

INTRODUCTION TO THE GRAVEL AND TAR UCI 1.2 RACE

ONCE AGAIN A PLEASURE TO WELCOME THE RIDERS, THEIR MANAGERS AND SUPPORTERS, RACE OFFICIALS, AND CYCLING FANS BACK TO THE MANAWATŪ FOR GRAVEL AND TAR!

Now in its eighth year, the Gravel and Tar is once the only 1.2 level race on the Oceania road cycling calendar, and that allows NZ trade teams to experience oneday racing at an international level and vie for valuable UCI points. Notably, there are a number of previous Gravel and Tar winners, men and women, who have gone onto full professional contracts.

This year we felt it was important to get the women's race, the Gravel and Tar La Femme going again alongside the men's Gravel and Tar Classic, after a hiatus of a three years. There are few other women's only road races in NZ and no other UCI events.

I'd like to acknowledge the support from our event sponsors. Without that involvement we could not produce this flagship cycling event. Particular thanks goes to Palmerston North City Council and Manawatu District Council for their support and hard work to make this event happen. Special thanks goes to Professionals Real Estate for again getting on board as the naming rights sponsor for the Gravel and Tar UCI races. Professionals have been valuable and consistent sponsors of cycling and this event for a number of years.

To the race officials and other volunteers, thank you for your time and commitment.

To the riders, thank you for coming; I hope you enjoy the race and your stay in the Manawatu. Race hard, and enjoy the hospitality and cycling-friendly environment that the region has to offer. We hope we will see you back in years to come!

SR Slanner

Dr Steve Stannard Race Director steve@gravelandtar.com



OFFICE OF THE MAYOR Palmerston North City Council

WELCOME MESSAGE 2024 GRAVEL AND TAR CLASSIC

On behalf of Palmerston North, I'd like to welcome the teams, race officials, and supporters of the UCI Gravel and Tar Cycling races to our city.

The 2024 Wellington Anniversary long weekend will be an important period for cycling in NZ as we are also hosting the National Criterium Championships at Massey on Monday 22nd of January. The Manawatu has a proud history, not only of organizing cycling events such as these, but also producing champion cyclists who have gone onto excel on the world stage.

The city is proud to again be able to support the men's Gravel and Tar Classic as the only 1.2 level race on the 2024 UCI Oceania Road Cycling Calendar. We are particularly pleased to host the women's Gravel and Tar La Femme once more, one of very few women's only road cycling races in NZ and the only women's UCI event.

If you are a visitor to the region we hope you will enjoy participating or watching these elite cycling races, and also enjoy the hospitality of Palmerston North City and the fantastic cycling-friendly facilities and atmosphere the city provides.

Ngā mihi

Grant Smith | Mayor, Palmerston North

Races Manual

UCI 1.2 2024



On behalf of the Greasy Chain Charitable Trust, organisers of the Gravel and Tar Classic and La Femme, I'd like to welcome teams and supporters to the Manawatū for the UCI races on January 20th, 2024.

The Greasy Chain cycling events and activities were borne of a passion for cycling in the Manawatū as a way to improve the physical and mental well-being of the community. Now in its eighth year, we see the Gravel and Tar as our pinnacle annual event, highlighting the benefits of cycling as a sport.

So many thanks to those participating in the men's Classic and women's La Femme for acting as role models for others in the Manawatū to follow.

For cyclists, the Gravel and Tar has become recognised as one of the most challenging on the Oceania circuit, so I'm sure you're looking forward to testing yourself on this challenging parcours. And remember, a number of previous participants have gone onto great success on the world stage, so welcome - you're in good company!

This year, we're delighted to welcome back the women in the La Femme. The Trust is a great supporter of women's cycling and the La Femme was one of the first cycling events in the world to pay equal prize money with the men – a fact of which we're very proud.

We look forward to seeing some exciting cycling in the beautiful topography of the Manawatū.

Bob Selden Chair, the Greasy Chain Charitable Trust.



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DESIGN

PRINTING PROVIDED BY



ACKNOWLEDGEMENTS











LET'S RIDE NZ















PARTICIPATING TEAMS

PARTICIPATING TEAMS FOR THE 2024 PROFESSIONALS GRAVEL AND TAR (MEN'S) CLASSIC ARE;

TEAM NAME	COUNTRY	CODE	UCI LEVEL
NZ National Team	NZL	NZL	National
CCACHE x Par Küp	AUS	CCPC	Continental
MitoQ	NZL	MITO	Continental
Global Cycling Team	NED	GCT	Continental
Couplands	NZL	CPL	Trade
PRV Racing	NZL	PVR	Trade
Criterion Racing	AUS	CRIT	Trade
Rush Velo	NZL	RUSH	Trade
West Coast Nth Island	NZL	WCNI	Regional
EVO Cycles	NZL	EVO	Regional

