



**2022 ROAD
WORLD CHAMPIONSHIPS**



**WOLLONGONG
NSW - AUSTRALIA**



UCI ROAD WORLD CHAMPIONSHIPS TECHNICAL GUIDE

Individual Time Trials
Team Time Trial Mixed Relay
Road Races

18-25 SEPTEMBER 2022





Scenic coastline showing Sandon Point, Bulli. © Dee Kramer



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I am delighted that the UCI Road World Championships are being held in Australia for the second time.

Twelve years after Geelong and Melbourne, Wollongong is welcoming the world's best road cyclists to our leading annual UCI event. Australian cyclists animate international races throughout the year, and it is only fitting that the whole cycling family now comes to compete on their terrain.

This rendezvous Down Under is particularly awaited given that the Australian events that traditionally open the UCI WorldTour and UCI Women's WorldTour seasons have not taken place the last two years due to the Covid-19 pandemic. These UCI Road World Championships in Wollongong therefore mark a major return to international road cycling at the highest level in Australia.

Taking in sub-tropical rainforest, sea cliffs and the beach front, the courses in and around Wollongong will give riders and spectators an unforgettable experience.

These championships will also be memorable thanks to new initiatives on the sporting side, starting with the opening day of competition when, for the first time, the Men Elite and Women Elite individual time trials will be staged on the same day and over the same distance. The UCI Road World Championships in Wollongong will also be the first to award rainbow jerseys in the Women Under 23 category for the road race and individual time trial participating in the UCI Women Elite races. This is another step forward in the development of women's cycling, one of my priorities as President of the UCI.

With 13 titles of UCI World Champion at stake over the eight-day event, there will not be a dull moment in Wollongong. I take this opportunity to sincerely thank the organising team, the event's partners, sponsors, officials and the volunteers, all of whom have a large part to play in the success of these UCI World Championships.

I would also like to acknowledge the work of AusCycling, and its Chairman Craig Bingham, to develop cycling at all levels and across all disciplines countrywide. Regardless of their level of fitness, or reason for cycling, Australians are encouraged to get on their bikes.

This is particularly the case in Wollongong, which last year was awarded the prestigious UCI Bike City label. This award was in recognition of the city's commitment to hosting major UCI events and also its investment in developing cycling in the community.

I am sure this cycling culture will be felt during the 2022 UCI Road World Championships, and I wish everyone a fantastic week in Wollongong.

David Lappartient
UCI President



EVENT PARTNERS & SUPPLIERS

MAIN PARTNERS



OFFICIAL PARTNERS



OFFICIAL SUPPLIERS



INSTITUTIONAL PARTNERS / PUBLIC FUNDERS



TV PARTNERS

OFFICIAL MEDIA DISTRIBUTION PARTNERS

EUROPE TV PARTNERS

ALBANIA	RTSH	PAN EUROPE*	Eurosport / GCN
BELGIUM	RTBF, VRT	POLAND	TVP
CZECH REPUBLIC	Czech TV	SLOVAKIA	RTV Slovakia
DENMARK	TV2	SLOVENIA	RTV Slovenia
FRANCE	France TV	SPAIN	TVE
GERMANY	ZDF	SWEDEN	SVT
ITALY	RAI	SWITZERLAND	SRF, RSI, RTS
NETHERLANDS	NOS	UNITED KINGDOM	BBC
NORWAY	TV2		

* **PAN Europe:** Albania, Andorra, Armenia, Austria, Azerbaijan, Belarus, Belgium, Bosnia-Herzegovina, Bulgaria, Croatia, Cyprus, Czech Republic, Estonia, France, Georgia, Germany, Greece, Hungary, Ireland, Israel, Italy, Kazakhstan, Kosovo, Kyrgyzstan, Latvia, Liechtenstein, Lithuania, Luxembourg, Macedonia, Malta, Moldova, Monaco, Montenegro, Morocco, Netherlands, Poland, Portugal, Romania, Russia, San Marino, Serbia, Slovakia, Slovenia, Spain, Switzerland, Turkey, Ukraine, United Kingdom, Vatican

OUTSIDE EUROPE TV PARTNERS

AUSTRALIA	Stan and Nine	SINGAPORE	Starhub
CANADA (ENG)	Flo (Sport) Bikes	PAN AFRICA	Super Sport
JAPAN	J-Sports	THAILAND	Truevision
LATAM**	ESPN	USA	Flo (Sport) Bikes
MALAYSIA	ASTRO	VIETNAM	Mono
NEW ZEALAND	SKY NZ		

***LATAM:** Argentina, Bolivia, Chile, Colombia, Ecuador, Uruguay, Paraguay and Venezuela.

DIGITAL STREAMING

WORLD-WIDE	UCI Youtube & Facebook**
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**Geo-blocking applies



