

TOUR 2023

WESTERN AUSTRALIA

NANNUP - GREENBUSHES - BALINGUP

TEAM TIME TRIAL - ROAD RACE - GRAND PURSUIT

RACE BOOK



fpc Forest Products Commission

WESTERN AUSTRALIA

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Welcome Message

Cycling Events Director & TOUR founder, Brendon Morrison

Welcome to the fourteenth edition of our Tour. The Tour has always sought to provide innovative and inclusive ways to race on bicycles and the 2023 Tour is no exception. We are pleased to be able to bring you a longer road race in accordance with the feedback we received from last year's post event survey. We are also excited to bring you our first official EKOI Grand Pursuit; no doubt the most talked about stage of this year's Tour! With the introduction of the GP and Individual Age Group Jerseys across divisions our hope is that every team will have at least one podium objective in the Tour. We make no apologies for the relative complexity of the format. From its inception, this Tour has always been a game that rewards strategy as well as strong legs. So kit up, get your tactics right and get yourself or a team mate onto that final podium on Sunday!

Thank you to our supporters

The Tour of Margaret River is truly a team effort. On behalf of Cycling Events, we sincerely thank all our supporters of the 2023 TOUR. We would also like to extend our heartfelt thanks to the communities of Nannup, Greenbushes and Balingup.

AUS CYCLING

apex RADIOLGY

TALISON LITHIUM

EKOI

fpc Forest Products Commission

Shire of Nannup

Pedal Mafia

NORTHSIDE RENTALS



SKODA MANDURAH

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The organisers of the Tour of Margaret River acknowledge the traditional custodians of the land through which we ride, the Noongar people. It is a privilege to be on South West Boojarah Land.



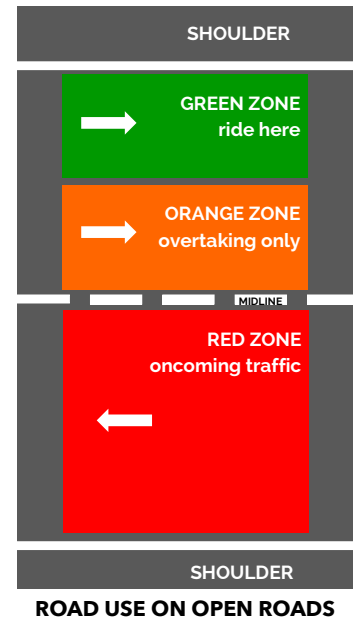
SECTION 1: TOUR OVERVIEW

1.1 IMPORTANT TO KNOW

STAGE 1 RACED ON OPEN & CLOSED ROADS. STAGE 2 RACED ON CLOSED ROADS. STAGE 3 RACED ON OPEN ROADS

We are committed to making every aspect of the Tour as safe as possible. In the months leading up to the event, we have worked with our local shires and community representatives to make sure we have informed as many residents, local businesses and regional industries as possible. We have major event notices in place and have pre-event signage placed at key points on relevant routes. Even with our extensive safety measures, all riders must do their part by riding safely and sensibly. We ask all our riders to observe the following:

- Obey all road rules.
- Remain on the left hand side of the road, to the left of the white central line or to the left of the middle of the road, where the road is not marked* (the green zone, diagram right). Even when racing on closed road sections, remain on the left side whenever possible to allow other riders to overtake.
- Stage 2 (and part of Stage 1) is raced on closed roads. For Stage 2, every division will have a lead motoscout. To maximise safety, keep left as much as possible as we cannot absolutely guarantee that cars will not make their way onto course from small side roads. Stay particularly alert on the blind corners of Stage 2.
- When the roads are open, riders crossing unbroken white lines, or using more than half the road where the roads are unmarked, will face disqualification (the red zone, diagram right).
- Maintain a distance of at least 10 metres from all convoy vehicles.
- Communicate hazards on the road to other riders verbally or with hand signals.
- Follow the directions given by the Race Director, Commissaires and Marshals.
- Be aware of the risk of collision with the abundant wildlife in the area, including kangaroos, emus and wild pigs.
- We have done our best to clear the roads of obstacles and hazards, but please stay alert for potholes and sharp, broken edges of tarmac.



1.2 KEY CONTACTS

RACE MANAGEMENT & CONVOY			EVENT & INFRASTRUCTURE MANAGEMENT		
Position	Name	Mobile	Position	Name	Mobile
Race Director	Stephen Gallagher	0448 765 156	Event Director & Infra Mgr	Brendon Morrison	0447 002 861
Chief Commissaire	Sam Bolton	0414 907 567	Event Coordinator	Rebecca Cotton	0416 049 691
Incident Controller	Jack Dunn	0405 508 549	Course Manager	David Gardiner	0417 978 394
Results Manager	Chris Idle	0402 828 157	Course Manager	Rod Lakelin	0428 171 306
Marshal Manager	Andrew Williams	0418 926 317	Ceremonies Manager	Erik Mellegers	0409 930 890
Convoy Manager	James Wolfe	0432 205 343	Registration & Awards Mgr	Tim Sabel	0409 723 793
Moto Rapid Response	Mike Thorman	0419 043 128	Event Village Manager	Rob Marshall	0417 099 268
Field Support Coordinator	Toni Burbidge	0409 101 647	Official Mechanics Partner	Richard Greaney - Vault	0406 518 812
Race Launch Coordinator	Glyn Overall	0437 725 555	Event First Aid Coordinator	Jenny Forbes	0422 929 589