PARTICIPATING TEAMS FOR THE 2024 PROFESSIONALS GRAVEL AND TAR (WOMEN'S) LA FEMME ARE;

TEAM NAME	COUNTRY	CODE	UCI LEVEL
MitoQ	NZL	MITO	Trade
Black Magic	NZL	BLM	Trade
Tinelli	NZL	TIN	Regional
Black Dirt Collective	NZL	BDC	Regional
Tactic	NZL	TACT	Regional
Green Monkey	NZL	GM	Regional

HOTEL INFORMATION

Fitzherbert Avenue, Palmerston North

Estimated time by car between Copthorne Hotel and the airport is 15 minutes in off-peak traffic. The race start and finish in Ashhurst is approx. 15 km from the Copthorne by car or 40 min by bicycle.

COPTHORNE HOTEL PALMERSTON NORTH

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RACE OFFICIALS

RACE DIRECTOR

Steve Stannard 021809597, 0226848718

ASSISTANT RACE

Mike Simpson 0278363520

EVENT SAFETY MANAGER

Matt Van Wagtendonk 0212939047

COMMISSAIRES

Chief Commissaire for Gravel and Tar Classic (PCP): **Wayne Pomario** *Australia*

Chief Commissaire for Gravel and Tar La Femme (PCP): **Tony Torr** *Australia*

UCI Tech Delegate: **Zac Prendergast** *Kapiti*

Stephen Holdsworth *Taupo*

Stephen Elden-Grey Wellington (Moto-comm)

Tony Hartley *Hasting*

Tim Whitehouse *Feilding*

Bernie Richmond Palmerston North

Kelly Newton Palmerston North

Craig Woollett Palmerston North

Mike Sim Wellington

6

RADIO TOUR

Nikki Prendergast (Classic) Marty Hewson (La Femme)

RACE DOCTORS

Dr Abhi Gotadki Dr Hisan Wahab

MEDIA LIAISON

Bob Selden 0212642301

MANAGER OF START AND FINISH AREA IN ASHHURST

Brendan Hapeta 0272447777

PHOTOGRAPHY/VIDEO PRODUCTION

Tony McLaughlin 021518244

PALMERSTON NORTH CITY COUNCIL

Luke McIndoe

RACE COMMENTATOR

John van Lienen

STJOHNS AMBULANCE

EMERGENCY SERVICES AND POLICE

Dial 111

COPTHORNE HOTEL

Front Desk (06)356 8059

RACE SCHEDULE

DAY	TIME	ΑCTIVITY	PLACE
Thu 18 th	5:30pm	Volunteers Meeting	Cyclista, 54 George St, Palmerston North
Fri 19 th	4:00pm	Race Headquarters Open	Copthorne Hotel, Palmerston North
	4:00-5:00pm	Team Registrations	Copthorne Hotel
	7:00pm	Race Dinner	Copthorne Hotel
	8:30pm	Official's meeting (as necessary)	Copthorne Hotel
Sat 20st	7:00am	Race Headquarters open	Village Valley Centre, Ashhurst
	7:45am	La Femme Convoy Drivers' Meeting	Village Valley Centre
	8:15am	La Femme sign on and team presentation	Village Valley Centre
	8:40am	La Femme sign on closes	
	8:45am	La Femme convoy into position	Guildford St
	8:55am	Final La Femme briefing (if necessary)	Guildford St
	9:00am	La Femme race departs	Guildford St
	9:05am	Classic Convoy Drivers' Meeting	Village Valley Centre
	9:20am	Classic riders sign on and presentations	Village Valley Centre
	10:00am	Classic riders sign-on closes	
	10:00am	Classic convoy into position	Guildford St
	10:05am	Final Classic rider briefing from commissaires	Guildford St
	10:15am	Classic race departs	Guildford St
	11:50am	First La Femme race finish (approx.)	Wyndham St
	1:00pm	Presentation of first three La Femme place-getters	Village Valley Centre
	2:00pm	First Classic riders finish (approx.)	Wyndham St
	2:45pm	Presentation of first three Classic place-getters	Village Valley Centre
	4:00pm	BBQ for volunteers	Village Valley Centre
	5:00pm	Close of proceedings Ashhurst	Village Valley Centre

NOTES

All team managers/directors must attend the Managers Meetings (times above) on Fri 19th Jan at the Copthorne Hotel at 5:30 pm.

Convoy (including all team) cars must be in the reserved parking area along Guildford Ave before 8:45 am (La Femme) and 10 am (Classic). All La Femme riders must be at the Ashhurst Village Valley Centre before 8:15 am for the team presentations and sign on.

