



AUSTRALIAN DEFENCE CYCLING CLUB

PO Box 115, RAAF Base Williamtown, New South Wales, 2314

2009/1097562/1 (78)

See distribution list

ADMINISTRATIVE INSTRUCTION 02/09

AUSTRALIAN DEFENCE FORCE CYCLING CLUB ROAD CHAMPIONSHIPS 2009 24-26 SEPTEMBER 2009

References:

- A.** Minute 2008/1097562/1
- B.** Union Cycliste Internationale (UCI) cycling regulations – road racing rules
- C.** ADF Policy on Sport, Defence Instruction (General) – Personnel 14-2
- D.** ADCC Sports Safety Management Plan
- E.** Police Guidelines for Bicycle Road Races
- F.** NSW Cycling Federation Technical Regulations July 2009

Introduction

1. The Australian Defence Cycling Club (ADCC) will conduct the National Road Cycling Championships (NRCC) on 24 - 26 of Sep 2009 approved by the Australian Defence Sports Council (ADSC), reference A. The event will consist of three separate disciplines held at Royal National Park Sydney (RNP), Southerland Shire Cycling Club (SSCC) Criterium Track and Holsworthy Barracks. The event is open to Service Personnel and Defence Public Servants. The rules and conduct of the event will be in accordance with references B, C, D, E and F.

Aim

2. The aim of this administrative instruction is to detail the administrative arrangements for the 2009 ADCC National Road Championships.

Objective

3. The objective of the NRCC is to determine the 2009 overall ADCC road champions in the categories of general classification and point's classification. In addition, the road race, criterium and time trail winners. This event will be used to help determine the ADCC national road squad and help grow and promote the ADCC throughout the ADF.

Personnel

4. A nominal list of personnel running the event is as detailed in Annex A.
 - a. Personnel competing must nominate themselves to POPT Brian Fish (Brian.Fish@defence.gov.au) and POET Dion Blair (Dion.Blair@defence.gov.au) and provide the following details NLT COB 16 Sep 2009:
 - (1) Full Name;
 - (2) Rank;
 - (3) PmKeys Number;
 - (4) Cycling Australia licence number, or if a day licence is required ;
 - (5) Current Local club and state grading ;and
 - (6) Nominate which grade you want to compete in.

Execution and Structure

5. A schedule of events for the NRCC as detailed in Annex B

Logistic and Support

6. a. **Transport** arrangements are:
 - (1) **Travel.** Travel to and from the event is at parent unit expense where available. All members are to note that normal T&A entitlements are at unit discretion. Members arriving at the Sydney Domestic Airport can take a direct train to Holsworthy Barracks stopping at Holsworthy station.
 - (2) **Personnel.** Out of local area Personnel staying at Defence accommodation will have transport provided to the NRCC event locations as detailed in Annex B.
- b. **Reference Maps.** Are detailed in Annex C.
 - (1) Train Map;
 - (2) Map of SSCC Club Criterium Track, Waratah Park;
 - (3) RNP map; and
 - (4) Holsworthy Army Barracks.
- c. **Rations.** Riders will be responsible for individual nutrition requirement before and whilst racing. All members attending will be rationed into Holsworthy Barracks IAW DI (G) PERES 14-2. A BBQ will feature after the Road and criterium races at the SSCC criterium track.

- d. **Equipment.** Personnel are to use their own equipment and must comply with reference F. Members must have an in date Cycling Australia Licence to participate however, individuals can purchase a 3 day licence at the event at member expense of forty four dollars. Helmets must comply with the Australian standard.
- e. **Medical.** A military Ambulance is requested from IHSB for all events.
- f. **Accommodation.** Members needing accommodation are to email POPT Brian Fish, with full name, rank and PMKeys Number (W) brian.fish@defence.gov.au, (H) brian.fish@bigpond.com NLT COB 16 Sep 2009.
- g. **Amenities.** The Road and criterium races will utilise SSCC clubhouse and the time trial will utilise the Holsworthy Barracks gym.

Safety

- 7. The following safety plans are in place:
 - a. **Safe conduct.** The event safety will be IAW References B, C, D, E and F.
 - b. **Road Closures.**
 - (1) Royal National Park will be a rolling road closure IAW the traffic management plan, Annex D;
 - (2) SSCC Criteum track is an enclosed track and will be marshaled; and
 - (3) The Holsworthy time Trail course roads will be open and controlled by marshals.
 - b. **Emergency Incidents.** Incidents will be covered by on site military ambulance and local emergency services if required.
 - c. **Risk Analysis.** A comprehensive traffic management plan is in place as detailed in Annex D and Races will be IAW references B, C, D, E and F.

Administration

- 8. Administrative duties of personnel are detailed in Annex A.

Command and Control

9. POET Dion Blair is the overall event co-coordinator however, during all races the NSW Cycling Australia Commissaires are in overall command. The NSW Police will oversee the A grade road race through the RNP. All other positions are detailed in Annex A.