UCI MANAGEMENT COMMITTEE

PRESIDENT

Mr David LAPPARTIENT

VICE-PRESIDENTS

Mr Osama Ahmed Abdullah AL SHAFAR

Dr Mohamed Wagih AZZAM

Mr Enrico DELLA CASA

Ms Katerina NASH

MEMBERS

Mr Mohammed BEN EL MAHI

Mr Michel CALLOT

Mr Rocco CATTANEO

Mr Amarjit Singh Gil DARSHAN SINGH

Ms Anne GRIPPER

Ms Daniela ISETTI

Mr Henrik Jess JENSEN

Ms Agata LANG

Mr José Luis LOPEZ CERRÓN

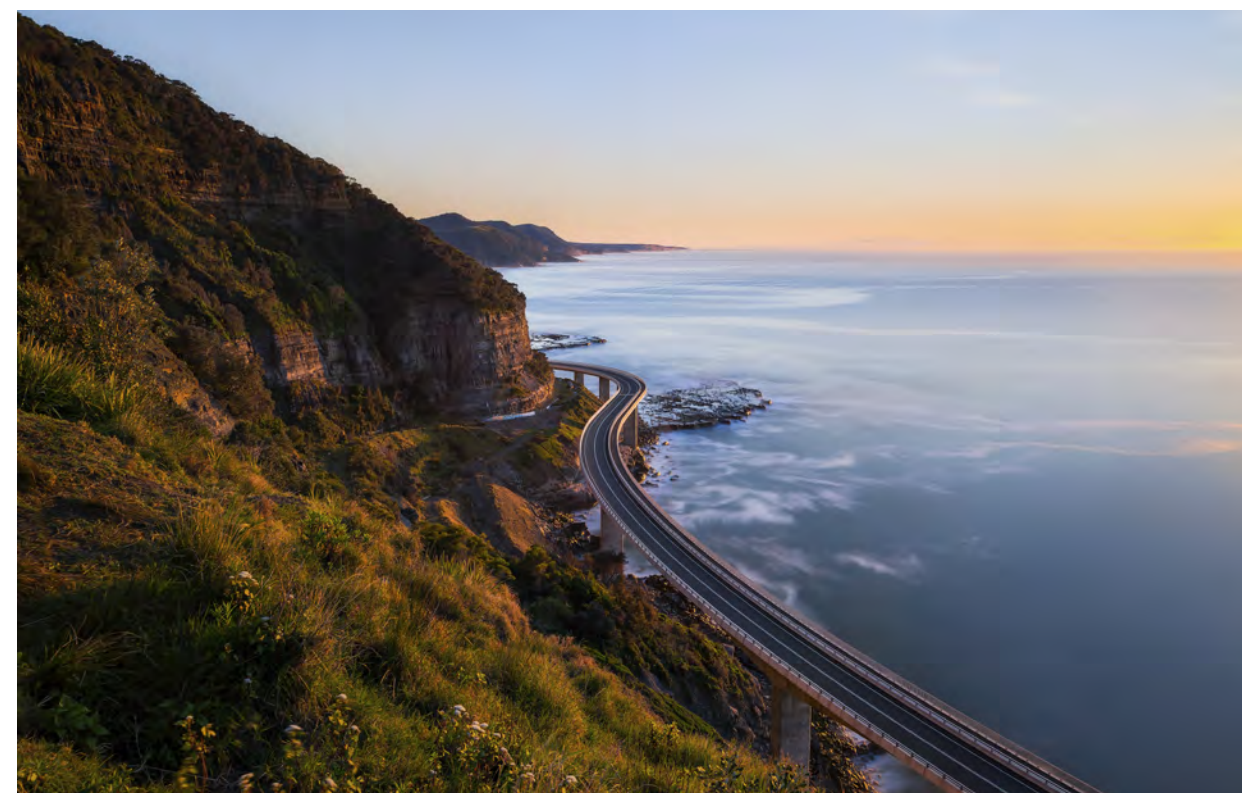
Mr Igor Viktorovich MAKAROV

Mr Tony MITCHELL

Mr José Manuel PELAEZ

Ms Sonia Gregoria RAMOS ACUÑA

Ms Yuan YUAN



Sun rising over the Sea Cliff Bridge, Clifton. © Daniel Tran



SPORT COMPETITION SCHEDULE

EVENT	DATE	TIME	VENUE
INDIVIDUAL TIME TRIAL			
WOMEN ELITE	Sun 18 Sept.	09:35-12:30	Wollongong
MEN ELITE	Sun 18 Sept.	13:40-17:00	Wollongong
MEN UNDER 23	Mon 19 Sept.	13:20-17:00	Wollongong
WOMEN JUNIOR	Tue 20 Sept.	09:30-11:05	Wollongong
MEN JUNIOR	Tue 20 Sept.	13:20-17:00	Wollongong
TEAM TIME TRIAL			
MIXED RELAY	Wed 21 Sept.	14:20-17:05	Wollongong
ROAD RACE			
MEN JUNIOR	Fri 23 Sept.	08:15-11:35	Wollongong City Circuit
MEN UNDER 23	Fri 23 Sept.	13:00-17:10	Wollongong City Circuit
WOMEN JUNIOR	Sat 24 Sept.	08:00-09:50	Wollongong City Circuit
WOMEN ELITE	Sat 24 Sept.	12:25-17:00	Helensburgh, Mount Keira, Wollongong City Circuit
MEN ELITE	Sun 25 Sept.	10:15-16:50	Helensburgh, Mount Keira, Wollongong City Circuit

OUT OF COMPETITION PROGRAMME

EVENT	DATE	TIME	VENUE
WOLLONGONG 2022 - OPENING CEREMONY	Sat 17 Sept.	12:00	Wollongong Marine Drive
COMMUNITY RIDE - MASS PARTICIPATION EVENT	Sat. 17 Sept.	12:00-16:00	Wollongong Marine Drive
UCI JUNIOR CONFERENCE	Wed. 21 Sept.	15:00-16:00	University of Wollongong Grand Hall
UCI CONGRESS	Thu. 22 Sept.	09:00-18:00	University of Wollongong Grand Hall
UCI WORLD CHAMPIONSHIPS AWARDS	Thu. 22 Sept.	During the UCI Congress	University of Wollongong Grand Hall
UCI SEMINAR FOR NATIONAL FEDERATIONS	Fri. 23 Sept.	09:00-12:00	University of Wollongong Grand Hall
2023 UCI CYCLING WORLD CHAMPIONSHIPS PRESENTATION	Fri. 23 Sept.	19:00-21:00	City Beach Function Centre, 1 Marine Drive, Wollongong
GALA	Sat. 24 Sept.	19:30-23:00	Novotel Northbeach, Wollongong
CLOSING CEREMONY	Sun 25. Sept.	17:00	Wollongong Marine Drive

Other cultural and sporting events as well as entertainments open to public are available on <https://wollongong2022.com.au/wollongong-2022-festival/>



OFFICIALS

UCI DIRECTOR GENERAL / AMINA LANAYA UCI SPORTS DIRECTOR / PETER VAN DEN ABBEELE	
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TV/SUPPORT COMMISSAIRE Didier SIMON (FRA)	
ADDITIONAL COMMISSAIRES APPOINTED BY AUSCYLING Michael BAILEY (AUS) Joanne CAMERON (AUS) Kimberley CONTE (AUS) David DANSON (AUS) Garry DOUGHTY (AUS) Louise JONES (AUS) Sonia MARSHALL (AUS) Susan MITCHELL (AUS) Laurie NOONAN (AUS) Karen O'CALLAGHAN (AUS) David SCHUTZ (AUS) Anthony TORR (AUS)	
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ACCREDITATION CENTER MANAGER Carlo PETROZZI / +39 338 15 23 979	
TRAVEL, ACCOMMODATION AND SHUTTLES UCI TRAVEL Nicholas CRONIN / +41 79 319 01 54 LOC +61 1300 369 625	



WELCOME TO WOLLONGONG, AUSTRALIA

Nestled on the south-east coast of Australia, Wollongong is a city that brings together urban living and coastal relaxation.