1.3 FULL EVENT SCHEDULE

TIME	DETAILS	LOCATION
Stage 1: Friday Nov 3rd Team Time Trial - Nannup to East Nannup		25.5km
7am - 11am	Registration & Sign On - Team Managers (90mins before start time)	Event Village, Nannup Rec. Centre
9:45am	First teams begin to arrive at start line 15 mins prior to TTT start time	Event Village, Nannup Rec. Centre
10am	Team 1 starts followed by teams at 1-minute intervals - briefs at start area	Event Village, Nannup Rec. Centre
10:50am	First teams expected to start arriving back at Event Village	Event Village, Nannup Rec. Centre
1:15pm	Last team expected to arrive at finish line	Event Village, Nannup Rec. Centre
1:30pm	Stage 1 Official Presentations Ceremony	Event Village, Nannup Rec. Centre
2:30pm	Team Managers collect division letters to disperse to riders	Event Village, Nannup Rec. Centre
2pm - 4pm	Riders Welcome Sundowner	Event Village, Nannup Rec. Centre
Stage 2: Saturday Nov 4th Road Race - Balingup to Nannup to Greenbushes		91km
6:30am - 7am	Sign On - Team Managers collect division letters to disperse to riders	Village Green, Balingup
7:00am	Team Managers' Briefing (compulsory)	Village Green, Balingup
7:15am	All teams to be on start line grid in designated groups	Village Green, Balingup
7:30am	Division A starts (following divisions launched at 2-minute intervals)	Village Green, Balingup
8:30am	First riders expected to race through Nannup	Grange Road, Nannup
10:10am	Last riders expected to race through Nannup	Grange Road, Nannup
9:50am	First finishers expected to cross the finish line at Greenbushes	Blackwood Road, Greenbushes
12:30pm	Stage 2 Official Presentations Ceremony	Thomson Park, Greenbushes
12:45pm	Last finishers expected to cross finish line	Blackwood Road, Greenbushes
Stage 3: Sunday Nov 5th EKOI Grand Pursuit - Nannup to Balingup to Nannup		94km
7:00am	Sign On and Team Managers' Briefing (compulsory)	Event Village, Nannup Rec. Centre
7:15am	Teams 1-60 to be in start grid for briefing	Event Village, Nannup Rec. Centre
7:30am	Team 1 starts (followed by teams at 30 second intervals)	Event Village, Nannup Rec. Centre
7:45am	Teams 61-120 to be in start grid for briefing	Event Village, Nannup Rec. Centre
8am	Team 61 starts (followed by teams at 30 second intervals)	Event Village, Nannup Rec. Centre
8:15am	Team 121+ to be in start grid for briefing	Event Village, Nannup Rec. Centre
8:30am	Team 121 starts (followed by teams at 30 second intervals)	Event Village, Nannup Rec. Centre
8:30am	First riders expected to ride through Balingup	Balingup
10am	First riders expected to cross under the finish arch in Nannup	Event Village, Nannup Rec. Centre
11am	Last riders expected to race through Balingup	Balingup
2pm	Last riders expected to cross under the finish arch in Nannup	Event Village, Nannup Rec. Centre
2pm	Final Official Presentation Ceremony commences	Event Village, Nannup Rec. Centre

SECTION 2. STAGE 1 LAUNCH TIMES

2.1 STAGE 1 TEAM TIME TRIAL START TIMES - PROVISIONAL

TIME	TEAM	TIME	TEAM	TIME	TEAM
10:00	SufferingGents	10:47	GPC Racing	11:34	Lifeline WA
10:01	SPR SR 3	10:48	Get Your Visa	11:35	PCITP - Verse
10:02	Trench the Otherside	10:49	FCR Racing	11:36	Denmark Mighty Helpful
10:03	Squeaky Wheels	10:50	Dome Coffees Cycling	11:37	BCCC Racing 1
10:04	The Grinders	10:51	X-Speed Track Dads	11:38	Midland Cycle Club Team 2
10:05	Transform	10:52	Rota-M	11:39	TBC
10:06	Bayern Munching	10:53	ENIQ Racing RED	11:40	Dad Bods and Beers
10:07	Secret Harbour Crew- Cabernet Cruisers	10:54	Lester Blades (The Blades of Glory) - Claymore	11:41	Trench Aurora
10:08	SPR SR 2	10:55	GoodSense Cycling 1	11:42	SPR M5
10:09	Team Manji Crew Karri	10:56	SPR M7	11:43	The Bike Place
10:10	Trench Wheel Deal	10:57	TBC	11:44	Zephyr
10:11	SPR SR 1	10:58	Trench Chopper Squad	11:45	Giant Mandurah 2
10:12	For Flocks Sake	10:59	Unicorn Racing 3	11:46	TBC
10:13	Trench T-Rex	11:00	On Form Physio	11:47	TUR - Bike Force Clarkson
10:14	SPR M10	11:01	PCITP - Precision Physiotherapy	11:48	Ride Advice Cyclery & Escape CC Mens 2
10:15	Blenders Supergroup	11:02	CDF Masters Women	11:49	ZPR 3
10:16	Trench - Office Solutions	11:03	Tour De Friends	11:50	Amcal SWCC 1
10:17	Sunnyside Up IGGS	11:04	Gero Seabreeze Spinners	11:51	SPR M4
10:18	Cubic Interiors	11:05	The Everlastings	11:52	Grounded Whack Racing - Gold
10:19	Amcal SWCC 2	11:06	Trench WAGs	11:53	Swan Drafting Cycle Club - Hoskins Contracting
10:20	SPR M9	11:07	4F Femmes	11:54	PCITP - Office Solutions IT
10:21	Colombia is Passion	11:08	Trench G6	11:55	Swan Drafting Cycle Club - R&D Cycles
10:22	Hallston Construction	11:09	Trench - Veloce-Posse	11:56	Busselton Cycle Club Claudio Bakehouse Bandits
10:23	Trench Wild Cogs	11:10	SPR W2	11:57	SPR M3
10:24	Grounded Whack Racing - White	11:11	Swan Drafting Cycle Club - Luma For Her Health & Wellbeing	11:58	UCCC
10:25	R & D Cycles	11:12	Dome Coffees Cycling Team 3	11:59	Team EKOI
10:26	Lester Blades (The Blades of Glory) - Sabre	11:13	CDF Racing Women 2	12:00	Trench Health and Fitness
10:27	Secret Harbour Crew- Rioja Roulers	11:14	SPR W1	12:01	Lakes Bikes
10:28	TBC	11:15	Ride Advice Cyclery & Escape CC Womens	12:02	RKM Rollers
10:29	JAM Racing	11:16	CDF Racing Women	12:03	SPR M2
10:30	The Other Denmark Team	11:17	CDF Masters - Mixed	12:04	Giant Mandurah 1
10:31	Devlyn	11:18	TBC	12:05	Midland Cycle Club Team 1
10:32	Roues Chaudes	11:19	Dome Coffees Cycling Team - B	12:06	TUR
10:33	XRR 2	11:20	4F Hot Mess	12:07	ZPR 2
10:34	Hard Boiled IGGS	11:21	ENIQ Racing BLUE	12:08	Unicorn Racing 2
10:35	SPR M8	11:22	West Coast Droppers	12:09	Ride Advice Cyclery & Escape CC Mens 1
10:36	TBC	11:23	People's Parliament	12:10	Dome Coffees Cycling Team 1
10:37	Star Physio All Stars	11:24	SWCC	12:11	SPR M1
10:38	Corporeal Health	11:25	Cove Legal Racing	12:12	ZPR 1
10:39	Team Manji Crew Jarrah	11:26	SEA Global	12:13	88 Energy
10:40	GYRO Midland Cycling Club	11:27	SPR M6	12:14	X-Speed Racing
10:41	Wheelers	11:28	VG Racing	12:15	CDF Racing Men 2
10:42	Perth Postal Service	11:29	ZZZ Racing	12:16	PCITP - VGT
10:43	SIXPAK Racing	11:30	Lester Blades (The Blades of Glory) - Scimitar	12:17	Unicorn Racing 1
10:44	Grounded Whack Racing - Black	11:31	Deviled IGGS	12:18	CDF Racing Men
10:45	BCCC Racing 2	11:32	XRR 1	12:19	Pedal Mafia
10:46	MaD Cycles	11:33	StretchLab		

