



ISUZU 
WHAKA 100



XCE AND XCM TECHNICAL GUIDE



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WELCOME

Welcome to the Whaka 100 XCM and XCE Champs!

The Whaka100 Mountain Bike Marathon is excited to partner with Cycling New Zealand to host a UCI sanctioned National Championship during the Whaka100 bike festival weekend.

With both the mountain bike eliminator and marathon titles being decided over, we are excited to share the event with riders, supporters and spectators.

All the best to everyone involved,



Tim Farmer

*Race Director /
Co Owner of the Whaka100*



CONTACTS

KEY CONTACTS

Whaka 100 Contact

Race Director
Tim Farmer 021 0299 4907

Cycling New Zealand Contact

Chief Commissaire (PCP)
Dereck McCarthy

Commissaire
Lisa Morgan (APCP)
Mark Donald
Brendan Patterson

EVENT WEBSITE AND SOCIAL MEDIA

Whaka100 Mountain Bike Marathon

Whaka100 website:
www.whaka100.co.nz

Facebook: @whaka100
Instagram: @whaka100_official
Official Whaka 100 app: Whaka 100

Official Hashtags: #whaka100

Cycling New Zealand

National Championships Website:
<https://marathonnationals.nz>

Facebook: @cyclingNZL
Instagram: @cyclingnewzealand

DOWNLOAD THE EVENT APP



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EVENT DETAILS

The event is being held on the 20-22nd of October 2023, the full schedule is available on the Whaka 100 website www.whaka100.co.nz/schedule.

Athlete check in & pack pick up

Waipa MTB Carpark,
Waipa State Mill Road

Photo ID and your
Cycling licence is
required.

Friday 20 October 9am - 8pm
Saturday 21 October 9am - 1pm

Race Office

The office is available should you have any questions about your race results, withdrawing from the race or any other information you may need during the event.

Friday 20 October 10am - 5pm
Saturday 21 October 9am - 1pm
Sunday 22 October 7am - 7pm

Contact: 022 159 0997

Eliminator National Championships

Waipa MTB Carpark, Waipa State Mill Road

Official Elimination information
www.whaka100.co.nz/eliminator-xce

Friday 20 October
9:00am, - 10:30am Check in
10:30am - 11:30am Practice
11:45am - 1:15pm Time Trials
1:30pm - 3pm Heats
3:15pm - 5pm Finals
5:15pm - Awards

Schulde maybe be brought forward as heats progress

Marathon National Championships

Waipa MTB Carpark, Waipa State Mill Road

Official Marathon information
www.whaka100.co.nz/100km

- Friday 20 October 9:00am - 5:00pm Unsupported Practice
- Sunday 22 October

7:40am Elite/UCI Men start
7:45am Elite/UCI Women start
7:50am Whaka100 riders start
waves commence
3:00pm Award Ceremony

ENTRY

Entry is available online at www.whaka100.co.nz

Entries will close for National Championship events on 20 October.



LICENCING

The 2024 Eliminator & Marathon MTB National Championships include UCI categories

All riders must hold a 2023 or 2024 Cycling New Zealand Annual Licence.

Non-UCI categories (XCM ONLY)

The Whaka100 categories do not require a licence.

View the following pages (7 & 8) to see categories.

CATEGORIES (XCM)

The event will run a single podium.

The event will be run as normal with all athletes being eligible for combined Whaka100/Cycling NZ medals, Whaka100 finisher medals, podium and prizes (or prize money, if applicable) in the category they entered. **All non UCI category riders will automatically be issued a "day licence" as part of their entry & be eligible for Marathon National awards as per the categories below.**

UCI Categories

This is a combined race with only one National Jersey will be awarded to the first licenced NZ athlete to finish

XCM National Championship - Open to all riders aged 19 or over including masters (as at 31 December 2023).

Please note: To enter the National Championship you must enter the Elite category and supply your license number.

National Championship medals will be awarded to the **first rider in each category**. Only one National Jersey will be awarded in the Championship.

NON - UCI Categories

Whaka100 medals will be awarded to the first rider in each category

For Riders aged U23 (as at 31 December 2023)

For Riders aged between 24 - 29 (as at 31 December 2023)

For Riders aged between 30 - 39 (as at 31 December 2023)

For Riders aged 40 - 49 (as at 31 December 2023)

For Riders aged 50 - 59 (as at 31 December 2023)

For Riders aged 60+ (as at 31 December 2023)



CATEGORIES (XCE)

The event will run a separate podiums.

This is an open category event, there are two awards available in this event as follows:

Open & 50+

The overall top three male and female riders in each age group

Open 1st \$100 | 2nd \$70 | 3rd \$50
50+ 1st \$100 | 2nd \$70 | 3rd \$50

National Championship

This is a combined International race with only one National Jersey will be awarded to the highest placed licenced NZ athlete in the finals. Please note: To enter the National Championship you must enter the Elite category and supply your license number. This is open to all riders 17 and above.