Australia's international gateway, Sydney, is just 80km to the north with the Royal National Park connecting the Harbour City to the Illawarra region that encompasses Wollongong. Some of the country's most recognisable coastline stretches from north of Wollongong at Helensburgh, then heads south via the iconic Sea Cliff Bridge and through the small beach villages of Wombarra, Coledale, Austinmer, Thirroul, Bulli, Bellambi and into Wollongong, making the city a desirable place to live, work and visit.

Wollongong is Australia's 10th largest city, and its 300,000 residents and constant stream of visitors embrace the unique lifestyle that comes with the collision of beautiful beaches and the spectacular sub-tropical rainforest of the escarpment. The ocean and the escarpment set the scene for outdoor adventures, and artistic, cultural and historic discoveries including chic coastal towns, unique attractions, inviting eateries and small bars.

Ancient indigenous Australians first travelled to Wollongong for food and safety. The proud Aboriginal and Torres Strait Islander community of the region - known as Dharawal country - continues to encourage learning about and celebration of local cultural traditions today.

The city later became a thriving industrial centre, where its coal port and steel works attracted a generation of new Australians from across Europe in the second half of the 20th century.

Today, Wollongong is a hub for knowledge services, health and wellbeing, as well as technology and innovation. These modern industries are the mainstay of the city's economy.

Cycling has become an emblem of Wollongong's transformation and lifestyle revolution that captures the city's positive energy, love of outdoors and sense of community.



Sun setting over Bulli Rockpool, Bulli. © Dee Kramer



Mapei has always been close to the world of sport: a passion that started and continues with cycling and other sports. Mapei supplies products for building projects and sports arenas all around the world, guaranteeing reliability, safety and long-lasting durability.

EXPERIENCE — VERSATILITY — RELIABILITY

Leader in sports surface solutions



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OVER 20 YEARS Making a difference

Wilson Asset Management is an independently owned Australian investment manager with a track record of making a difference for shareholders and the community for more than 20 years. Wilson Asset Management invests almost \$5 billion in undervalued Australian and global growth companies on behalf of over 130,000 shareholders.

Investment manager for:

W | A | M *Capital* (ASX: WAM)

W | A | M *Leaders* (ASX: WLE)

W | A | M *Global* (ASX: WGB)

W | A | M *Microcap* (ASX: WMI)

W | A | M *Alternative Assets* (ASX: WMA)

W | A | M *Strategic Value* (ASX: WAR)

W | A | M *Research* (ASX: WAX)

W | A | M *Active* (ASX: WAA)

Creator and lead supporter of:

**Future
Generation
Australia**
INVESTMENT & SOCIAL RETURNS
(ASX: FGX)

**Future
Generation
Global**
INVESTMENT & SOCIAL RETURNS
(ASX: FGG)

\$65.2M

donated since inception

The Future Generation Companies are Australia's first listed investment companies to provide investment and social returns. Future Generation strives to make a significant and ongoing impact to the lives of young Australians, supporting youth mental health, and children and youth at risk.

MAIN PARTNER OF



**2022 ROAD
WORLD CHAMPIONSHIPS**

**WOLLONGONG
NSW - AUSTRALIA**



wilsonassetmanagement.com.au



In February 2021, Wollongong was named a UCI Bike City – the only one in the Southern Hemisphere – in recognition of its commitment to cycling as a sport, mode of transport and lifestyle choice.

The UCI Bike City label is a significant vote of confidence in Wollongong's ability to host major events, and a powerful endorsement of the city's Cycling Strategy. Wollongong has a long and proud history of supporting cycling, each year welcoming 10,000 riders for the MS Sydney to Gong ride. It has also hosted the NSW Grand Prix and a round of the 2018 National Criterium Series. Meanwhile, cyclists of all levels can enjoy more than 42 kilometres of shared pathways from Sandon Point in the North to Lake Illawarra in the South.

Further, Wollongong has demonstrated its major event hosting credentials through a range of high-profile activities including International Federation of American Football Championships (2019), Wiggin v Hull FC Super League (2018), and the International Downhill Speed Skating World Cup (2016).

The 2022 UCI Road World Championship courses will highlight how quickly the environment changes in the city, with the Wollongong City Circuit featuring flat sections that will allow for high speeds through city streets to a deceptively steep climb (average gradient of 7.7% and a maximum of 14%) up Mount Pleasant. The Elite road races incorporate the climb of Mount Keira and Mount Kembla, two sites that are loved and frequented by the local cycling community for their ferocity and mountain biking opportunities.

Meanwhile, both the road races and time trials finish on Marine Drive in the city centre, with the perfectly white sand of City Beach adjacent and the iconic Flagstaff Hill lighthouse set behind in the distance.