SECTION 3. TOUR REGULATIONS

3.1 ROAD USE

We ask all our riders to observe the following:

- Obey all road rules.
- Remain on the left hand side of the road, to the left of the white central line or to the left of the middle of the road, where the road is not marked.
- On the open road sections, do not cross unbroken white lines or use more than half the road where the roads are unmarked (penalties can apply).
- Maintain a distance of at least 10 metres from all convoy vehicles.
- Communicate hazards on the road to other riders verbally or with hand signals.
- Follow the directions given by the Race Director, Commissaires and Marshals.

3.2 TEAMS

- TOMR is a teams-only event. Each team is to consist of a maximum of 6 riders (minimum 5 registered).
- Each team must appoint a Team Manager, who will be the contact point for each team.
- There is an Open Teams classification and an All Female classification. In the Open Teams category, teams may be any mix of professional, amateur, male and female.
- Team Managers must submit their final team list, along with requested data, by midnight October 31st.
- All team members must present to the start area of all stages in matching jerseys, where possible with the exception of professional riders.
- Riders winning jerseys on Stage 2 may wear them for Stage 3.
- Male U17 riders who transitioned to U19 on October 1st may participate. Female riders in this same scenario are restricted to racing no more than 80km, and therefore must apply for an exemption via the AusCycling national pathways team. U17 riders who did not transition to U19 cannot participate.

3.3 RACING

- Riders must wear Australian Standard approved helmets.
- Only road bikes are allowed in the race. E-bikes, disc wheels, time trial bars, tri-spokes and time trial-specific helmets are not permitted.
- Riders are required to complete each stage in order to start the next, unless they have successfully applied for an exemption.

- Drafting other teams during Stages 1 and 3 is not allowed. The courses will be monitored by commissaires and teams caught drafting will be penalised (see 3.9).
- If your team is passed by another during Stages 1 or 3, your team must drop back to a minimum of 10 metres behind the passing team.
- If an individual rider is dropped by their team during the Team Time Trial, they must not draft other teams and must remain a minimum of 10 metres behind any other team.
- The objective of Stage 1 is to deliver the fourth rider in the team to the finish line in the fastest time possible. A team's Stage 1 time will determine the division they are allocated to for Stage 2.
- On Stage 2 any individual or team may bridge to the division ahead, and may continue to do so with successive divisions, in order to cross the finish line as quickly as possible.
- Riders who are unable to maintain contact with their division may sit on the back of following divisions, taking care not to unduly influence division outcomes.
- On Stage 3, for the second neutral section after Balingup, team members must ride (not race) together in single file along the wide verge of the South Western Highway and maintain a distance of at least 300m behind the team in front.
- Riders must attach colour-coded lettered patches, provided at the start of Stage 2, to the left back pocket of their jerseys in order to identify different race divisions on the road for Stage 2.
- Due to the large number of competitors, it is not guaranteed support vehicles will be able to service riders in a timely fashion. Competitive teams are advised to formulate their own plan to supply protected riders with a spare wheel or a replacement bike from another rider within the team racing the stage. It is each individual's responsibly to carry adequate spares. In the event of a puncture or mechanical, riders may assist other riders in their team.
- Team and supporter cars are not permitted within race pelotons or on course at any time before or during the stages. Time penalties apply and disqualification may be considered in certain circumstances. All team and supporter cars must take the advertised alternative routes to arrive at the finish area for each stage.
- Vehicles associated with teams found on closed roads during stages will subject their teams to disqualification.



3.4 RIDER ETIQUETTE

- Be courteous to other riders.
- Signal and call out to riders behind, any hazards on the road ahead, or when you are slowing or stopping.
- Be aware that there may be other riders in your peloton with little racing experience. Offer advice, not abuse.
- Dropping back from your division with the intent of influencing the results of the following division is not allowed.
- We cannot deliver the TOUR without the time and energy donated by our wonderful volunteers. Treat all volunteers with courtesy and respect at all times. Abusive behaviour towards volunteers is unacceptable and can result in penalties.

3.5 LICENSES

- Riders must hold a current AusCycling 'Race All Discipline' membership or an AusCycling '7-Day Event License'.
- Team managers are required to present proof of the licenses of all team members at registration before the team can be issued their race pack.

