF RACES	MAXIMUM POINTS PER RACE	SCORING SYSTEM
Time Trials	5	10	General Classification
Criteriums	4	8	Grade Classification
Grade Races	3	10	Grade Classification
Handicap Races	3	12	Handicap Classification
Gran Fondos	3	5	General Classification
King of the Hills	1	12	General Classification

Race Directors/Commissaires will be awarded 5 points per race.

**MAXIMUM ROLL-OUT DISTANCES**

For all junior categories, male and female, the following maximum roll out distances shall apply:

Junior U19 7.930 metres\*

Junior U17 7.0 metres

Junior U15 6.0 metres

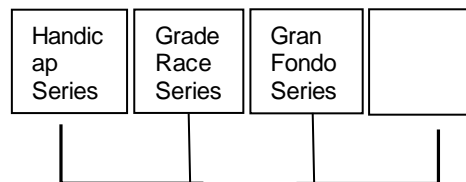
Junior U13 5.5 metres

Junior U11 5.5 metres

\*When competing in U19 only road events

Gear Roll-out limits - smallest cog on cassette						
Chain Ring	53	52	50	42	39	34
Under 19	14T	14T	14T	12T	11T	
Under 17	17T	16T	16T	14T	13T	11T
Under 15	19T	19T	18T	15T	14T	12T
Under 13	21T	20T	19T	17T	15T	13T

The Handicap, Grade, Gran Fondo Series and King of the Hills points contribute to the Road Race Series



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**Maximum Distances**

As per CA Technical Regulations June 2018

Category	Road Race	Stage Races	Time Trial
<b>MEN</b>			
Elite & Under 23	250km	180km	50km
Junior Under 19	140km	120km	25km
Junior Under 17	70km	50km	15km
Junior Under 15	40km	30km	10km
Junior Under 13	20km	20 km	8km
Junior Under 11 & 9	8km	8km	4km
<b>WOMEN</b>			
Elite & Under 23	140km	140km	50km
Junior Under 19	80km	80km	15km
Junior Under 17	70km	50km	15km
Junior Under 15	40km	30km	10km
Junior Under 13	20km	20km	8km
Junior Under 11 & 9	8km	8km	4km

Category 2 (35 – 39)	120km	100km	20km
Category 3 (40 – 44)	100km	80km	20km
Category 4 (45 – 49)	100km	80km	20km
Category 5 (50 – 54)	100km	80km	20km
Category 6 (55 – 59)	80km	60km	20km
Category 7 (60 – 64)	80km	60km	20km
Category 8 (65 – 69)	60km	60km	20km
Category 9 (70 plus)	60km	60km	20km
<b>WOMEN</b>			
Category 1 (30- 34)	150km	120km	20km
Category 2 (35 – 39)	120km	100km	20km
Category 3 (40 – 44)	100km	80km	20km
Category 4 (45 – 49)	100km	80km	20km
Category 5 (50 – 54)	100km	80km	20km
Category 6 (55 – 59)	80km	60km	20km
Category 7 (60 – 64)	80km	60km	20km
Category 8 (65 plus)	60km	60km	20km

**MASTERS**

Category	Road Race	Stage Races	Time Trial
<b>MEN</b>			
Category 1 (30 – 34)	150km	120km	20km