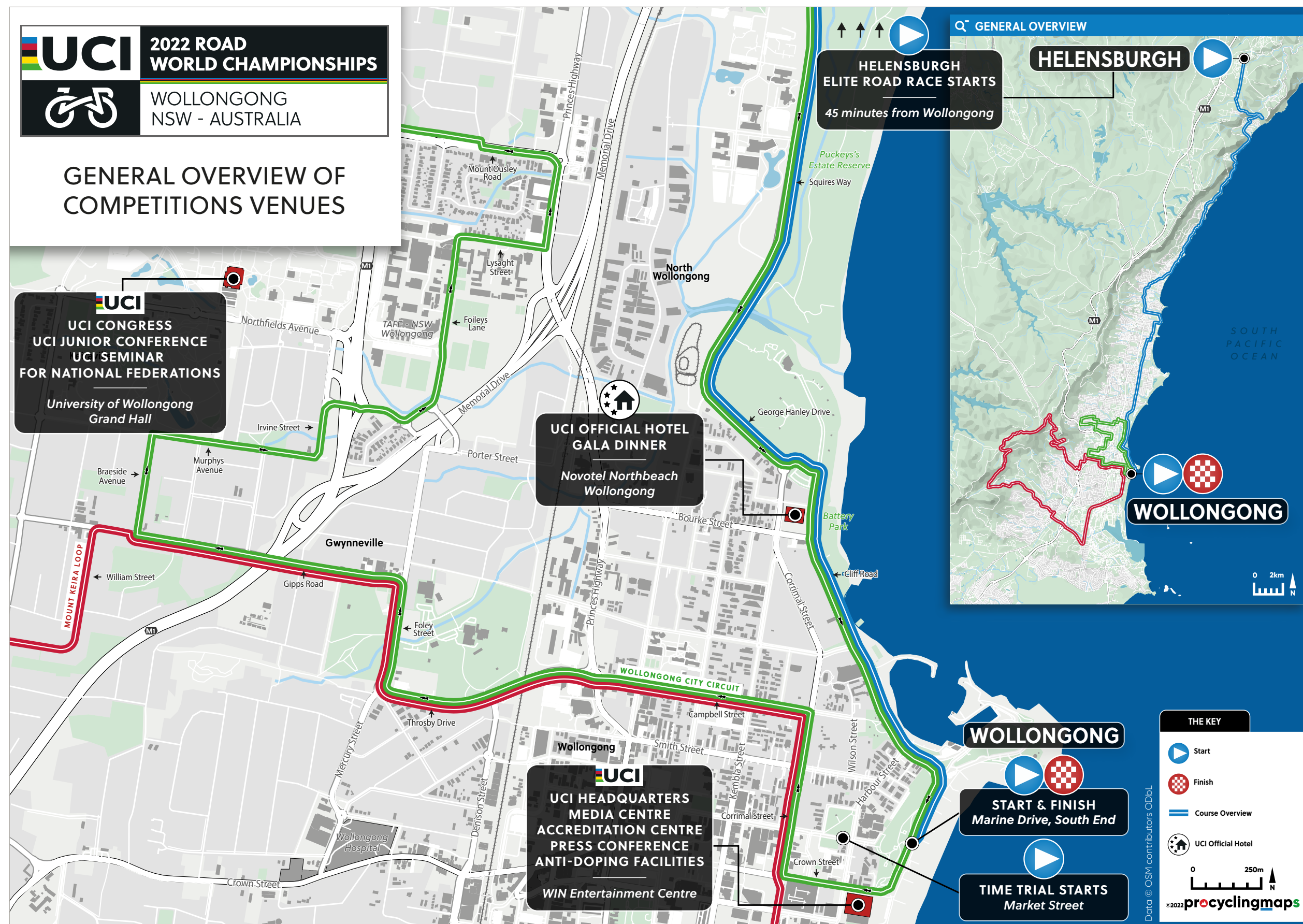
The local community is looking forward to welcoming all participants to Wollongong!



Coastal aerial overlooking Wollongong Head Flagstaff Lighthouse. © Dee Kramer



GENERAL PLAN OF COMPETITION VENUES





SHIMANO

IT'S A NEW DAY

SHIMANO
105 Di2
IS HERE



SHIMANO

105

Di2
DIGITAL INTEGRATED INTELLIGENCE

ACCREDITATION FOR INDIVIDUALS



The red, blue and green armbands will be distributed at the Team Managers' Meetings.

UCI WOLLONGONG 2022
PODIUM

Each National Federation will receive a maximum of 3 red armbands. Only people wearing a red armband are allowed to enter the protocol area.

UCI WOLLONGONG 2022
FEEDZONE 1

This blue armband affords access to the Feedzone 1. Only people wearing a blue armband are allowed to stand on the road and pass food and drinks to the riders in the Feedzone 1.

RIDERS PER NATIONAL FEDERATION	1 to 2	3 to 5	6 to +
ARMBANDS	1	3	4

UCI WOLLONGONG 2022
FEEDZONE 2

This green armband affords access to the Feedzone 2. Only people wearing a green armband are allowed to stand on the road and pass food and drinks to the riders in the Feedzone 2.

RIDERS PER NATIONAL FEDERATION	1 to 2	3 to 5	6 to +
ARMBANDS	1	2	3



VEHICLE ACCREDITATION

ACCREDITATIONS VALID DURING THE UCI ROAD WORLD CHAMPIONSHIPS

	Allowed in the race convoy	For parking please follow the "PPO" signs to the designated car parks	
	Allowed on the course only outside the race convoy		
	Not allowed on the course		
	Allowed on the course only outside the race convoy		
	Not allowed on the course		

INFORMATION ABOUT THE 2022 UCI ROAD WORLD CHAMPIONSHIPS

Information useful to National Federations in preparing their travel to the 2022 UCI Road World Championships in Wollongong in Australia (**Visa Application Form**, International Driving License, etc) are available in the General Information Bulletin which is published on the [UCI website](#).



INFORMATION ABOUT RACE VEHICLES AND DISTRIBUTION OF VEHICLES TO NATIONS

NATIONAL FEDERATIONS

Collection of vehicles: from Monday, 12 September at 14:00.

Return of vehicles: Sunday, 25 September between 08:00 and 20:30 or Monday, 26 September between 08:00 and 17:00.

- The Vehicle Delivery Office is located at the Corner of Darcy Rd & Gloucester Boulevard, left hand side at the end of Darcy Rd. GPS co-ord (-34.478612, 150.912386) (11km from the Accreditation Centre – approximately 15min, 81km from Sydney Airport).
- Where possible, National Federations should make their way to Wollongong via train or other means, and if a transfer is required to the Vehicle Delivery Office, please contact fleet@wollongong2022.com.au no later than 5 September 2022.
- To enable a smooth collection of your vehicle, the LOC will be sending a form to complete with date & time window that you estimate you shall collect your vehicle.
- Cars cannot be left at the Vehicle Delivery Office.
- Allow for 30 min to collect your car.
- National Federation personnel will need to provide an **international driving license**, an identity card/passport, and an attestation by the National Federation. For more information on how to apply for an international driving license, please refer to www.internationaldrivingpermit.org/how-to-apply/
- Payment of a deposit of AUD \$2,750 by bank/credit card. Cash payments are not accepted. The deposits will be returned by bank transfer to the National Federation, 7 days after the event.
- No vehicle will be provided without the payment of the deposit.
- Two documents need to be filled in and signed: Fleet vehicle use agreement and driver conduct requirements.
- The vehicle check will be carried out with a team member after which the car pack and car key will be transferred to the driver.

