



# 2024 Race Guide

Cable Bay Enduro & the Enduro MTB National Championships  
March 1st -3rd 2024



Brought to you by Nelson MTB Club and Cycling NZ



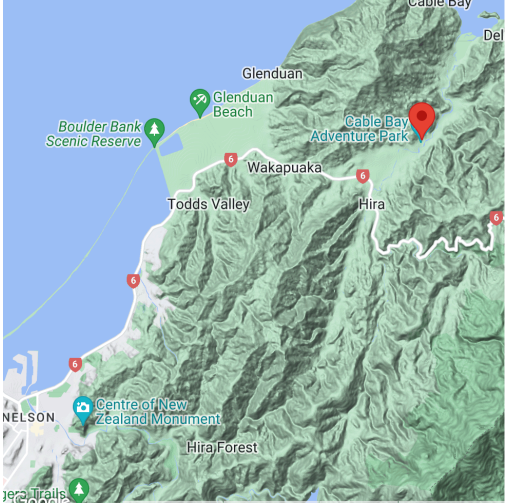



Presented by:



Kia ora and welcome to the 2024 Cable Bay Enduro & Enduro MTB National Championships. We are stoked to once again have Village Cycles and Specialized NZ on board as event sponsors and want to give a special mention to Cable Bay Adventure Park, MTBNZ, Nelson MTB Club, UCI and Cycling NZ for making this event possible.

Please have a read of the info below and get in touch if you have any questions.

	<p style="text-align: center;"><b>KEY CONTACTS</b></p> <table border="1" data-bbox="474 560 1560 940"> <thead> <tr> <th>Name</th> <th>Role</th> <th>Phone</th> <th>Email</th> </tr> </thead> <tbody> <tr> <td>Loui Harvey</td> <td>Race director</td> <td>0273562294</td> <td>loui.harvey@hotmail.com</td> </tr> <tr> <td>Jess Harvey</td> <td>Event director</td> <td>0226485685</td> <td>jess@raisethebarproject.co.nz</td> </tr> <tr> <td>Jono Corfield</td> <td>Medical liaison</td> <td>0273305089</td> <td>jonocorfield@gmail.com</td> </tr> <tr> <td>Richard Ussher</td> <td>CBAP Owner</td> <td>0274341349</td> <td>richard@cablebayadventurepark.com</td> </tr> <tr> <td>Shannon Higgs</td> <td>CBAP Manager</td> <td>02040634260</td> <td>shannon@cablebayadventurepark.com</td> </tr> <tr> <td>James Crawford</td> <td>PCP</td> <td>0275001152</td> <td>james.a.crawford@gmail.com</td> </tr> </tbody> </table>	Name	Role	Phone	Email	Loui Harvey	Race director	0273562294	loui.harvey@hotmail.com	Jess Harvey	Event director	0226485685	jess@raisethebarproject.co.nz	Jono Corfield	Medical liaison	0273305089	jonocorfield@gmail.com	Richard Ussher	CBAP Owner	0274341349	richard@cablebayadventurepark.com	Shannon Higgs	CBAP Manager	02040634260	shannon@cablebayadventurepark.com	James Crawford	PCP	0275001152	james.a.crawford@gmail.com
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	<p style="text-align: center;"><b>EVENT LOCATION</b></p> <p>Cable Bay Adventure Park          194 Cable Bay Road          RD1, Nelson 7071          +64 (0)3 545 0304 or free phone 0800 157 300</p> <p>Just 15 mins drive from Nelson City.</p> 																												
	<p style="text-align: center;"><b>EVENT WEBSITE &amp; SOCIAL MEDIA</b></p> <p>Insta: <a href="https://www.instagram.com/cablebayenduro">@cablebayenduro</a></p>																												



Facebook: <https://www.facebook.com/cablebayenduro/>

Website: <https://www.cablebayenduro.com>



### CAMPING

Camping is available for FREE from Thursday afternoon. For those who are camping please use the main entry to the Cable Bay Adventure Park and follow the signs past the event village and across the bridge. After the bridge, turn right into the paddock.