All Classic riders must be at the Ashhurst Village Valley Centre before 9:20 am for the team presentations and sign on. The first three place-getters in the individual classification of each race must be at the Ashhurst Village Valley Centre for presentations within 20 minutes of finishing the race. They are advised to quickly grab a drink, then make their way down from the finish line at Wyndham St to the Centre for the presentations. UCI 1.2 2024

RACEMAPS

RACE HEADQUARTERS VILLAGE VALLEY CENTRE, ASHHURST

S.

Manawatu Scenic Rte

Manawatu Scenic Rt_e

Petes Way

Oxford St

Bamfiel

Stanford St N

Hodgetts Pl

Mulgrave S

Stanford St S

Stanford St S

Stanford St S

Mulgrave St

Oruaiti Cres

Oruaiti Cre

CAMBRIDGE AVE

WinchesterSt RACE HEADQUARTERS GUNDHOLD ST

Winchester

Guildford St

Winchester St

The Village Valley Centre carpark is easily accessed from Cambridge Ave. Please use that car park before spilling out onto the street. There is also some (limited) access from Guildford St.

There are some shops along Cambridge Ave, including two Four-Square minimarkets and a café or two. Please feel free to support these businesses.

POHANGINA

angina

AWAHOU

60

20

40

FINISH

120

80

START

SH 3

ASHHURST

9



TOTAL ASCENT® 1715 M

MAKINO

[SH 54]

TAONUI

TOTAL DESCENT 1707 M

DISTANCE 139.38 KM

COLYTON

START TIME 10:15 AM Guildford St, Ashhurst

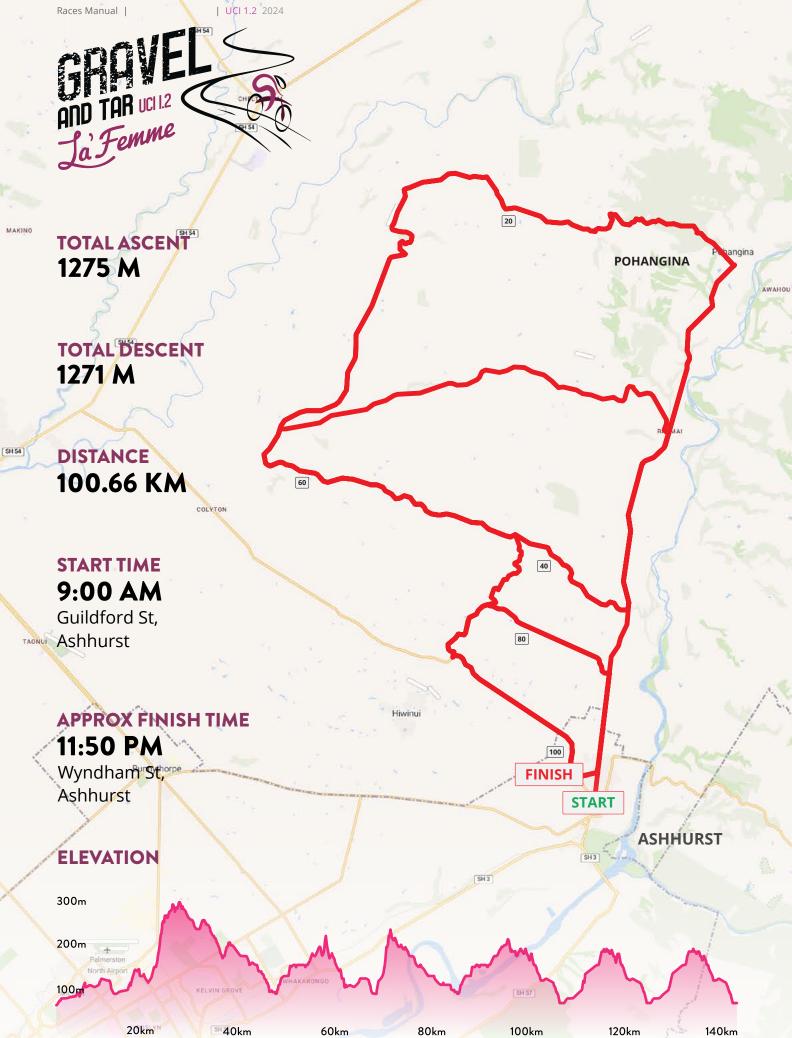
APPROX FINISH TIME 2:00 PM Wyndham St Ashhurst