OTHER INFORMATION

- In Australia all vehicles drive on the **left side of the road**. Please be aware of this at all time.
- The vehicles are equipped with roof racks for a maximum of 9 bikes.
- The vehicles are fitted with radio equipment that receives Radio Tour.
- The removal, modification or addition of any elements of the vehicle decor is strictly prohibited.
- Fuel is the responsibility of the National Federation and at their own cost.
- National Federations pay for cleaning of their cars
- In the event of a Road accident:
 - Call Emergency Services on 000
 - Inform the Fleet Department fleet@wollongong2022.com.au
- The maximum authorized rate of alcohol while driving in Australia is 0.05%. Wollongong 2022 has a **zero tolerance** policy when driving an official branded vehicle.
- The speed limit on motorways is 100km/h – 110km/h (62mph – 68mph).
- In urban speed limit, the maximum speed is 50km/h (35mph).
- There are 40km/h zones around schools.

- Speed and Red light cameras are in place. Please note roadside signage. In case of fines, these will be paid by the National Federations.
- In city centres, the maximum speed is 50km/h – 60km/h (31mph – 37mph)
- Speed limits vary - please check the speed signposts when driving. Any fines received will be the responsibility of the National Federation to pay.

ROAD TOLLS

All drivers, regardless of nationality, must pay road tolls. Toll costs are allocated electronically to your car registration, and any tolls incurred will be charged to the National Federation.

FLEET CONTACT CENTER

For all official vehicle and transport related questions please contact: fleet@wollongong2022.com.au

The Vehicle Distribution Office is located at:

Corner of Darcy Rd & Gloucester Boulevard, left hand side at the end of Darcy Rd. GPS co-ord (-34.478612, 150.912386).

DATE	VEHICLE DELIVERY CENTRE
Monday 12 September 2022	14 :00 – 18 :00
Tuesday 13 September 2022	09 :00 – 18 :00
Wednesday 14 September 2022	09 :00 – 18 :00
Thursday 15 September 2022	09 :00 – 18 :00
Friday 16 September 2022	09 :00 – 18 :00
Saturday 17 September 2022	09 :00 – 18 :00
Sunday 18 September 2022	09 :00 – 18 :00
Monday 19 September 2022	09 :00 – 18 :00
Tuesday 20 September 2022	09 :00 – 18 :00
Wednesday 21 September	09 :00 – 18 :00
Thursday 22 September 2022	09 :00 – 19 :00
Friday 23 September 2022	09 :00 – 18 :00
Saturday 24 September 2022	09 :00 – 18 :00
Sunday 25 September 2022	08 :00 – 20 :30
Monday 26 September 2022	08 :00 – 17 :00

RACE RADIO

Each National Federation vehicle will be provided with a pre-programmed Race Radio, which will remain in the vehicle for the duration of the event.

The Radio Tour Frequency will be shared by an official communicate closer to the event time.

The Radio provider will have technicians onsite each day of the event within the team area in Wollongong and at the start of the Elite Road Races in Helensburgh for any nations who need assistance with their radio.



HOSPITALS AND AFTER HOURS OFF SITE MEDICAL SERVICES

IN CASE OF LIFE-THREATENING EMERGENCY, PLEASE CALL 000,

They will ask for the following information :

- State (New South Wales)
- Town (Wollongong)
- Service (Ambulance)

This will connect you through to the NSW Ambulance.

You will be connected to an Ambulance Call-Taker who will ask you further questions.

(If you call 000 for an Ambulance, please phone the below Medical Hotline to advise at your earliest convenience).

**In other cases where Teams (riders and entourage),
LOC/UCI Staff, VIP's, UCI delegates and Press**

require medical assistance or advice (Including the Chief Medical Officer)
Please call the number below and follow the prompts.

EVENT MEDICAL HOTLINE

+61 (0) 290 300 334

(active from 14th September at 07h00 > 26th September at 17h00)

NEAREST HOSPITAL

WOLLONGONG HOSPITAL
EMERGENCY DEPARTMENT (OPEN 24/7)

- Loftus St, Wollongong, NSW, 2500
- Located 3km from the start/finish line (10min by car)
- Please take your passport (or passport copy), insurance-documents, event's accreditation card and credit card, in case payment is required
- Keep all receipts, letters, and documentation you receive from the hospital for event and insurance purposes.



ONSITE MEDICAL ASSISTANCE FOR ATHLETES

- There will be a medical centre located at the start/finish zone of time trials and road races near the team boxes at Hector St/Hinton St, Lang Park, Wollongong.
 - The Medical Centre will open 1 hour before and closes 1 hour after every race or official training session. The medical centre is equipped with all necessary front line sport medicine and emergency facilities.
- At the start for the Men and Women Elite road races in Helensburgh, there will be a medical team located at the team boxes adjacent to Rex Jackson Oval.
- Athletes who suffer minor injuries during the race and can continue to the finish line will be treated at the event medical centre in Lang Park, Wollongong.
- In the event of a serious injury or emergency during a race, the athlete will be treated on the roadside by the event medical team with assistance from the ambulance service. If required, they will be transported to the most appropriate hospital from the course (this may be via our aero-medical resource such as helicopter, for serious or critical injuries).

MEDICAL SERVICE IN RACE

- Two doctor's cars (each with 1 x Emergency Doctor and 1 x Paramedic) will be provided on course for all training sessions, time trials and road races. An additional medical motorbike for road races.
- Two Ambulance NSW ambulances will accompany the road races (3 for the Helensburgh to Wollongong part of the Men and Women Elite road races).
- Two Ambulance NSW ambulances will accompany the time trials.
- A medical coordinator will coordinate all race-related medical assistance.

MEDICAL SERVICE FOR MEDIA AND VIP

- There is a fully equipped medical centre near the media centre in WIN stadium, which will be open 08h00 till 21h00 after the race for minor illnesses. The team in the centre will respond to emergencies in all areas of the media centre during the event.

MEDICAL ASSISTANCE FOR THE PUBLIC

- 1300MEDICS will provide first aid in the public zones.