Please try to arrive before 6pm but if unable contact us on PH. 027 356 2294 and we can give you instructions to find the camping area.

**Note:** There will be a short cut across the river so bring ya jandals.

### FIRE RISK PRECUATIONS

**IMPORTANT:** We'll have a fire extinguisher placed over at the camping area and a 25L water source which will be clearly marked but no fires or open flame cooking. Gas cookers can be used on secured platform elevated from the grass.

Drinking water is from the tap source at front of the cafe - the water at the sink is not filtered - i'll have a sign there too

### SHOWERS + TOILETS

There will be showers available for all campers. We have set up two outdoor showers which will make camping a little more comfortable this year. We just ask that people contribute a koha (donation).

Toilet facilities will be available throughout the whole weekend.

### PARKING

This is based in the neighboring paddock. Please use the main entry to the park to access this and exit via the paddock gate onto Cable Bay Rd.



EVENT SCHEDULE

Sunday 25th Feb:

Course announcement 5pm, trails **CLOSED** for riding until Friday 1st March.

Riders are welcome to course walk if they wish. Anyone seen riding during this closure period will be disqualified from racing. Non-race stages will remain open at Cable Bay Adventure Park.

The following non-race stages will remain open at Cable Bay Adventure Park.

- Stinger
- Missing link into Jungle Boxer
- Formula 1
- Happy days

Thursday 29th Feb

1800-1900	Rider registration opens
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Friday 1st March:




0730	Free Yum Granola breakfast bowls available
0800	Rider registration opens
0845	<b>Compulsory Rider briefing for Cable Bay Enduro &amp; The Enduro National Championships.</b>
0900	Stages 3-7 open for practice
0900-1700 (Shuttled practice) Includes a 30 min lunch break	Note: This year you will be split into waves for practice. Riders are only permitted to 1 run on each trail.  Shuttle to top of DH trail Morning session 0900-1200 (wave 1-2) Stages 4,6  Shuttle to Pine skid Morning session 0900-1200 (wave 3-4) Stages 3,5,7  Shuttle to Pine skid Afternoon session 1300-1700 (wave 1-2) Stages 3,5,7  Shuttle to top of DH trail Afternoon session 1300-1700 (wave 3-4) Stages 4,6
1730-2000	Dinner available to purchase at the Base Cafe.




Saturday 2nd March:

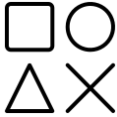

From 0845	From 0845 Cable Bay Enduro late rider registration available
0830- 1200	Stages 1-2 open for practice  Allocated practice times for stage 2 shuttle Wave 1: 0830 Wave 2: 0915 Wave 3: 1000 Wave 4: 1045  Stage 1 open between 0900 - 1200  <b>Wave 1 &amp; 2:</b> MUST practice stage 2 first  <b>Wave 3-4:</b> MUST practice stages in order. Can leave anytime they wish to practice stage 1. Riders in these waves Must give themselves at least 45 min- 1 hour to complete stage 1.  Note: If you miss your shuttle time you will need to pedal. All trails for practice will close at 12:30 pm.
1300	<b>Racing starts</b>  Wave 1: 1300 Wave 2: 1330 Wave 3: 1400 Wave 4: 1430
1300-1630	Stage 1 & 2 racing
1700	Race day 1 finished

Sunday 3rd March

0800	Timing chip activation opens for first wave
0830	Wave 1 briefing & shuttle
0915	Wave 2 briefing & shuttle
1000	Wave 3 briefing & shuttle
1045	Wave 4 briefing & shuttle
1630	Prizegiving