Prize money will be awarded regardless of whether or not they hold a Cycling New Zealand Licence as follows:

1st \$1000 | 2nd \$400 | 3rd \$300



HEALTH AND SAFETY

The event is committed to providing and maintaining health and safety by eliminating and mitigating as far as practical all risks associated with the event. The safety of the riders, volunteers, officials, and spectators is included in the event planning.

In the interest of providing a safe and enjoyable event for all participants we ask all participants to review the Fair Play & Race Etiquette. By entering the event, riders are expected to have a sufficient level of experience and skill to ensure their own safety.

MEDICAL

Medical staff will be present on course and at the finish line of the venue. Notify an event official or course marshal if medical attention is required. In the event of an emergency please call 111. The nearest emergency medical centre is:

Rotorua Hospital
Corner Arawa Street,
Pukeroa Road,
Rotorua
Phone: [07 348 1199](tel:073481199)

ANTIDOPING

The event meets the mission of Drug Free Sport New Zealand and enforces the World Anti-Doping Policy. All riders are subject to drug testing to ensure competitions are fair and riders are free from the use of performance enhancing drugs. Drug testing could happen at any time and will be administered by Drug Free Sport NZ.

Any rider found to be under the influence of alcohol or illicit drugs will be removed from the event and banned from future events held by the organisers.

TIMING AND NUMBER PLATES

All timing is gun time. Find results [here >](#)

RULES

Racing will be conducted under the Mountain Bike New Zealand Technical Regulations and UCI regulations. These can be found here:

<https://www.cyclingnewzealand.nz/assets/CNZ/Homepage/Mountain-Bike/About-MTB/MTBNZ-Technical-Regulations-18-July-2019.pdf>

<https://www.uci.org/regulations/3MyLDDrwJCJJ0BGGOFzOat#part-iv-mountain-bike>

Minimum age - (National championship Only)

Entry 14 years of age

To be eligible for the National Championship title the rider must be 17 years as of 31 December 2023 as per the UCI mountain bike age categories.

Bikes -

All riders must be on a mountain bike with a minimum of front fork suspension and with off road tyres. The following bikes are not permitted; BMX, Ebike, Cyclo/Gravel, Road or any other bike that is not considered a mountain bike by the UCI.

WITHDRAWALS

Withdrawals can be made prior to the event on the Whaka100 website:

<https://www.whaka100.co.nz/refund.html>

If you are pulling out of the race you must notify officials at the finish line. This is to ensure that everybody is accounted for at the conclusion of the race.



FOOD AND BEVERAGE

AT THE XCE

The venue of the Eliminator is surrounded by **cafes and restaurants** and is located right next to Rotorua's 'Eat Street'.

You'll have plenty of options from pub fare and steaks, to tapas, Indian, Italian and much more.

