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Mountain Bike

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SECTIONS

Men's Open
Men's U18
Men's U15
Ladies' Open
Ladies' U18
Ladies' U15

PRACTICE

- Competitors should familiarize themselves with the course before the event
- Practice laps of the course will be permitted prior to the main event.

UNIFORM AND EQUIPMENT

- A roadworthy bicycle and an approved safety helmet are pre-requisites to starting the event
- All bicycles will be checked by the race supervisor prior to the race commencing
- Bikes must have good brakes, safe steering and properly inflated tyres to be considered roadworthy.

FORMAT

- All races will commence a the one time
- Event distances: Men's 12km (3 laps), Ladies 8km (2 laps)