3.6 RESULTS & TIMES

- Results are managed by Idle Timing and will be calculated on times. They will be released at the end of each stage, and can be found online at www.idletiming.com.au/results.
- Teams will be allocated to divisions according to their times for Stage 1. Times are tallied separately for each race division, with a team's time for each stage accumulating to determine their placement in the divisional ladder.
- **Stage 1 Team Time Trial:** A team's time will be taken on the time of the 4th team member across the finish line. The first to fourth riders will receive the time of the fourth rider, and the fifth and sixth riders will receive their own individual time.
- **Stage 2 Talison Road Race:** A team's time will be the sum of the times of the first three riders only to cross the finish line, minus any individual time bonus that may be awarded to the first five riders across the finish line in each division (50/40/30/20/10 seconds off).
- **Stage 3 EKOI Grand Pursuit:** Each individual team member's time will be the sum of their own 3 racing segments. A team's time will be taken from the fourth fastest rider at the end of the stage.
- A team's final result will be the sum of its times for all three stages.
- In the event of a tie in times for the first team in each Division, the results of Stage 1 will be used to determine the winner.

3.7 RACE NUMBERS, CATEGORY STICKERS & TRANSPONDERS

ATTENTION TO DETAIL IS CRITICALLY IMPORTANT FOR THE PLACEMENT OF YOUR RACE NUMBERS. NUMBERS MUST BE VISIBLE AT ALL TIMES.

- At registration, riders will be issued with a body number, a frame plate number, and a transponder. Do not cut, fold or modify numbers in any way. Penalties will apply.
- The body number is to be placed on the right side jersey pocket. Please affix with the number as in the picture below.
- The frame plate number is to be fixed to rear brake bridge, or at the base of the seat post, as in the picture below.
- The transponder is to be fitted low on the front fork, as in the picture below.
- At the end of the Stage 1 Team Time Trial, teams will be split into race divisions according to their times. On the afternoon of Stage 1, after the TTT, and on the morning of Stage 2 from 6:30am to 7:00am, Team Managers need to pick up the coloured race letters to signify which division their teams belong to. Race letters are to be pinned left-side on the back of riders' jerseys so that riders behind can identify which division each rider is in. See the picture below.
- Return transponders using the envelope provided in your registration pack to the commentary van at the end of the final stage.
- A replacement fee of \$100 will be charged for any transponders that are not returned within seven days of the event finishing.



3.8 DIVISIONS

- At the end of the Stage 1 Team Time Trial, teams will be split into race divisions according to their times, from fastest to slowest.
- Where possible, each Division will consist of ten teams.
- Teams will compete against the other teams and individuals in their Division.



3.9 PROTESTS & DECISION MAKING

- Penalised or disqualified riders must lodge protests through their Team Managers with the Race Director or Chief Commissaire within 2 hours of publication of official Race Communique and Results.
- All protests are to be presented by Team Managers on the official Complaints Form (available at Race HQ) to the Race Director or Chief Commissaire.
- The Chief Commissaire will consult on and determine all decisions, with input sought from other relevant people as deemed necessary.
- An independent 'Appeals Board' may be convened at the direction of the Chief Commissaire and Race Director, if required.
- The Race Executive, consisting of the Race Director, Chief Commissaire and Event Director reserve the right to implement decisions contrary to information in the Race Book if those decisions are deemed in the best interest of the race.

3.10 SCHEDULE OF PENALTIES

Riders breaching Tour Regulations by committing the following acts will be subject to the following penalties:

Level 1 infringement \$50 fine and/or 1 minute time penalty

- Riding without a helmet.
- Discarding bidons/littering on course.
- Modifying or folding race numbers.
- Unauthorised assistance during the race.
- Incidental drifting across midline.
- Drafting on other teams during Team Time Trial stage.
- Other acts determined by the discretion of Race Commissaires deemed to be a Level 1 infringement.

Level 2 infringement \$100 fine and or 3 minute time penalty






























- Urinating in public places.
- Deliberate crossing of midline on open roads.
- Drafting on other teams during Team Time Trial stage after warning.
- Blocking teams individually or combining to block the front of the race and prevent other teams from chasing breakaways.
- Other acts determined by the discretion of Race Commissaires deemed to be a Level 2 infringement.

Level 3 infringement \$250 fine and or 15 minute time penalty and or disqualification

- Deliberate crossing of the midline to gain advantage on open roads.
- Continual crossing of midline on open roads despite warnings.
- Reckless acts deemed to endanger the welfare of other competitors and/or road users.
- Cars associated with teams found mid race or between race divisions.
- Other acts determined by the discretion of Race Commissaires deemed to be a Level 3 infringement.
- N.B. Penalties may be applied to riders and teams for acts in addition to the above mentioned at the discretion of Commissaires and in accordance with AusCycling Regulations.

3.11 AWARDS

- Awards will be presented according to the table below.
- Recipients will be required to present at the stage 10 minutes prior to scheduled presentation ceremony
- To respect the Tour and our Sponsors, riders are required to wear their team kit onto the podium for all presentations.

	Medal	Jersey	Trophy
STAGE 1 Team Time Trial			
1st, 2nd, 3rd Teams Open Classification			
1st, 2nd, 3rd Teams All Female Classification			
STAGE 2 Talison Road Race			
Fastest rider in each Division (QOM/KOM)			
Second fastest rider in each Division			
Third fastest rider in each Division			
STAGE 3 EKOI Grand Pursuit			
Fastest rider 3 racing segments			
Second fastest rider 3 racing segments			
Third fastest rider 3 racing segments			
FINAL PRESENTATIONS			
Fastest Rider - Age Categories (Open & All Female)			
Fastest Team in each Division			
Second Fastest Team in each Division			

3.12 PRESENTATIONS

STAGE 1: the teams setting the fastest overall times in the Open and All Female classifications must present at 1:50pm in their team jersey to the commentary stage at the Nannup Recreation Centre on Friday November 3rd.

STAGE 2: the riders who finished first, second and third in their divisions must present at 12:20pm in their team jersey to the commentary stage in Thomson Park, Greenbushes on Saturday November 4th.

STAGE 3 & FINAL: the following riders must present at 1:50pm in their team jersey to the commentary stage at the Nannup Recreation Centre on Sunday November 5th:

- Stage 3 - the rider in each division with the fastest overall time.
- The male and female U21 riders with the fastest times overall (i.e. across the Open and All-Female divisions respectively).
- The Open and All-Female Classification riders with the fastest times overall in the following age categories: 21-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+. *Please note: Women racing in the Open Classification are only eligible to win an Age Category Jersey in the Open Classification, not the All-Female Classification.*
- The team in each division that recorded the fastest overall time.
- The team in each division that recorded the second fastest overall time.