I. MEYN
AIRCDRE, Patron
Australian Defence Cycling Club

25 Aug 09

**ANNEX A to
ADCC Admin Instruction 02/09
Aug 09**

NOMINAL LIST OF ADMINISTRATIVE PERSONNEL

RANK	NAME	CONTACT INFORMATION	DUTY/POSITION	REQUIREMENT
POET	Dion Blair	0418 539 660 02 9359 2973	Event coordinator	OIC
POPT	Brian Fish	0419 014 643	Assistant event coordinator and Accommodation	Event coordination and accommodation
	Senior Constable Karen Griffiths	02 9542 0713	Sutherland Traffic (Police)	RNP Road Race Safety/ Authority
MR	TBC		COMMISAIRE	Race Control
MR	TBC		COMMISAIRE	Race Control
MR	TBC		COMMISAIRE	Race Control
MR	Greg James	02 967507731	AAA Traffic Control	TMP and Traffic Controllers
MR	Bruce Powe	02 9710 0498	Sutherland Shire Council	Council Liaison
MR	Bill Sullivan	0408 419 600	Royal National Park Manager	RNP Liaison
MR	Denis Printemps	02 8396 1491	RTA	RTA Safety
MR	Matthew Windebank	02 4227 7658	Wollongong City Council	Council Liaison
MR	John Peters	0432 130 140	SSCC President	SSCC Facilities
FLT	Matthew Pinkstone	02 4428 6937	ADCC Secretary	Trophies
MR	Carl Thompson	0425367613	Registration/ ADCC treasurer	Prizes
	TBC		Military Ambulance	First aid
	TBC		Military Ambulance	First aid
	TBC		Transport	
	TBC		Transport	
	TBC		Marshal	
	TBC		Marshal	
	TBC		Food/ Beverage	
LEUT	Kylie Segart		Volunteer TBC	LEUT

SCHEDULE OF EVENTS

Wednesday 23rd September 2009

- Out of area personnel arrive at Defence establishments and contact POPT Brian Fish if any problems arise.

Thursday 24th September 2009

- 0700 Transport to the SSCC Criterium track leaves HOLSWORTHY AND RANDWICK ARMY BARRACKS from the gym parking area.

MENS A GRADE ROAD RACE 60 KMS RNP AND SSCC CRITERIUM TRACK

- 0800 SSCC Criterium track facilities open and race registration begins for A grade competitors. All other grade will be able to register after 0920.
- 0845 Administrative brief for personnel controlling the A grade event
- 0900 riders and spectators briefed on transit to start line. A grade event preparations and set up in the RNP commence.
- 0920 A grade Competitors and Vehicles transit to start point of race from SSCC criterium track to Warrambul Road RNP. Spectators are only allowed to view race at the finish line.
- 0950 Competitor race brief from CA Commissaire
- 1000 Race starts
- 1215 expected race finish, Audley Rd. Competitors to muster and await event conclusion in Audley Rd car park
- 1240 Completion of event and return to SSCC Criterium track

WOMENS A AND MENS B GRADE ROAD RACE 40KMS SSCC CRITERIUM TRACK

Times may change depending on the completion time of the A grade mens Road Race.

- Registration opens 0920
- 1320 competitor pre race briefing at the start line
- 1330 Race begins
- 1430 expected race completion

BBQ LUNCH

The BBQ lunch will be cooked from 1320 and be available from 1400.

COMBINED C 20 KMS GRADE ROAD RACE

If required (times may change).

- 1440 pre race brief
- 1450 race start
- 1530 expected race finish

PRESENTATIONS

- 1545 Road Race presentations
- 1615 Transport back to HOLSWORTHY AND RANDWICK ARMY BARRACKS

Friday 25th September 2009

ALL GRADES CRITERIUM RACES SSCC CRITERIUM TRACK

- 0800 Transport to the SSCC Criterium track leaves Defence establishments from HOLSWORTHY AND RANDWICK BARRACKS from the gym parking area.

- 0900 SSCC Criterium track facilities open and race registration begins for all grades.

COMBINED C GRADE 20 MINUTES + 2 LAPS

- 0945 C grade race Brief

- 0950 C grade race start

- 1020 C grade race finish

WOMENS A AND MENS B GRADE 35 MINS + 2 LAPS

- 1025 race brief

- 1030 race start

- 1110 race finish

MENS A GRADE 50 MINS + 2 LAPS

- 1115 race brief

- 1120 race start

- 1215 race finish

BBQ LUNCH

The BBQ lunch will be cooked from 1145 and be available from 1215.

PRESENTATIONS

- 1315 Criterium race presentations

- 1400 Transport back to HOLSWORTHY AND RANDWICK ARMY BARRACKS

Saturday 26th September 2009

ALL GRADES TIME TRIAL HOLSWORTHY ARMY BARRACKS

- 0830 Transport to the SSCC Criterium track leaves RANDWICK BARRACKS from the gym parking area.
- 1000 HOLSWORTHY gym amenities open
- 1030 Time Trial race brief

COMBINED C GRADE 9KMS

- 1045 Race starts in ascending order of overall position

MENS B GRADE 20 KMS

- 5 minute break then;
- Race starts in ascending order of overall position

WOMENS A GRADE 20 KMS

- 5 minute break then;
- Race starts in ascending order of overall position

MENS A GRADE 38KMS

- 10 minute break then;
- Race starts in ascending order of overall position

PRESENTATION

- 30 minutes after completion of the A grade race, the Time Trial and overall presentations will take place inside the gym concluding the ADCC NRCC 2009.

ALLOCATION OF POINTS FOR POINTS CLASSIFICATION AND GENERAL CLASSIFICATION

PLACE	POINTS
1	12
2	9
3	8
4	7
5	6
6	5
7	4
8	3
9	2
10	1

There will be NO time bonuses for positions in the General Classification, accumulative time only. Time accumulation will STOP once you have crossed the finish line in ALL events. Competitors MUST compete in all events to win, place or be in contention for overall titles.

Criterion Time rule; Lapped riders will be removed and given the last finished riders time, with the addition of the average of one lap time.