Hiwinui

100



RACE TIMES AND DISTANCES

EVENT DIRECTIONS AND ESTIMATED TIMES FOR THE 2024 PROFESSIONALS GRAVEL AND TAR CLASSIC

DISTANCE (KM)	STREET / ROAD / LANDMARK	ESTIMATED TIME
0	Depart Valley Village Centre. Neutralised.	10:15
0.1	Left turn into Cambridge St.	10:15
1.3	80 km/hr sign, race starts	10:16
13.8	Turn left into Finnis Road	10:34
14.2	Gravel starts.	10:35
17.8	Veer Left to stay on Finnis Road.	10:44
18.6	Veer right to stay on Finnis Rd.	10:45
20.0	Gravel ends.	10:47
23.5	Veer left - Finnis rd turns into Taonui Rd.	10:53
24.9	One Lane Bridge	10:55
32.2	Turn left into Spur Rd	11:04
32.6	One Lane Bridge. Priority OK.	11:05
39	Veer right to stay on Spur Rd. Gravel starts.	11:16
41.6	Gravel ends, caution steep bitumen descent	11:16
42.6	Turn left onto Pohangina Rd. Stop/Go required both ways on Pohangina Rd.	11:17
51.7	Turn left into Finnis Road, Feed Zone (1)	11:29
52.0	Gravel starts.	11:30
55.6	Veer Left to stay on Finnis Road.	11:39
56.4	Veer right to stay on Finnis Rd.	11:41
57.8	Gravel ends.	11:43
61.5	Veer left - Finnis rd turns into Taonui Rd.	11:49
62.8	One Lane Bridge. Swap priority.	11:50
70.2	Turn left into Spur Rd	12:02
70.6	One Lane Bridge	12:02
77	Veer right to stay on Spur Rd. Gravel starts.	12:13
79.6	Gravel ends, caution steep bitumen descent	12:17
80.6	Turn left onto Pohangina Rd. Stop/Go required both ways on Pohangina Rd.	12:19
85.2	Turn left out of Pohangina Rd into Valley Rd	12:26
87.3	Top of climb, Feed Zone (2)	12:29
94.7	One Lane Bridge	12:40
96.1	Turn left into Taonui Rd. Stop/Go required both ways on Taonui Rd.	12:40
96.8	Turn left into Spur Rd	12:41
97.2	One Lane Bridge	12:42

11

1 ------

103.6	Hard turn right into watershed Rd, gravel starts	12:53
106.1	Gravel ends	12:58
108	Turn Left into Colyton Rd. Stop.	13:01
112.4	Turn Left into Wyndham Street	13:07
112.9	Left turn into Cambridge Street	13:08
115.1	Turn Left into Ulysses Rd	13:11
118.4	Turn left into Watershed Rd.	13:17
120.3	Turn Left into Colyton Rd	13:20
125.3	Turn Left into Wyndham Street	13:27
125.8	Left turn into Cambridge Street	13:28
128	Turn Left into Ulysses Rd	13:31
131.3	Turn left into Watershed Rd	13:38
133	Turn Left into Colyton Rd.	13:41
138	Turn Left into Wyndham Street	13:47
138.3	Finish	13:48

* These distances calculated from a combination of GPS and Google Maps, so has an accuracy of roughly +/- half a kilometre, more towards the latter part of the race. It is up to the riders and their teams to know the course. There will be marshals on each corner for direction, but it is the riders' responsibility to know the course.

These times are estimate only, based on estimated speeds over each part of the race. The actual times will depend upon the start of the race proper – which is at the discretion of the commissaire – the weather, and the speed of the race, particularly over the gravel sectors.

The neutral support is provided by means of three vehicles. Given the length of the race, we strongly advise each rider to have some self-sufficiency by taking at least one spare tube and means of rapid inflation, as this may be quicker than waiting for neutral support.

After Feed Zone 1, support cars involved in stationary feeding should proceed back towards Ashhurst and the finish line very carefully.

When approaching the finish line the final time, convoy cars should NOT turn left into Wyndham St, rather they should continue straight down Colyton Rd towards the centre of Ashhurst. This deviation for race vehicles is to prevent convoy vehicles interfering with riders on the finishing straight.