3.13 PARKING & APPROACHES

- **PARKING NANNUP:** For parking nearest the Event Village in Nannup, drive through town and turn at Higgins Street to approach the back of the Nannup Recreation Centre along Centenary Drive. Follow the parking signs and the directions of the parking marshals.
DO NOT PARK IN THE MAIN STREET OF NANNUP.
- **PARKING BALINGUP:** For the Stage 2 start in Balingup, parking is along Forrest Street at the Balingup Village Green.
- **PARKING GREENBUSHES:** For the Stage 2 finish in Greenbushes, event traffic must approach Greenbushes from the South Western Highway via Balingup. Ample parking is available throughout the town and behind Thomson Park on Jephson Street.
- **APPROACHING BALINGUP & GREENBUSHES:** For Stage 2, Balingup-Nannup Road will be closed at 6:45am from the Nannup end, so all event traffic must travel to Balingup and Greenbushes via Cundinup-Kirup Road and the South Western Highway.

TEAMS CARS, SUPPORTERS AND SPECTATORS ARE NOT PERMITTED TO DRIVE ON THE COURSES DURING RACING.

3.14 WATER REFILL STATIONS

Water refill is available in the following locations:

- Stage 1 and 3 - Event Village, Nannup Recreation Centre.
- Stage 2 - Village Green in Balingup, at the top of the Brockman Wall Climb at 45.5km and in the event finish village in Greenbushes.
- Stage 3 - Event Village Nannup and at the Cundinup-Kirup Road Hydration Station at 52.4km, just after the turn off from South Western Highway (after the long climb) and before Segment B start point.

3.15 FOOD AT EVENT VILLAGES & TOWNS

We have worked hard to ensure that each town is prepared for the influx of riders, and that we have enough food and coffee available in each event village. However, if you know you will need nutrition immediately after each stage, please bring an extra energy bar to tied you over in case you have to wait for food or coffee in the event villages or towns. The bar will be open at the Nannup Event Village. **BYO race nutrition and hydration, or be prepared to wait and please be patient.**

3.16 RACE MEDICAL

Race Medical will be provided by the rescue supported by our St Aid team. Medical vehicles will be out on our course, the convoy and finish lines. No matter where you are on course, there will always be at least one medical vehicle coming towards you. If an evacuation by ambulance or helicopter is required, the Incident Controller will liaise directly with St John Ambulance and the Rescue Helicopter.

Ambulance Cover & Times

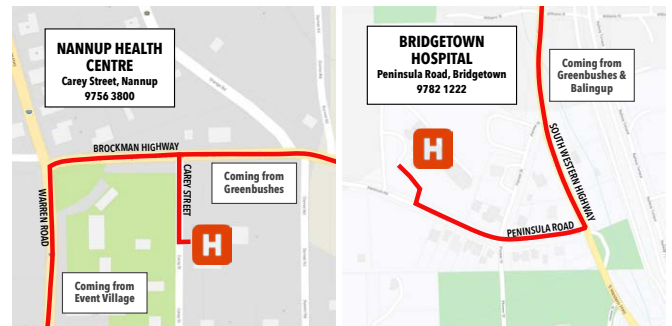
Friday 3rd November 10am to 2pm

- One Paramedic and three Advanced Event Medical Technicians.
- Ambulance at event village and Ambulance on course.

Sat 4th & Sun 5th

November 7:30am to 2pm

- Two paramedics and six Advanced Event Medical Technicians.
- Three ambulances on course and one at the event finish village in Greenbushes.



Incident Management Protocols

If you are involved in or witness an incident that is not too serious (i.e. definitely does not require an ambulance), please call Incident Management on 0405 508 549 and provide details.

If you are involved in or witness a serious accident or injury, use the Emergency+ App or dial 000 to call an ambulance straight away. Both St John Ambulance Nannup and the Nannup Hospital will be on standby and will work with our race medical team to ensure our riders receive the very best emergency medical treatment.



SECTION 4. STAGE INFORMATION

4.1 STAGE 1: TEAM TIME TRIAL FRIDAY NOV 3RD 10:00AM

Undulating, winding and incredibly scenic, the 25.5km Team Time Trial route rises gently along the Vasse Highway until it turns into Gold Gully Road, where it climbs to 305m at the halfway point, before launching riders into an exhilarating (mostly) downhill rush to the finish line.



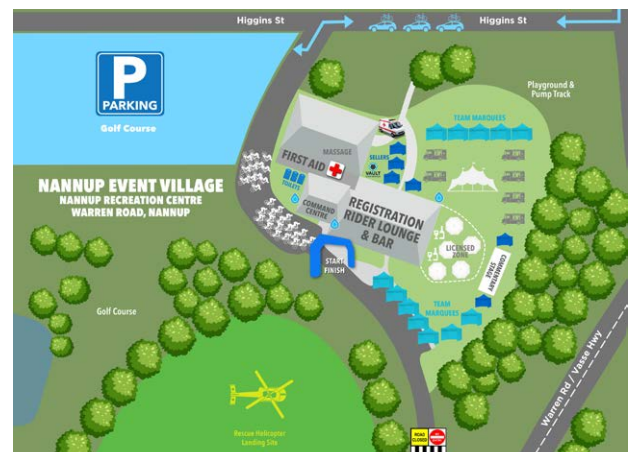
STAGE 1: DIRECTIONS

- 0.00km: Leave start grid at Recreation Centre (Centenary Drive)
- 0.1km: Turn right onto Warren Rd (traffic controlled)
- 1.5km: Turn left onto Vasse Highway
- 6.3km: Turn left onto Gold Gully Road (road closed to finish line)
- 13.5km: Turn left onto East Nannup Road
- 14.5km: Beginning of fast descent
- 14.75km: Fast left-hand corner of descent, use caution, stay left
- 25.5km: **Finish line**
- 26km: Turn right Vasse Hwy intersection - **CAUTION - ROAD OPEN**. Obey marshal instructions. Do not turn in front of oncoming teams.
- 26.27km: Turn right onto Brockman Hwy - **CAUTION - ROAD OPEN** - obey marshal instructions and watch for traffic.
- 27.65km: watch for sign from Traffic Controllers. **STOP** if signed as another team will be launching from the Start chute.
- 28.08km: turn left at Higgins Street to come back into Event Village along Centenary Drive.