	<p style="text-align: center;"><b>UCI LICENSING AND POINTS</b></p> <p>If you have your sights set on international racing you are going to need points to qualify to race the Enduro World Cup (EDR)</p> <p>Anyone, in any category, can collect points at the Cable Bay Enduro &amp; Enduro MTB National Championships. To do this, you will need to get an annual UCI licence which has a UCI ID - This could be a domestic or international race licence.</p> <p>There are two UCI sanctioned categories: (Under 21 and Elite). If you wish to try and win a National title &amp; have the honor of wearing the NZ sleeve on your race jersey, then you <b>MUST</b> have a UCI race license and be in one of these categories.</p> <p>Please bring your UCI licence with you to registration as we will need to sight it and make sure we have entered in your UCI ID.</p>
	<p style="text-align: center;"><b>PLATE &amp; RACE PACK COLLECTION</b></p> <p style="text-align: center;">This will take place at Cable Bay Adventure Park within the event village.</p> <p>Pick-Up Hours:</p> <p>Thursday 29th February - 1800-1900</p> <p>Friday 1st March - All day - But before you can commence practice.</p> <p>Saturday 2nd March - 0900-1200</p> <p><i>Any racer who has not checked in / collected their race plate by 12pm Saturday will be removed from the start list unless prior discussion has occurred.</i></p>
	<p style="text-align: center;"><b>RACE BRIEFING</b></p> <p>Race briefing will occur on Friday 1st March at 0845 within the event village at Cable Bay Adventure Park.</p> <p>The briefing is mandatory for all racers. Changes to the rules, course, timetable, course marking, tech zones and feed stations will be communicated at the race briefing.</p>

	<p style="text-align: center;"><b>TIMING CHIPS AND NUMBER PLATES</b> <b>IMPORTANT INFO- PLEASE READ</b></p> <p><u>Saturday 2nd March</u> Racers will collect their timing chips on Saturday afternoon prior to racing stage 1 &amp; 2. Riders <b>MUST</b> collect their timing chip at least 20 minutes prior to their wave leaving the event village. All riders must wear their timing chip on their <b>RIGHT</b> wrist.</p> <p>After completing stage 1 &amp; 2 riders <b>MUST</b> check back in at the registration tent. This is so all racers get their race time and to have the timing chip <b>TURNED OFF</b>. Any racers who withdraw or do not complete the race must return the chips to the registration tent.</p> <p><u>Sunday 3rd March</u> Racers <b>MUST</b> then check back in at least 20 mins prior to their wave leaving on Sunday. This will allow us to check you in and have your timing chip <b>TURNED ON</b>.</p> <p>Racers of any lost or damaged chips will be issued a \$100 NZD replacement fee. Riders are <b>NOT</b> required to dip or tap their chips when starting or finishing a race stage.</p> <p style="text-align: center;"><b>NUMBER PLATES</b></p> <p>All riders will be issued with a unique number plate. This must be attached to the front of your bike at all times including during practice. Riders are not permitted to cut, bend, fold or otherwise modify the race plate. No stickers, written text or other forms of advertising are to be placed on the number plate by the rider without the expressed permission by the event organisers. Riders must securely fasten a number plate supplied by the race organiser on the front of the bicycle before commencing practice or race.</p>
	<p style="text-align: center;"><b>WRIST BANDS</b></p> <p>All riders will be allocated a coloured wrist band which is to be worn during practice. This is to help our team make sure you are on the correct shuttle and to help manage congestion.</p>
	<p style="text-align: center;"><b>TECHNICAL ASSISTANCE ZONE (TAZ)</b></p> <p style="text-align: center;"><i>This year the TAZ will be monitored. This is located anywhere within the event village, parking or camping area.</i></p> <p>No food or technical assistance is allowed to be given to a racer by a member of the racer's support crew unless the rider is in an officially marked TAZ.</p> <p>Only in the official TAZ are racers allowed to change any part of their clothing or equipment with the assistance from non-racers.</p>