EVENT DIRECTIONS AND ESTIMATED TIMES FOR THE 2024 PROFESSIONALS GRAVEL AND TAR LA FEMME

DISTANCE (KM)	STREET / ROAD / LANDMARK	ESTIMATED TIME
)	Depart Valley Village Centre. Neutralised.	9:00
D.1	Left turn into Cambridge St.	9:00
.3	80 km/hr sign - start race	9:02
3.8	Free left turn into Finnis Rd	9:24
4.3	Start Gravel (Sector 1)	9:25
7.1	Top of climb	9:31
17.6	Veer left to stay on Finnis Rd	9:32
8.3	Veer right to stay on Finnis Rd	9:34
9.8	End Gravel	9:36
24.8	One lane bridge	9:44
31.1	One lane bridge - cyclists have priority.	9:52
25.8	Hard right to stay on Taonui Rd	9:38
32.2	Left turn into Spur Rd	9:49
32.6	One lane bridge	9:49
39	Veer right at Intersection with Midland and Watershed Rds, start Gravel (Sector 2)	10:01
12.6	Left turn into Pohangina Rd	10:08
17.1	Left turn into Valley Rd	10:15
19.2	Top of climb, Feed Zone (2)	10:22
56.5	One lane bridge	10:32
57.9	Left turn into Taonui Rd	10:35
58.7	Left turn into Spur Rd	10:36
59.1	One lane bridge	10:37
65.5	Hard right into Watershed rd, start Gravel (Sector 3)	10:48
58.4	Gravel ends	10:56
70.3	Left turn into Colyton Rd.	10:59
74.3	Left turn into Wyndham Street	11:05
74.6	First time through finish line	11:05
4.8	Left turn into Cambridge St.	11:06
77.1	Left turn into Ulysses Rd.	11:10
30.6	Turn left onto Watershed Rd	11:15
33.1	Managed turn into Colyton Rd.	11:21
37.4	Left turn into Wyndham St	11:27
37.7	Second time through finish line	11:28
37.9	Left turn into Cambridge St.	11:28
90.1	Left turn into Ulysses Rd.	11:32
93.6	Turn left onto Watershed Rd	11:41
91.8	Managed turn into Colyton Rd.	11:37
00.4	Left turn into Wyndham St	11:49
00.7	FINISH	11:50

* These distances calculated from a combination of GPS and Google Maps, so has an accuracy of roughly +/- half a kilometre, more towards the latter part of the race. It is up to the riders and their teams to know the course. There will be marshals on each corner for direction, but it is the riders' responsibility to know the course.

These times are estimate only, based on estimated speeds over each part of the race. The actual times will depend upon the start of the race proper – which is at the discretion of the commissaire – the weather, and the speed of the race, particularly over the gravel sectors.

The neutral support is provided by means of two vehicles. Given the length of the race, we strongly advise each rider to have some self-sufficiency by taking at least one spare tube and means of rapid inflation, as this may be quicker than waiting for neutral support.

After Feed Zone 2, support cars involved in stationary feeding should proceed back towards the finish line very carefully by continuing west along Valley Rd, then going back to Ashhurt via Colyton and thence Colyton Rd.

When approaching the finish line the final time, convoy cars should NOT turn left into Wyndham St, rather they should continue straight down Colyton Rd towards the centre of Ashhurst. This deviation for race vehicles is to prevent convoy vehicles interfering with riders on the finishing straight.



FEED ZONE 1 (CLASSIC ONLY)



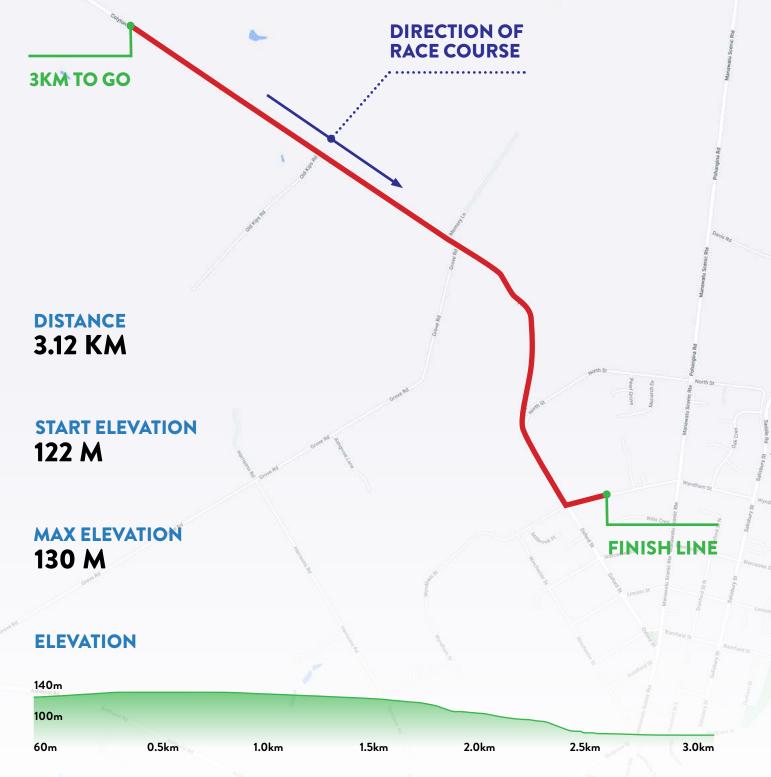
Classic supporters must access the feed zone only from the Ashhurst end of Pohangina after the Classic race starts at 10:15 am. The riders are then feed on their second lap (not the first). Thus, there is only one opportunity to feed at Feed Zone 1. Once the feed is complete and the convoy is passed, support vehicles should then proceed back along Pohangina Rd towards Ashhurst and turn right up Valley Rd for Feed Zone 2.