PLEASE NOTE: TEAM, SUPPORTER AND SPECTATOR VEHICLES ARE NOT PERMITTED ON COURSE. RIDERS ARE NOT PERMITTED TO WARM UP ON COURSE AFTER 10AM. PENALTIES APPLY.

PARKING & SPECTATING

- For parking nearest the Event Village in Nannup, drive through town and turn at Higgins Street to approach the back of the Nannup Recreation Centre along Centenary Drive. Follow the parking signs and the directions of the parking marshals.
DO NOT PARK IN THE MAIN STREET.
- The best spectator point is at the start/finish line in the event village at the Nannup Recreation Centre.



4.2 STAGE 2: ROAD RACE SATURDAY NOV 4TH 7:30AM

The 91km 1600vm Queen Stage begins in Balingup with divisions racing down Balingup-Nannup Road, one of WA's top tourist drives and one of the favourite routes of our TOMR racing community. On arrival in Nannup, the route uses Grange Road to swing riders left onto Brockman Highway to tackle the Brockman Wall. At Maranup Ford Road, riders turn left again onto the iconic Kandalee Catapult Climb and finally turn right onto Blackwood Road in Greenbushes for the 200 metre sprint finish.



STAGE 2: DIRECTIONS

- 0.00km: Leave start grid at Balingup Village Green and turn right onto Blackwood River Drive
- 11.7km: Wrights Bridge
- 40.6km: Turn left onto Grange Road
- 41km: **CAUTION!** First chicane
- 41.15km: **CAUTION!** Second chicane
- 41.28km: Turn left onto Brockman Highway
- 43km: start of the Brockman Wall Climb
- 45.3km: Hydration Station on road side
- 71.2km: **CAUTION!** Start of steep descent
- 73.2km: **CAUTION!** Sharp left turn onto Maranup Ford Road at bottom of steep descent
- 79.6km: Maranup Ford Bridge and start of Kandalee Catapult Climb
- 86km: Road conditions become rougher for next 4km passing mine site. Watch for markings on road indicating potholes.
- 90.6km: Entering Greenbushes town
- 90.8km: Turn right onto Blackwood Road and finish straight.
- 91km: Finish line

CAUTION! GRANGE RD CHICANES IN NANNUP

Grange Rd in Nannup has two chicanes with traffic islands for riders to navigate. Marshals will be positioned before each chicane and will blow their whistles to alert riders.

SLOW DOWN AND TAKE CARE WHEN RACING THROUGH THE CHICANES!

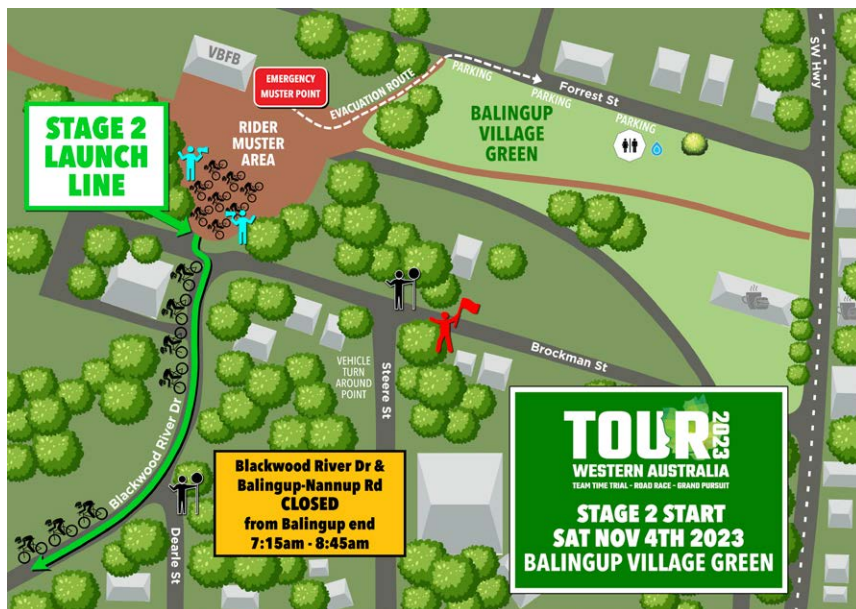


PARKING & SPECTATING

- Event traffic from Nannup must go via the Vasse Highway, Cundinup Sth Rd, Cundinup-Kirup Rd and the South Western Highway.
- The best spectator viewing is at the finish line on Blackwood River Drive, Greenbushes.

NB: TEAM CARS AND SUPPORTER CARS ARE NOT PERMITTED TO DRIVE ON COURSE, EITHER AHEAD OF OR BEHIND THE RACE. Drivers of vehicles on this road during the closure will be in breach of the Road Traffic Act.

Stage 2 and the Polka Dot Jersey are proudly sponsored by



4.3 STAGE 3: EKOI GRAND PURSUIT SUNDAY NOV 5TH 7:30AM

The EKOI Stage 3 Grand Pursuit offers three racing segments along a beautiful 94km 1340vm route. Individual teams are released at the start line in the Nannup Event Village at 30-second intervals. The three timed racing segments of 30km, 12km and 10km are set within the longer route, with start and finish lines clearly marked by signage, flags and timing mats. Teams start together in Nannup and ride the 10km neutral section, with the Segment A racing commencing at Agg Road. Two more neutral sections of 13km and 8km separate racing Segments B and C. Team members do not have to cross each start line together. Teams may stop between racing segments, but they must finish the entire course by 2pm. Drafting on other teams is not allowed. **All riders MUST pass under the Nannup event village arch at the end of the route for their time to be registered.** All roads are open.