	<p>Racers are allowed to collect and drop equipment or food within the TAZ.</p> <p>Racers are only allowed to give any waste or equipment to another person (this includes event or team staff and fans) in the TAZ.</p> <p>Racers can gain verbal assistance from anyone during a race but no one other than another racer can physically help a racer, touch their equipment or provide any supplies outside of the official TAZ.</p> <p>A rider may return to the TAZ at any stage.</p> <p><i>Any racer found not following the above stipulations may receive a fine or be disqualified.</i></p>
	<p style="text-align: center;"><b>CABLE BAY ENDURO 2024 CATEGORIES</b></p> <p style="text-align: center;"><i>The age considered for this Championship is from 31st December 2024.</i></p> <p style="text-align: center;"><b>UCI/ National Championship Categories: Riders must hold an annual UCI license with a UCI ID to race within these classes.</b></p> <p style="text-align: center;">Elite Men /Women Under 21 Men/ Women</p> <p>UCI categories will be governed by the rules attached <a href="#">here</a>:</p> <p style="text-align: center;"><b>Non UCI/ National Championships categories include: (age as at 31st December 2024)</b></p> <p style="text-align: center;">Under 15 - For Riders aged 14 (at the end of the year) Men/Women Under 17 - For Riders aged between 15 - 16 Men/ Women Under 19 - For Riders aged between 17 - 18 Men/ Women Open - For Riders aged between 19- 29 Men/ Women Masters 1 - For Riders aged between 30 - 39 Men/ Women Masters 2 - For Riders aged between 40 - 49 Men/ Women Masters 3 - For Riders aged 50+ Men/ Women E-Bike - For riders of any age - Men/ Women</p>
	<p style="text-align: center;"><b>START ORDER AND SEEDING</b></p> <p style="text-align: center;">All riders will leave in wave groups. Waves lists will be uploaded to our website once entries are finalised.</p> <p>Riders can drop into race stages as they wish and take their time during liaisons. There will be a cut-off time confirmed during the rider briefing on Friday 1st March. We ask that all riders stay within their race wave. All race stages must be completed in order.</p>

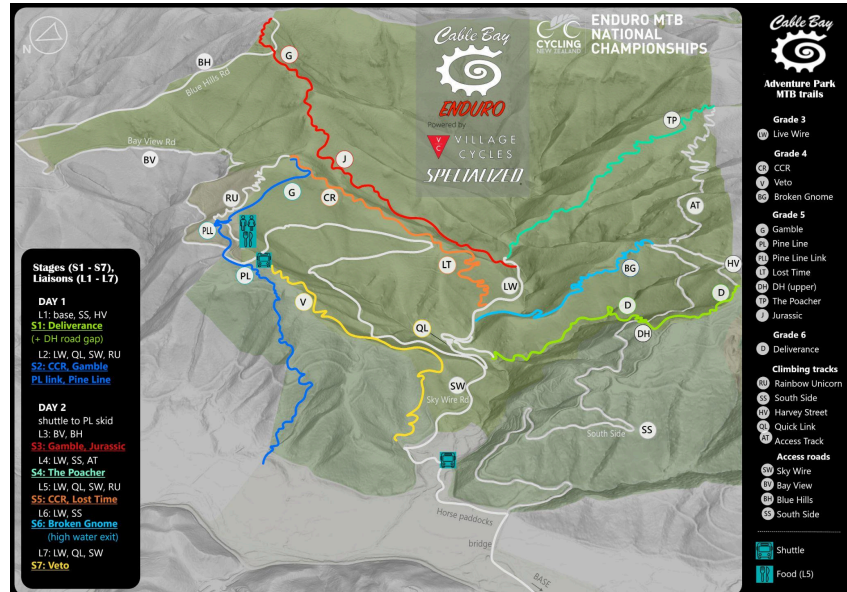




## 2024 RACE COURSE & MAPS

All trails are open for walking only- If you wish to book a shuttle lift to walk some races stages please contact Cable Bay Adventure Park. 03 545 0304  
Cost: \$10 per uplift

[Click here to access 2024 course map](#)



[CABLE BAY ENDURO 2024 COURSE PREVIEWS HERE](#)

### Saturday 2nd March

#### Liaison 1:

Ride from the Event village & head up the South Side Road to start of stage 1.