Supporters must access the second feed zone only from the bottom of the Valley Rd hill off Pohangina Rd. Support vehicles for La Femme can only go to this feed after the race starts at 9 am and no later than 9:45 am and then wait for the riders to arrive at approximately 10:20 am.

| Races Manual

MAP OF LAST THREE KILOMETRES



No parking on Wyndham St for event-related vehicles. Parking in nearby streets provided they are not part of the course is possible. The best option is to park at the Village Valley Centre and walk from there to the finish line. This is only about one kilometre.

Races Mandal |

Oxford St.

Colyton Rd

Oxford St

DIRECTIONS FOR CONVOY CARS IN APPROACH TO THE FINISH



Wyndham St

Wyndham St

NISH LINE

Worcester St

oxford St

Wills Cres

Worcester St

DIRECTION OF CONVOY ON LAST LAP

Milbrook P

Wyndham St

Winchester St.

Oxford St

Oxford St

oxford St.

Wyndham St

Oxford St

WorcesterSt

Oxford St.

Oxford St

Worcester St

oxford St

oxford st

SPECIFIC REGULATIONS

ARTICLE 1. ORGANIZATION

The Professionals Gravel and Tar cycling races are organized by the Greasy Chain Charitable Trust Inc. under the regulations of the Union Cycliste Internationale (UCI). It is to be held on the 20th of January 2024 starting and finishing in Ashhurst, New Zealand.

Race Director: Dr. Steve Stannard +64 6 3555009, +64(0)226848718, steve@gravelandtar.com 54 George St, Palmerston North, 4410, New Zealand

ARTICLE 2. TYPE OF EVENT

The event is open to athletes of the Men Elite and U23 (Classic) and Women Elite and U23 (La Femme) categories. The event is entered on the UCI Oceania Tour calendar. The event is registered as a class 1.2 event. In conformity with the UCI rules, points are awarded for the UCI Men's Elite and Under 23 and Women Elite and U23 (refer to Article 2.10.008 in UCI race regulations) in UCI ranking as follows:

Individual classification (men and women) by time place

Place	UCI Points
1st	40
2nd	30
3rd	25
4th	20
5th	15
6th	10
7th	5
8th	3
9th	3
10th	3

ARTICLE 3. PARTICIPATION

As per article 2.1.005 of the UCI regulations, the event is open to the following teams:

- UCI ProTeams
- UCI continental teams
- UCI cyclo-cross professional teams
- National teams
- Regional and club teams

ARTICLE 4. RACE HEADQUARTERS

The Race Headquarters shall be open from 16:00 – 17:00 on 19th of January at the Copthorne Hotel on Fitzherbert Ave, Palmerston North.

During the Race (20th Jan), Headquarters are located at the Village Valley Centre in Ashhurst, and they shall be opened at 7:00 am until around 5 pm.

ARTICLE 5. RADIO-TOUR

Race information will be broadcast on the frequency noted in the Managers Meeting. All race information will be announced in English.

ARTICLE 6. NEUTRAL TECHNICAL SUPPORT

The neutral support is taken care by means of: three vehicles in the men's race and two vehicles in the women's event. It is up to the teams to provide sufficient spare wheels to these neutral spares vehicles. Wheels should be labelled.

ARTICLE 7. FEED ZONE ACCESS

After Feed Zone 1 at Pohangina Village, team support cars performing stationary feeding (men's race only) should proceed carefully back along Pohangina Valley Rd towards Ashhurst. They then have the opportunity to perform a second stationary feed at the top of Valley Rd (men and women). There is also the opportunity for a final feed the first time riders pass through the finish line on Wyndham St. There is strictly no parking of any support vehicles on Wyndham St, so those feeding riders there will need to park elsewhere and walk.

ARTICLE 8. FINISHING TIME LIMITS

Any rider finishing in a time exceeding that of the winner by more than 8% shall not be placed. The time limit may in exceptional circumstances be increased by the commissaires panel in consultation with the organiser according to the article 2.3.039.

ARTICLE 9. CLASSIFICATIONS

The following classification(s) will be issued:

Individual Classification by Time

The Individual Classification will be determined by the order of the rider's passing the finish line.

The first rider passing the finish line will be declared as the winner.