MEDICAL CIRCLE

- | | |
|---|--|
| — MAIN CONTACT NUMBER
+61 (0) 290 300 334 | — DEPUTY CMO
Dr Matthew Davenport (FACEM) |
| — UCI OFFICIAL DOCTOR
Dr Xavier Bigard | — COORDINATION (MEDCO)
M. Edward Swete Kelly (RP) |
| — CHIEF MEDICAL OFFICER (CMO)
Dr Terry Nash (FACEM FACRRM) | — 1300MEDICS MEDICAL COMMANDER
Mr Ethan Dooley (RN, RP) |



RIDERS & TEAMS FACILITIES

TEAM BOXES

- For the start and finish in Wollongong, the team boxes are adjacent to the team parking off Hector St & Hinton St.
- For the Elite road races starting in Helensburgh, the team boxes are located adjacent to the team parking next to Rex Jackson Oval.
- Each team box will have one table plus a chair for every rider.
- Each team box will have power.
- Nations are responsible for their own provisions including water, ice, etc.

SHOWERS & TOILETS

- Facilities (showers, change rooms and toilets) are located in St Mary's College in Wollongong, adjacent to the team boxes.
- Toilets are located near the team boxes for the start of the Elite road races at Helensburgh.

PARKING

- Team parking at the start & finish in Wollongong is located at Hector St, Hinton St, Harbour St & Market St.
- Team parking at the start of the Elite road races in Helensburgh is via Waratah St, adjacent to Rex Jackson Oval.
- For access to the team parking areas, the team vehicles will need to display their vehicle parking pass. Each team will be provided with a maximum of three passes that provides them parking in these areas. Parking is extremely limited and this will be strictly enforced.
- For feed zone 2, parking will be located at McMahon St. A separate vehicle parking pass will be distributed to each nation that gives them additional access to this area. This pass will NOT give the vehicle access to the parking at the start & finish in Wollongong or Helensburgh but can be applied to an additional vehicle.
- Feed zone 1 does not have any parking facilities for nations. Access to this location is on foot from the team boxes in Wollongong (approximately 300m).
- Oversized vehicle parking will be on Smith St & Market St (road race only) further away from the team boxes.
- **Please inform via email (sport@wollongong2022.com.au) what vehicles you will park on site during the event, so that the Wollongong 2022 team can plan accordingly.**
- Vehicle parking passes will be issued with your accreditation.

INTERNET

- WIFI is provided in the team box areas at Wollongong and Helensburgh
- WIFI is also provided at feed zone 1 and feed zone 2.



MEETINGS

SATURDAY 17 SEPTEMBER 2022

TIME	MEETING	PLACE
08h30-09h00	Photographer's meeting Time Trial races	Media Centre / WIN Entertainment Centre Corner Crown & Harbour St, Wollongong
12h30-13h30	Team Managers Meeting ITT all categories and TTT Mixed Relay	WIN Entertainment Centre Corner Crown & Harbour St, Wollongong
14h00-15h00	Meeting with all drivers in the race convoy	WIN Entertainment Centre Corner Crown & Harbour St, Wollongong
16h00-17h00	Meeting with the Commissaires' Panel	WIN Entertainment Centre Corner Crown & Harbour St, Wollongong
17h00-17h30	Meeting with Neutral assistance services	WIN Entertainment Centre Corner Crown & Harbour St, Wollongong
17h30-18h00	Meeting with TV director, cameramen and motorbike drivers	WIN Entertainment Centre Corner Crown & Harbour St, Wollongong

THURSDAY 22 SEPTEMBER 2022

TIME	MEETING	PLACE
12h30-13h30	Team managers meeting Road Races, all categories	WIN Entertainment Centre Corner Crown & Harbour St, Wollongong
14h00-15h00	Meeting with all drivers in the race convoy	WIN Entertainment Centre Corner Crown & Harbour St, Wollongong
15h00-16h00	Photographer's meeting Road Races	Media Centre / WIN Entertainment Centre Corner Crown & Harbour St, Wollongong
16h00-17h00	Meeting with the Commissaires' Panel	WIN Entertainment Centre Corner Crown & Harbour St, Wollongong
17h00-18h00	Meeting with Neutral assistance services	WIN Entertainment Centre Corner Crown & Harbour St, Wollongong
18h00-19h00	Meeting with TV director, cameramen and motorbike drivers	WIN Entertainment Centre Corner Crown & Harbour St, Wollongong



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SPECIAL REGULATIONS - ALL EVENTS

ARTICLE 1 - ORGANISATION AND APPLICABLE REGULATIONS

The 2022 UCI Road World Championships will be organised under the Regulations of the Union Cycliste Internationale, and in particular:

- Part 1 Chapter III: Equipment
- Part 2 Road Races
- Part 9 UCI World Championships
- Part 12 Discipline and Procedures

The Union Cycliste Internationale has entrusted the organisation of the 2022 UCI Road World Championships to: **Wollongong 2022 Limited, Level 5 South Tower, 459 Little Collins Street, Melbourne, VIC 3000, Australia.** Email: info@wollongong2022.com.au

The 2022 UCI Road World Championships will be held from Sunday 18 to Sunday 25 September 2022.

ARTICLE 2 - UCI HEADQUARTER, ACCREDITATION CENTRE, VEHICLE DELIVERY OFFICE AND MEDIA CENTRE

The **UCI Headquarter, Accreditation Centre, Media Centre, Anti-Doping Control and Medical Services** are located in Wollongong at WIN Entertainment Centre, Corner Crown & Harbour St, Wollongong NSW 2500, Australia.

	UCI HEADQUARTER	ACCREDITATION CENTRE	MEDIA CENTRE
WEDNESDAY 14	Closed	Closed	Closed
THURSDAY 15	Closed	14:00 - 19:00	14:00 - 21:00
FRIDAY 16	14:00 - 18:30	09:00 - 19:00	10:00 - 21:00
SATURDAY 17	09:00 - 17:30	09:00 - 18:00	08:00 - 21:00
SUNDAY 18	09:30 - 18:30	08:30 - 18:00	08:30 - 22:00
MONDAY 19	10:00 - 18:30	09:00 - 18:00	08:30 - 22:00
TUESDAY 20	09:30 - 18:30	09:00 - 18:00	08:30 - 22:00
WEDNESDAY 21	10:00 - 18:30	09:00 - 17:00	10:00 - 22:00
THURSDAY 22	10:00 - 17:30	10:00 - 18:00	08:30 - 21:00
FRIDAY 23	08:00 - 18:30	09:00 - 18:00	07:30 - 22:00
SATURDAY 24	08:00 - 18:30	09:00 - 18:00	07:00 - 22:00
SUNDAY 25	08:00 - 11:00	08:00 - 10:00	09:00 - 22:00
MONDAY 26	Closed	Closed	Closed

The **Vehicle Delivery Office** is located in Lot 1, Darcy Road, Port Kembla NSW 2505, Australia (9km from Wollongong).