#### Stage 1:

Deliverance incorporating DH Road Gap

#### Liaison 2:

Exit out to Stinger Bridge onto Livewire. Follow live wire & exit onto the Skywire Road using Quick Link. Follow the Skywire Road to the start of Rainbow Unicorn. Continue up Rainbow Unicorn to the start of stage 2

#### Stage 2:

CCR, Lower Gamble, Pinline link into Full Pinline.

#### Liaison 3:

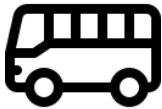
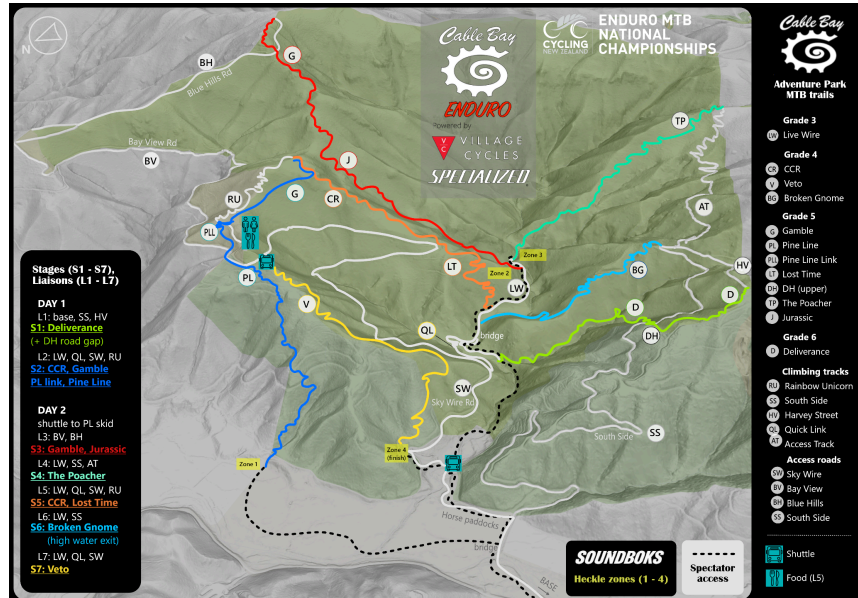
Return back to the event village.

	<p style="text-align: center;"><b><u>Sunday 3rd March:</u></b></p> <p><u>Liaison 4:</u> Ride from the event village to the main skid site. Load bike &amp; take the shuttle to the Pinline skid site. Follow Bay View road to the top of Stage 3.</p> <p><u>Stage 3:</u> Gamble into Jurassic</p> <p><u>Liaison 5:</u> Exit via Livewire all the way out to the main skid site. - Rider water station available at main skid. Follow South Side road to the start of the New Access trail. Continue along the New Access trail to the start of Stage 4.</p> <p><u>Stage 4:</u> The Poacher</p> <p><u>Liaison 6:</u> Follow Livewire &amp; exit onto the Skywire road using Quick Link. Follow the Skywire road to the start of Rainbow Unicorn. - Food station available for riders at Skywire Cafe. Continue up Rainbow Unicorn to the start of stage 5.</p> <p><u>Stage 5:</u> CCR into Lost time</p> <p><u>Liaison 7:</u> Exit via Livewire all the way out to the main skid site. - Rider water station available at main skid.</p> <p><u>Stage 6:</u> Broken Gnome into high water line</p> <p><u>Liaison 8:</u> Follow the highwater line to stinger bridge. Continue over stinger bridge, along Livewire &amp; exit onto the Skywire road using Quick Link. Follow the Skywire Road to the start stage 7.</p> <p><u>Stage 7:</u> Veto</p> <p><u>Liaison 9:</u> Return back to the event village.</p>
<p><b><i>SOUNDBOKS</i></b></p>	<p style="text-align: center;"><b>SOUNDBOKS HECKLE ZONES</b></p> <p>This year we are excited to be introducing the Soundboks Heckle Zones.</p> <p><u>Saturday 2nd March</u> Zone 1: Bottom of Satge 2- see map</p> <p><u>Sunday 3rd March</u> Zone 2: Bottom of Jurrasic (see map &amp; access via the walking track) Zone 3: Bottom of The Poacher (see map &amp; access via walking track) Zone 4: Bottom of Veto (see map)</p>