Team Classification by Time

The team classification is drawn up by totalling the finishing time awarded for the first three finishing members of each team. At least three team members must finish for the team to be eligible. The team with the lowest summative time of their first three finishing riders will be declared as the winner. In the event of a tie, teams shall be separated on the basis of the sums of the placings obtained by their three best placed riders. In the event that the positions are still tied, the teams shall be separated by the placings of their best rider.

ARTICLE 10. PRIZES

The following prizes are awarded:

PRIZE MONEY POOL (NZ\$) -

GRAVEL AND TAR CLASSIC AND LA FEMME 2024

Place	Individual Classification*	Team Classification#
1st	\$4,240	\$1,500
2nd	\$2,115	\$1,000
3rd	\$990	\$500
4th	\$535	
5th	\$420	
6th	\$315	
7th	\$315	
8th	\$210	
9th	\$210	
10th	\$105	
11th	\$105	
12th	\$105	
13th	\$105	
14th	\$105	
15th	\$105	
16th	\$105	
17th	\$105	
18th	\$105	
19th	\$105	
20th	\$105	
TOTALS*	\$10,400	\$3,000

*As per UCI Financial Obligations 2024

#The organisers reserve the right to alter teams-based prize money, or not pay team prize money if there are insufficient finishers.

ARTICLE 11. ANTIDOPING

The UCI anti-doping regulations are entirely applicable to the event. Moreover, the rules and regulations of Drug Free Sport NZ are applicable to the event, in addition to the UCI anti-doping regulations. Immediate post-competition tests will be performed at the Village Valley Centre in Ashhurst.

ARTICLE 12. AWARDS CEREMONY

In accordance with article 1.2.112 of the UCI rules, the following riders must attend the official awards ceremonies held within 30 min of the race finish:

The first three riders of the Individual classification

ARTICLE 13. PENALTIES

The UCI penalty scale is the only one applicable.

ARTICLE 14. ENVIRONMENT PROTECTION

The organizer would like to remind all parties involved in the race to be sensitive to the environmental protection. Litter zone have been setup at 50m before and 100m after the pit/ feeding zones.

ARTICLE 15. ROAD CLOSURES/RULES

<u>Roads are open and normal NZ road rules apply unless</u> <u>otherwise stated</u> by the police and/or commissaires. Riders are asked to keep to the left where possible at all times.

ARTICLE 16. COVID-19

If you develop COVID-19 symptoms, wherever you are, contact Healthline 0800 358 5453 or your doctor immediately and have a test.

COVID-19 symptoms

The symptoms of COVID-19 are similar to common illnesses such as a cold or influenza. You may have one or more of the following:

- a new or worsening cough
- fever (at least 38°C)
- shortness of breath
- a sore throat
- sneezing and runny nose
- temporary loss of smell.
- shortness of breath is a sign of possible pneumonia and requires immediate medical attention.

Some people may present with less typical symptoms such as only: fever, diarrhoea, headache, myalgia (muscle pain), nausea/vomiting, or confusion/irritability. Symptoms can take up to 14 days to show after a person has been infected. The virus can be passed onto others before they know they have it – from up to two days before symptoms develop.

HOSPITAL and the second second

PALMERSTON NORTH HOSPITAL

50 Ruahine St, Roslyn, Palmerston North 4442 06-356 9169 Open 24 hours Dial 111 in an emergency situation

http://www.midcentraldhb.govt.nz/PatientsandVisitors/PalmerstonNorthHospital/Pages/default.aspx