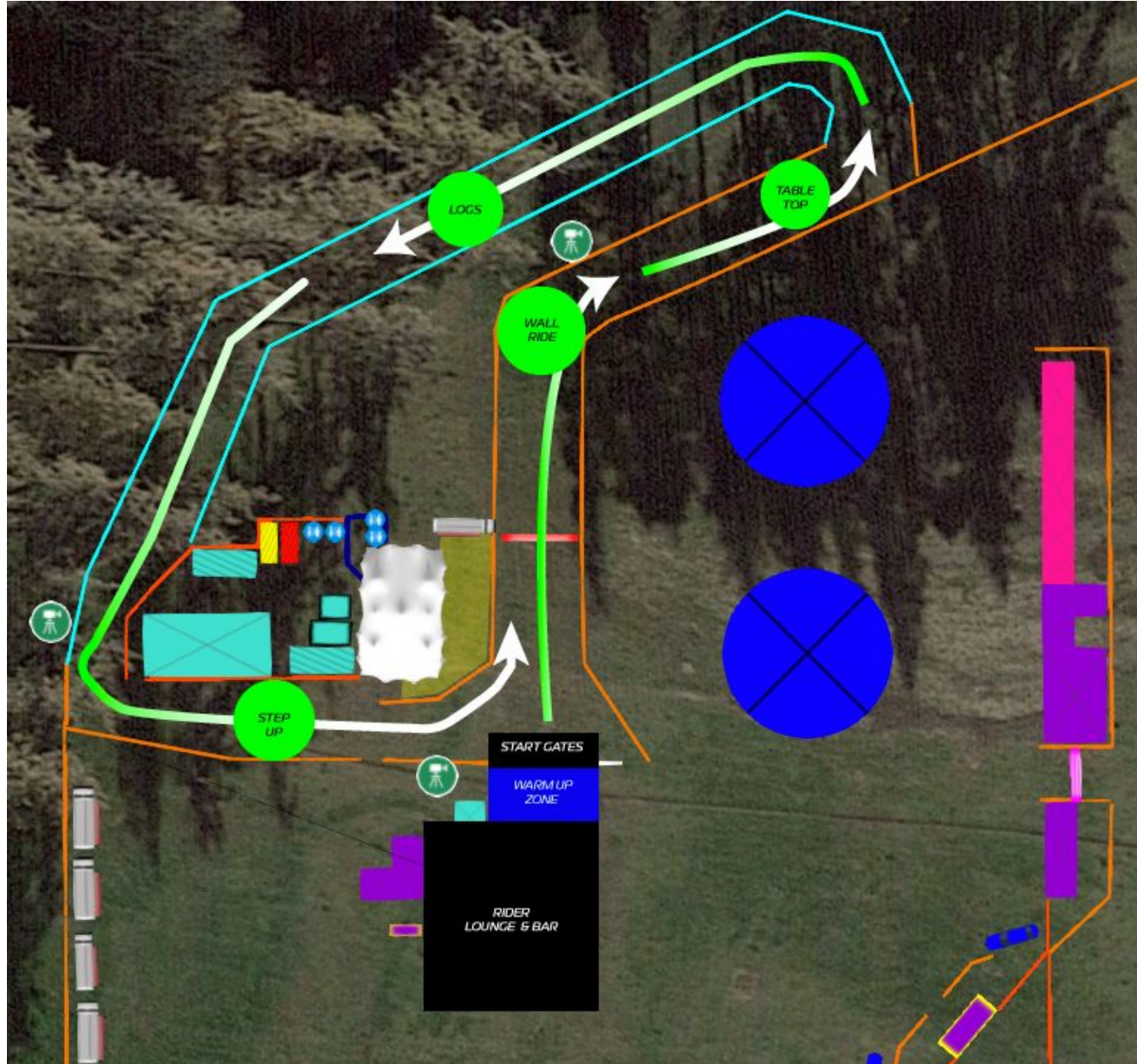
AT THE XCM

Our event venue is **fully catered**, with food and drink trucks, plus additional businesses located on site including Trail Kitchen and Secret Spot. You can also get coffees up the road at Planet Bike.

During the race the food section of the aid station is self service. Access to the feed zone can only be accessed at 50km, you will not be able to cut access to other sections of the course to **access the CLIF BAR Aid Station**.



XCE COURSE MAP

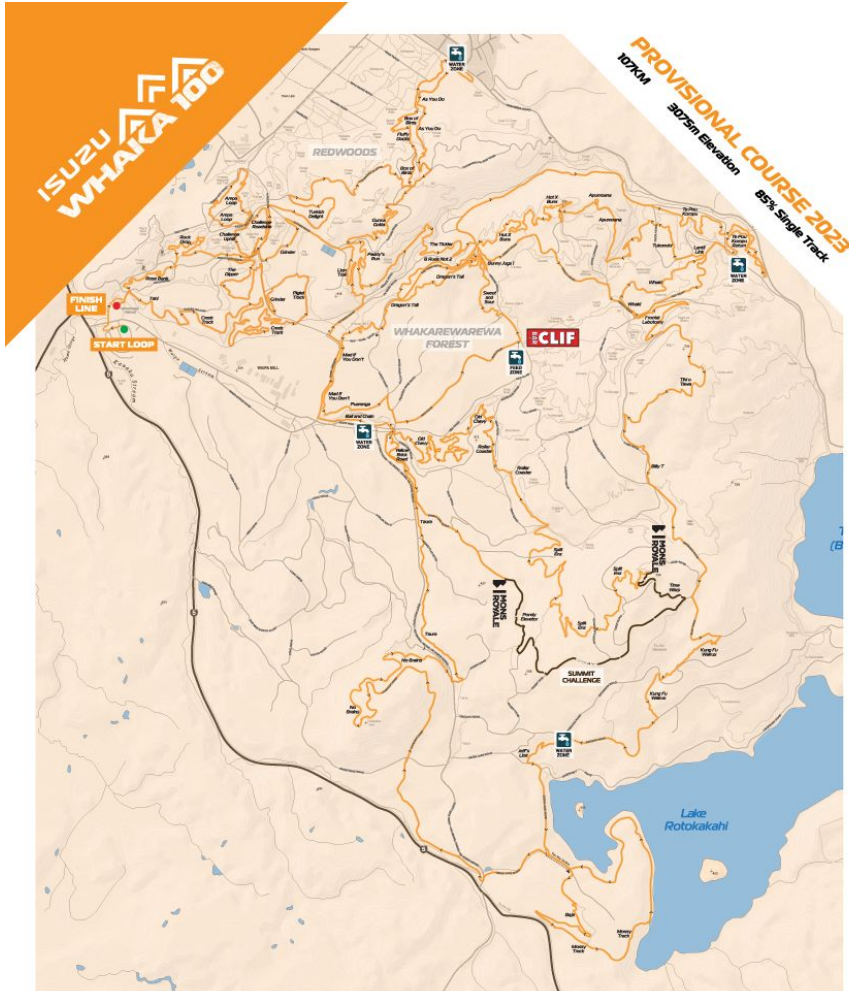


SURFACE: Grass/Gravel

LENGTH: 2 laps (500m)

FEATURES: 4

XCM COURSE MAP



View the map closer here:

www.whaka100.co.nz/100km-course