Get your mates together, get rowdy & support the riders. Please note when going to Zone 2-3 on Sunday it is a 30 min walk. Please watch for riders as they will use a section of trail you will walk on.

There will be a best dressed competition & spectators will go in the draw to win spot prizes at prizegiving.

[Click here to access Spectator Map](#)



### SHUTTLE UPLIFT

There will be a fleet of bike trailers, towed by 4WDs, a flat bed (seated only) and minibuses. Once the vehicles are loaded and the route is clear, the vehicles will leave. All riders are to load and tie their own bikes on, bikes on the trailer are the responsibility of the rider. Should you need assistance loading your bike there will be volunteers available to help.



### SAFETY EQUIPMENT AND BIKES

Riders are responsible for making sure that their bikes are safe and up to standard for racing.

Riders must complete the race using the same bike.

Full face helmets and knee pads are compulsory during all race stages.

Helmets **MUST** be worn and fastened whenever riding (this includes during liaisons).

*Any racer found not following the above stipulations may receive a fine or be disqualified.*

UCI categories will be governed by the rules attached [here](#): However, due to the discipline, both Enduro World Cup and [National Federation rules](#) are in use.

## CABLE BAY ENDURO T -SHIRTS

These will be available to purchase at the event for \$35 until sold out.



## CABLE BAY ENDURO LIMITED EDITION HATS



There are only 50 of these bad boys for the fifth edition of the Cable Bay Enduro. These will be available to purchase for \$40 when you register & it will be first in first served. We won't be making any more of these this year.

Please bring cash if you are interested in purchasing a hat!



### EVENT FIRST AID

Peak safety will be on site to run medical support for the event. They will be based at a central location which the course runs through multiple times. They will also have additional 2 Medics on course.

There will be additional riding medics and marshals on course. Riders must look out for each other during the event. This will be covered in more detail during the rider briefing.

### CONCUSSION PROTOCOL

In the event that a rider has a suspected concussion, a medical assessment will take place. Once the assessment is completed by a Peak Safety medic a decision will be made whether the rider can continue. The event directors have the final say on whether an injured rider may continue or not.

See Enduro World Series rider guide for concussion protocol [here](#)



### BEEES AND WASPS

Please be advised that there are at times quite a few bees and wasps around the park. If you have an allergy then please ensure you take the necessary precautions.



### HOSPITAL

The nearest emergency care facility is the Nelson Hospital ED or the Medical and Injury Centre. Located 20 mins from the Adventure Park at 7010 Franklyn Street, Nelson South, Nelson



### NO DOGS

This year Cable Bay Enduro and Cable Bay Adventure Park have made the decision to not allow dogs.



We understand this is an inconvenience to some of you and for this we apologise, however, with 300 racers plus support crews and spectators we have agreed that managing the safety of everyone involved and the smooth running of the event will be easier this way.






### FREE PRACTICE DAY BREAKFAST THANKS TO YUM GRANOLA

Enjoy a beautiful FREE bowl of Yum granola with Raglan Coconut Yoghurt (Vanilla bean flavor) and fresh fruit while you listen to the Friday morning briefing.