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RIDERS LIST

GRAVEL & TAR CLASSIC

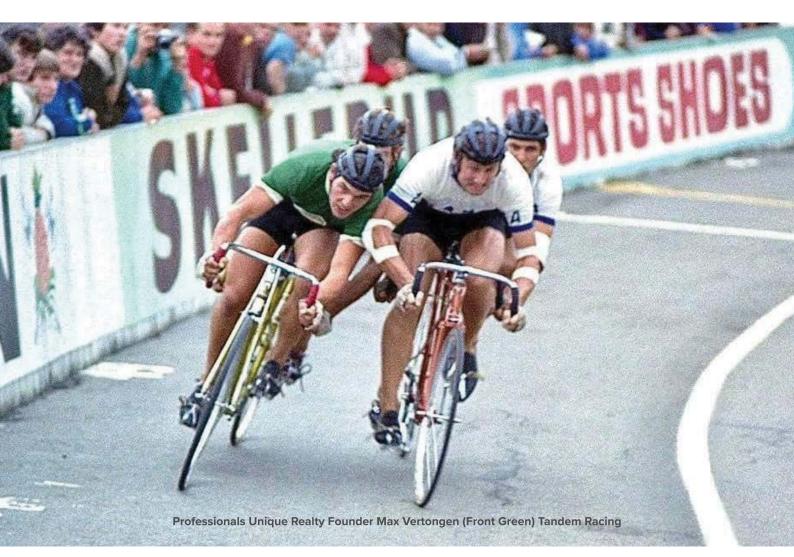
	RACE #	SURNAME	FIRST NAME	COUNTRY
EVO Cycles	1	Ben	Oliver	NZL
-	2	Finnegan	Murphy	NZL
	3	James	Krzanich	NZL
	4	Oliver	Larcombe	NZL
	5	Adam	Francis	NZL
	6	Paul	Duynhoven	NZL
NZ National Team	10	Aaron	Gate	NZL
	11	George	Jackson	NZL
	12	Lewis	Bower	NZL
	13	Ryan	Christensen	NZL
	14	Luke	Mudgway	NZL
	15	Edward	Pawson	NZL
CCACHE x Par Küp	21	Tali	Lane Welsh	AUS
	22	William	Heffernan	AUS
	23	Max	Campbell	AUS
	24	Kurt	Eather	AUS
	25	Bentley	Niquet-Olden	AUS
	26	Finn	Walsh	AUS
MitoQ	31	Josh	Burnett	NZL
	32	Craig	Oliver	NZL
	33	Sam	Ritchie	NZL
	34	James	Gardner	NZL
	35	James	Williamson	NZL
	36	Marshall	Erwood	NZL
Criterion Racing	41	Bailey	Bailey	NZL
	42	Tom	Cheesman	AUS
	43	Joshua	Davis	AUS
	44	Jaxon	King	AUS
	45	Mitchell	McGovern	AUS
	46	Oliver	Sims	AUS
Global Cycling Team	51	Marius	Hofmeester	NED
	52	David	Brinkman	NED
	53	Delano	Swenne	NED
	54	Mees	Willemsen	NED
	55	Bart	Buijk	NED
	56	Jaap	Voogel	NED
Rush Velo	61	Christian	Rush	NZL
	62	Matthew	Wilson	NZL
	63	Corby	Price	NZL
	64	Eli	Tredidga	NZL
	65	Sam	Medicott	NZL
	66	Adam	Chapell	NZL
Couplands	71	Glenn	Haden	NZL
	72	Ari	Scott	NZL
	73	Tom	McCallum	NZL
	74	Keegan	Hornblow	NZL
	75	Toby	Evans	NZL
	76	Wilson	Hannon	NZL

TEAM NAME	RACE #	SURNAME	FIRST NAME	COUNTRY
West Coast Nth Island	81	Matthew	Jamieson	NZL
	82	Euan	Mason	NZL
	83	Samuel	Wade	NZL
	84	Corban	Nicol	NZL
	85	Wiremu	Kaihau	NZL
	86	Jack	Padega	CAN
PRV Racing	91	Joel	Douglas	NZL
	92	Maui	Morrison	NZL
	93	Matthew	Davis	NZL
	94	Oliver	Grave	NZL
	95	Finn	Wilson	NZL
	96	Mitchell	Fitzsimmons	NZL

GRAVEL & TAR LA FEMME

ΤΕΑΜ ΝΑΜΕ	RACE #	SURNAME	FIRST NAME	COUNTRY
Green Monkey	101	Kate	McCarthy	NZL
	102	Georgia	Simpson	NZL
	103	Prudence	Fowler	NZL
	104	Rylee	McMullen	NZL
	105	Michaela	Drummond	NZL
Black Dirt Collective	106	Sonia	Foote	NZL
	107	Sharlotte	Lucas	NZL
	108	Josie	Wilcox	NZL
	109	Judy	Cheng	NZL
	110	Emma	Bateup	NZL
Black Magic	111	Michaela	Rogan	NZL
-	112	Muireann	Green	NZL
	113	Ava	Maddison	NZL
	114	Alex	Rawlinson	NZL
	115	Maddie	Ballard	NZL
MitoQ	116	Sophie	Williamson	NZL
	117	Priscilla	Thompson	NZL
	118	Belle	Judd	NZL
	119	Anna	Wilkinson	NZL
	120	Elena	Worrall	NZL
Tactic	121	Sammie	Maxwell	NZL
	122	Pidcock	Shailie	NZL
	123	Mia	Cameron	NZL
	124	Lee	Boon	NZL
	125	Ruby	Ryan	NZL
Tinelli	126	Bronwyn	Macgregor	NZL
	127	Charlotte	Clarke	NZL
	128	Arabella	Tuck	NZL
	129	Maia	Barclay	NZL
	130	Alia	Wentz	NZL





70 YEARS OF CYCLING HISTORY

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The entire Professionals team would like to wish all the riders the best of luck in the 2023 Gravel and Tar, may the best riders on the day win!

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