STAGE 3: DIRECTIONS

- 0.00km: Leave start grid at Nannup Event Village (neutral)
- 0.1km: Turn left Warren Road (traffic controlled - neutral)
- 1.06km: Turn right Adam Street
- 1.21km: Turn left Grange Road
- 1.42km: Turn right Balingup-Nannup Rd
- 10.39km: Start of Racing Segment A (Agg Road)
- 40.25km: Finish Segment A (Airstrip Road), start of neutral section
- 41.48km: Entering Balingup
- 42.07km: Turn right Brockman Street
- 42.41km: Turn left South Western Hwy (neutral, obey Traffic Controllers)
- 43.11km: Start of Cat 5 climb. Ride in verge along highway (neutral)
- 52.3km: Turn left Cundinup-Kirup Road
- 52.37km: Hydration Station and toilets
- 53km: Start of Racing Segment B
- 64.7km: Finish of Racing Segment B (before Mailman Road), start of neutral section
- 72.6km: Turn left Cundinup South Road (neutral, obey Traffic Controllers)
- 73.8km: Start of Racing Segment C (Savage Road)
- 83.4km: Finish of Racing Segment C (Old Cundinup Road), start of neutral section
- 85.6km: Turn left onto Vasse Highway (neutral, obey Traffic Controllers)
- 92.5km: Nannup Bridge, entering Nannup
- 93.9km: Turn right Centenary Drive (neutral, obey Traffic Controllers)
- 94.1km: Finish Arch

IMPORTANT: DO NOT DRIVE ON COURSE!

TEAMS CARS AND SUPPORTER/SPECTATOR VEHICLES ARE NOT PERMITTED ON COURSE.

Although the roads are open for Stage 3, we must reduce vehicular traffic on course to an absolute minimum to ensure rider safety.

Stage 3 and the
EKOI Grand Pursuit Puncheur Jersey
are proudly sponsored by





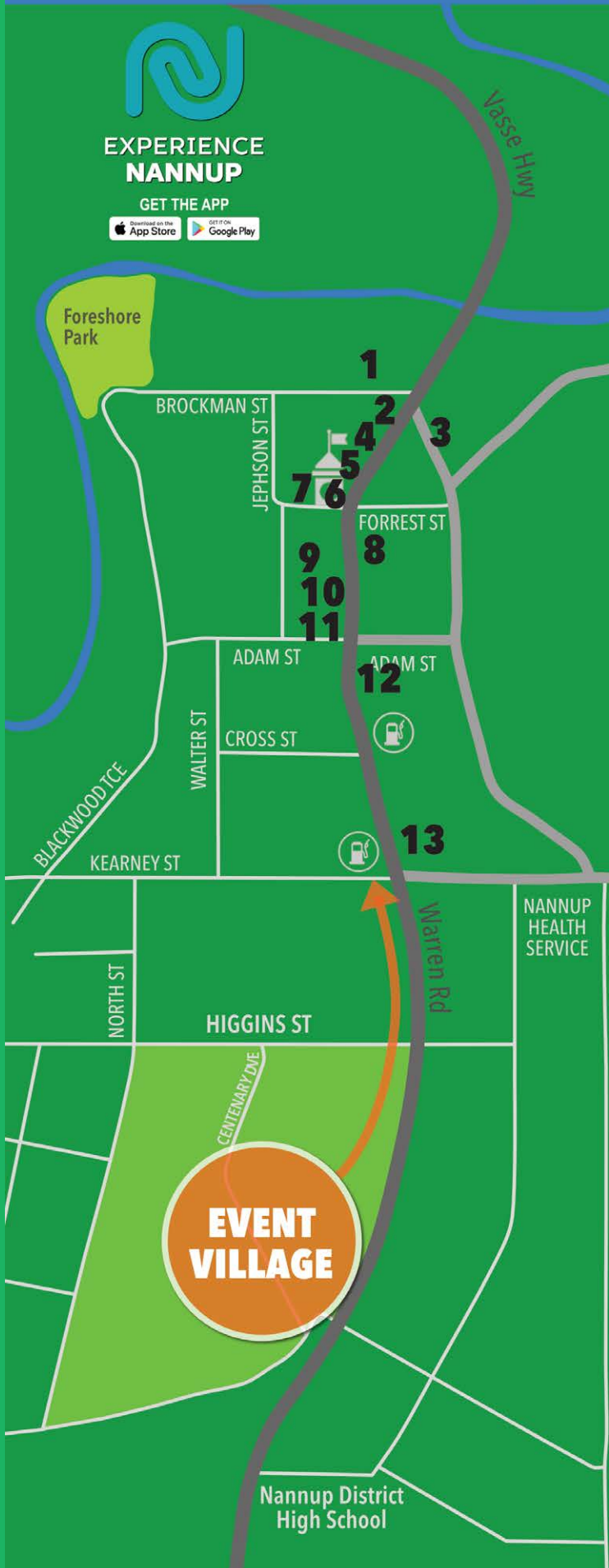
DELICIOUS NANNUP

Nannup's restaurants, cafes and boutique shops feature some of the best produce and provisions the South West Region has to offer. Here's a handy guide. Find the number on the map, go visit and treat yourself. Tell them TOMR sent you.



EXPERIENCE NANNUP

GET THE APP



1 THE FOOD VAN - 1.2km from Event Village

A favourite amongst locals for its delicious traditional food van fare. Great value for money, great big juicy burgers, hot chips and a big range of drinks. It's easy to find...located at the entrance to the Nannup Caravan Park.

2 STOPPING PLACE - 1.1km from Event Village

Just opened! Fantastic coffee and delicious food. Enjoy the delightful gardens while partaking in some of Nannup's finest fare in one of Nannup's beautiful historical buildings.

3 NANNUP BREWING CO. - 1.2km from Event Village

Nannup Brewery Co. is a small micro-brewery owned and run by family and friends. It offers idyllic scenery, beautiful spaces to enjoy, and large flavours from the boutique range of beers brewed on site. And the food is sensational!

4 NANNUP HOTEL - 1km from Event Village

The Nannup Hotel is famous for its cold beer and delicious steaks. With a great selection of meals at great prices, generous servings and a beer garden out the back, it's the perfect spot to relax and unwind.

5 PICKLE & O CAFE - 1km from Event Village

A health food cafe serving organic fair-trade coffee and delicious food, with plenty of free-range, gluten free, vegetarian and vegan options. With a cozy and quiet backyard garden area, Pickle & O is a lovely spot to recharge and refill.