Bring your own cup and cutlery to go in the draw to win a month's supply of Granola from YUM.

	<p>Confirm your free Friday breakfast <a href="#">here!</a></p> <p>Bring your \$5 notes for another bowl on Saturday morning.</p>
	<p style="text-align: center;"><b>FOOD</b></p> <p>The Cable Bay Cafe will be open for service throughout the event.</p> <p><u>Friday 1st</u></p> <p>Cafe will be open from 7:30am</p> <p>They will be doing coffees and have a breakfast special available</p> <p>Cafe will be open until 8:30pm</p> <p>Evening fish and chips + fish burgers available from 5pm</p> <p><u>Saturday 2nd (live acoustic music from 4pm)</u></p> <p>Cafe will be open from 7:30am</p> <p>They will be doing coffees and have a breakfast special available</p> <p>Cafe will be open until 8:30pm</p> <p>Evening Burger menu available from 5pm</p> <p><u>Sunday 3rd</u></p> <p>Cafe will be open from 6:30am with menu available</p> <p><i>Post Racer buffet available from 1:30pm (included in race entry)</i></p> <p>Cafe will be open until 7pm</p>
	<p style="text-align: center;"><b>Mechanical Support</b></p> <p>Village Cycles &amp; Specialized NZ will have a few mechanics onsite to help with emergency fixes. They will be based at the event village.</p> <p>Village Cycles will have a range of components and spare parts available for purchase if needed. They will have an eftpos terminal which can be used to make payments as required.</p>

	<p style="text-align: center;"><b>Drug Free Sport NZ</b></p> <p>With the Enduro MTB Nationals approaching, it's important that EVERY athlete understands the role they play in keeping our sport clean.</p> <p>Head on over to the Drug Free Sport New Zealand website to find valuable info on your rights, your responsibilities, the doping control process and the role you play in keeping sport clean and fair for all. We strongly recommend the Clean Sport 101 e-course for anti-doping beginners, or the Level 1 or 2 e-courses for the more experienced participants. Get started today at <a href="https://drugfreesport.org.nz/education/e-learning">https://drugfreesport.org.nz/education/e-learning</a></p>
	<p style="text-align: center;"><b>CABLE BAY ADVENTURE PARK</b></p> <p>We are fortunate enough to be racing at this amazing venue. If you have friends or family supporting you over the weekend or you have a few extra days up your sleeve, we encourage you to check out some of the additional activities that the park has to offer, such as the quad bike tours &amp; Skywire experience.</p> <p><a href="#">Cable Bay Adventure Park activities.</a></p>
	<p style="text-align: center;"><b>\$5 MASSAGE</b></p> <p>There will be a qualified masseuse at the event village at certain times (likely Saturday before and after racing and Sunday after racing) during the weekend providing 10 min massages to ensure you're in prime shape ahead of or after your race.</p> <p>This is available to racers, spectators and volunteers - bring those \$5 notes and get amongst it!</p> <p>To give us an indication of numbers we ask that you let us know whether this is of interest to you <a href="#">here</a>.</p>
	<p style="text-align: center;"><b>OTHER THINGS TO DO:</b></p> <p>Here are a few options of things to do if you are planning to be here for a few days ahead of or after the event.</p> <ul style="list-style-type: none"> <li>- Ride the <a href="#">Wairoa Gorge</a></li> <li>- Ride some of the <a href="#">Nelson Trails</a>.</li> <li>- Get in touch with <a href="#">Groivity Nelson</a> to book shuttles or head out for a pedal.</li> <li>- Check out all the cool things Nelson Tasman has to offer: <a href="#">here</a></li> </ul>



That is all for now. Please make sure you stay up to date by checking our [website](#) and social media channels

AND FINALLY

A HUGE SHOUT OUT TO ALL OUR AMAZING SPONSORS BELOW

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