	VEHICLE DELIVERY OFFICE
MONDAY 12	14:00 - 18:00
TUESDAY 13	09:00 - 18:00
WEDNESDAY 14	09:00 - 18:00
THURSDAY 15	09:00 - 18:00
FRIDAY 16	09:00 - 18:00
SATURDAY 17	09:00 - 18:00
SUNDAY 18	09:00 - 18:00
MONDAY 19	09:00 - 18:00
TUESDAY 20	09:00 - 18:00
WEDNESDAY 21	09:00 - 18:00
THURSDAY 22	09:00 - 19:00
FRIDAY 23	09:00 - 18:00
SATURDAY 24	09:00 - 18:00
SUNDAY 25	08:00 - 20:30
MONDAY 26	08:00 - 17:00

ARTICLE 3 - RADIO TOUR

Each Nations Vehicle will be provided with a pre-programmed Race Radio prior to the event which will remain in the vehicle for the duration of the event.

ARTICLE 4 - NEUTRAL SERVICE

Neutral service will be provided by SHIMANO for Times Trials with 7 cars, as well as for Road Races 7 cars and 2 motorbikes.

ARTICLE 5 - TRANSPONDERS AND GPS

All races – Race numbers and transponders will be distributed at the Team Manager Meeting. For the Time Trial Races on Saturday 17 September from 12:30 to 13:30 and for the Road Races on Thursday 22 September from 12:30 to 13:30.

After each race, the equipment must be returned by the teams at the exit of the mixed zone.

For the Men Junior and Women Junior Road Races, riders must attend the UCI Junior Conference on Wednesday 21 September from 15:00 to 16:00 at the University of Wollongong Grand Hall. Junior riders will have to sign an attendance form on site. In case of absence, they will not be allowed to start their road race.

Reminder: National Federations will be invoiced for any equipment that is not returned (€100 for a transponder and €500 for a GPS unit).

ARTICLE 6 - ANTI-DOPING

The UCI Anti-Doping Rules apply in their entirety. Furthermore, the anti-doping legislation of Australia applies in accordance with the prevailing national laws.

The location of the doping control for each race is indicated in the special regulations of each race.

ARTICLE 7 - PENALTIES

The UCI scale of penalties will solely apply.

ARTICLE 8 - EQUIPMENT AND CLOTHING

BIKE RACKS

Each nation is required to use the SeaSucker bike racks provided with the vehicle.

JERSEYS AND DISTINCTIVE SIGNS

It is compulsory for all riders to wear their national team clothing (identical jersey and shorts for all riders). World, Continental and National Champions must wear national team clothing that does not feature any distinctive bands on the sleeves or shorts.

Furthermore, as the World title is at stake, it is strictly forbidden for any rider to use not only the World Champion's jersey but also rainbow bands on a bicycle or clothing during the UCI Road World Championships (including Team Time Trial Mixed Relay).

The Team Manager of national teams must submit their national jersey and shorts to the Commissaires' Panel for approval during the confirmation of starters. They must describe the panels on the clothing approved by the National Federation for the use of each rider's sponsors.

JUNIOR MAXIMUM GEAR RATIO

During Men's Junior and Women's Junior events, the maximum gear ratio authorised is 7.93 meters per pedal revolution as defined in Article 2.2.023 of the UCI Regulations. Please note it is not permitted the use of cassettes with sprockets that are covered and/or made unusable.

PIN-LESS NUMBER FIXATION SYSTEMS/POCKETS

Road Races

During Road Race (i.e., mass start events), Pin-less number fixation systems/pockets are not permitted, hence rider numbers must be fixed on the outer layer of the jersey/skinsuit.

Individual Time Trials & Mixed Relay

During Individual Time Trials and the Mixed Relay events, Pin-less number fixation systems/pockets are permitted.

ARTICLE 9 - PODIUM CEREMONIES

All podium ceremonies will take place immediately after the finish of the event. The organisation will provide an escort to guide the riders to the podium ceremony area without delay.

The UCI World Champion, the second and third-placed riders must present themselves for the podium ceremony within 5 minutes of the finish of the event. This requirement also applies to the UCI World Champion team, second and third-placed teams in the Team Time Trial Mixed Relay.

Riders must present themselves in race clothing, wearing their national jersey and shall not wear a cap, headband, glasses or any other accessory until they leave the podium ceremony area.

Each National Federation will receive a maximum of 3 red armbands. Only those wearing a red armband will be allowed to enter the protocol area. The armbands will be distributed at the Team Managers' Meeting.

ARTICLE 10 - MIXED ZONE

After each race, riders must go directly through the mixed zone after finishing the race. Only the first 3 riders will go to the mixed zone after the podium ceremony.

ARTICLE 11 - DISTRIBUTION OF COMMUNIQUE AND RESULTS

Results will be available on the [UCI Website](#) after each race and a link to the communiques will be sent by email to the Team Managers of each team. Teams may also collect printed versions of the start lists and results at UCI Headquarters.

ARTICLE 12 - PRIZES

The following prizes will be awarded at the 2022 UCI Road World Championships:

Team Time Trial Mixed Relay

1st: €15,000 - 2nd: €7,500 - 3rd: €3,750 TOTAL: €26,250.

Total prize money awarded for Team Time Trial Mixed Relay: €26,250.

Men Elite and Women Elite Road Races

1st: €8,000 - 2nd: €4,000 - 3rd: €2,000 - TOTAL: €14,000 x2 = €28,000.

Men Under 23 and Women Under 23 Road Races

1st: €4,000 - 2nd: €2,000 - 3rd: €1,000 - TOTAL: €7,000 x2 = €14,000.