6 A TASTE OF NANNUP - 1km from Event Village

A Taste of Nannup and Beyond sources and showcases the finest arts, crafts, foods and produce from across the South West Region. Over 60 artisans stock their unique designs and products in the shop.

7 TIGERVALLEY GALLERY - 1km from Event Village

Nannup has its own supply of top quality small goods and fresh meats at TigerValley Gallery and Giftware. Pop in for your biltong and browse the wonderful paintings and handmade wood craft while you're there.

8 NANNUP CONVENIENCE STORE - 1km from Event Village

The Nannup Convenience Store stocks everything you'd expect from a country town general store. Pick up your essentials for your DIY home cooking and food preparation.

9 BLACKWOOD CAFE - 1km from Event Village

In the heart of town, the Blackwood Cafe has a large alfresco garden, offering a delicious range of meals and all-day breakfast. All served by bike friendly staff. Sit outside under the magnificent Wisteria and enjoy.

10 NANNUP BAKERY - 900m from Event Village

Fresh bread made with love. Delicious home made pies, sausage rolls, pasties, sushi, Vietnamese rolls, salad rolls, wraps, pastries and cakes. The Nannup Hot Bread Shop makes everything on site and it's perfect fare for hungry cyclists!

11 NANNUP FISH & CHIP SHOP - 900m from Event Village

You can never go wrong with the delicious, freshly cooked fish and chips from the Nannup Fish & Chip Shop. Crispy chips cooked to perfection. Sweet and tender fish that melts in your mouth.

12 NANNA'S PANTRY - 800m from Event Village

Local produce in the quantities you require, reducing packaging and food miles. It's just like having your own pantry with you while you're on Tour. Top quality whole foods and home products, made locally.

13 NANNUP DELI - 700m from Event Village

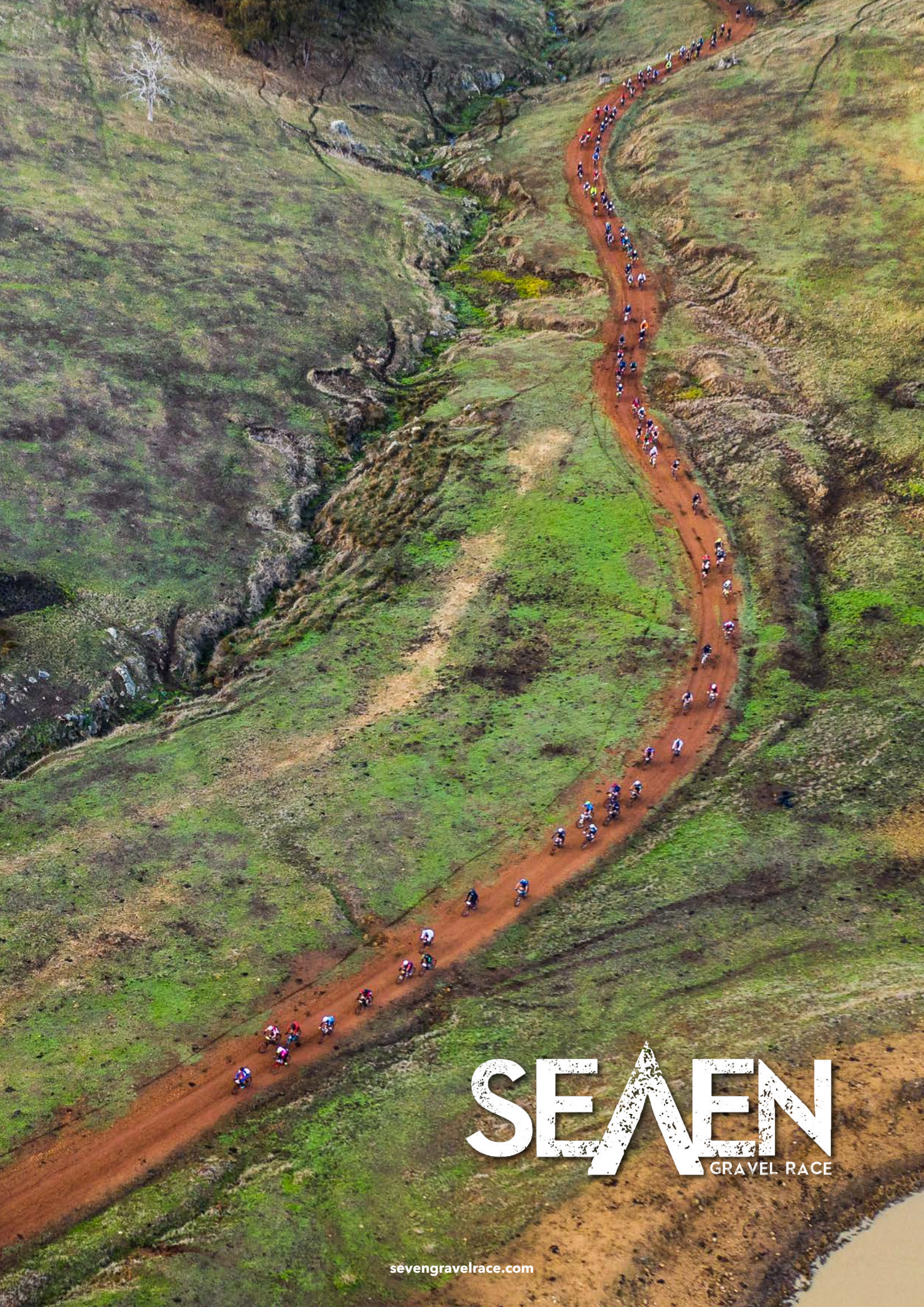
You just have to try Pearl and Chad's burgers and wraps. Home made to order, fresh and delicious, with generous servings for the hungry cyclist. For those staying in town on Thursday night, you can order Pearl's delicious Chinese takeaway meals.

Thank you to our Crew

Our deepest gratitude goes to our hardworking and loyal crew. For the last fourteen years you have generously and consistently dedicated your time, energy and enthusiasm to TOUR. We thank our Ride WA family for going above and beyond every time.

Here's a little dedication to you.





SEVEN

GRAVEL RACE

sevengravelrace.com