Men Junior and Women Junior Road Races

1st: €2,000 - 2nd: €1,000 - 3rd: €500 - TOTAL: €3,500 x2 = €7,000.

Total prize money for road races: €49,000.

Men Elite and Women Elite Individual Time Trials

1st: €8,000 - 2nd: €4,000 - 3rd: €2,000 - TOTAL: €14,000 x2 = €28,000.

Men Under 23 and Women Under 23 Individual Time Trials

1st: €4,000 - 2nd: €2,000 - 3rd: €1,000 - TOTAL: €7,000 x2 = €14,000.

Men Junior and Women Junior Individual Time Trials

1st: €2,000 - 2nd: €1,000 - 3rd: €500 - TOTAL: €3,500 x2 = €7,000.

Total prize money for individual time trials: €49,000.

The total prize money for the 2022 UCI Road World Championships is €124,250.

UCI INDIVIDUAL TIME TRIALS





SPECIAL REGULATIONS
INDIVIDUAL TIME TRIALS – ALL EVENTS

ARTICLE 1 - PARTICIPATION
The events are reserved for riders of the following categories:

EVENT	CATEGORY	YEAR OF BIRTH
MEN ELITE Individual Time Trial	Men Elite	1999 and earlier
	Men Under 23*	2000, 2001, 2002 and 2003
MEN UNDER 23 Individual Time Trial	Men Under 23	2000, 2001, 2002 and 2003
WOMEN ELITE Individual Time Trial	Women Elite	1999 and earlier
	Women Under 23	2000, 2001, 2002 and 2003
WOMEN JUNIOR Individual Time Trial	Women Junior	2004 and 2005
MEN JUNIOR Individual Time Trial	Men Junior	2004 and 2005

*if an Under 23 rider participates in the Men Elite Individual Time Trial at the UCI Road World Championships he will not be permitted to take part in the Men Under 23 Individual Time Trial at subsequent editions of the UCI Road World Championships (Article 9.2.020 of the UCI Regulations).
The events are open to national teams in accordance with the qualification system published the 14 February on the [UCI website](#).

ARTICLE 2 - PROCEDURES BEFORE THE START

CONFIRMATION OF STARTERS

— All categories – Saturday 17 September from 09h00 to 12h00. (each nation will be allocated a time slot for confirmation), at WIN Entertainment Centre, Corner Crown & Harbour St, Wollongong NSW 2500, Australia.

TEAM MANAGERS' MEETING

— All categories – Saturday 17 September from 12h30 to 13h30 at WIN Entertainment Centre, Corner Crown & Harbour St, Wollongong NSW 2500, Australia.

TRAINING SESSION

— A training session will be organized on both time trial circuits, in Wollongong on Saturday 17 September from 09h00 to 11h00. It will be indicated where traffic rules will apply and where the course is closed. Team vehicles will be allowed to follow their riders.

ARTICLE 3 - UCI RANKINGS

In accordance with UCI Regulations, the races of the UCI Road World Championships awards points towards UCI rankings using the following scales:

MEN ELITE INDIVIDUAL TIME TRIAL

The riders earn points for the following rankings:

— Elite and Under 23 Men's UCI World Ranking;	
— Elite and Under 23 Men's Continental Rankings;	
1.....	350 pts.
2.....	250 pts.
3.....	200 pts.
4.....	150 pts.
5.....	125 pts.
6.....	100 pts.
7.....	85 pts.
8.....	70 pts.
9.....	60 pts.
10.....	50 pts.
11.....	40 pts.
12.....	30 pts.
13.....	25 pts.
14.....	20 pts.
15.....	15 pts.
16.....	10 pts.
17.....	5 pts.
18.....	5 pts.
19.....	5 pts.
20.....	5 pts.

WOMEN ELITE INDIVIDUAL TIME TRIAL

The riders earn points for the following rankings:

— Elite and Under 23 Women's UCI World Ranking;	
1.....	350 pts.
2.....	250 pts.
3.....	200 pts.
4.....	150 pts.
5.....	125 pts.
6.....	100 pts.
7.....	85 pts.
8.....	70 pts.
9.....	60 pts.
10.....	50 pts.
11.....	40 pts.
12.....	30 pts.
13.....	25 pts.
14.....	20 pts.
15.....	15 pts.
16.....	10 pts.
17.....	5 pts.
18.....	5 pts.
19.....	5 pts.
20.....	5 pts.
21.....	3 pts.
22.....	3 pts.
23.....	3 pts.
24.....	3 pts.
25.....	3 pts.

Women Elite and Women Under 23 compete in the same event, points shall be awarded according to their position in the event classification according to the Women Elite points scale.

MEN UNDER 23 INDIVIDUAL TIME TRIAL

The riders earn points for the following rankings:

— Elite and Under 23 Men's UCI World Ranking;	
— Elite and Under 23 Men's Continental Rankings;	
1.....	125 pts.
2.....	85 pts.
3.....	70 pts.
4.....	60 pts.
5.....	50 pts.
6.....	40 pts.
7.....	35 pts.
8.....	30 pts.
9.....	25 pts.
10.....	20 pts.
11.....	15 pts.
12.....	10 pts.

13.....	5 pts.	17.....	3 pts.
14.....	5 pts.	18.....	3 pts.
15.....	5 pts.	19.....	3 pts.
16.....	3 pts.	20.....	3 pt.

WOMEN JUNIOR INDIVIDUAL TIME TRIAL

Riders earn the following points for the UCI Women Junior Nations' Cup ranking: only the first rider from each nation scores points based on his place in the event:

1.....	20 pts.	9.....	7 pts.
2.....	17 pts.	10.....	6 pts.
3.....	15 pts.	11.....	5 pts.
4.....	13 pts.	12.....	4 pts.
5.....	11 pts.	13.....	3 pts.
6.....	10 pts.	14.....	2 pts.
7.....	9 pts.	15.....	1 pt.
8.....	8 pts.		

MEN JUNIOR INDIVIDUAL TIME TRIAL

Riders earn the following points for the UCI Men Junior Nations' Cup ranking: only the first rider from each nation scores points based on his place in the event:

1.....	20 pts.	9.....	7 pts.
2.....	17 pts.	10.....	6 pts.
3.....	15 pts.	11.....	5 pts.
4.....	13 pts.	12.....	4 pts.
5.....	11 pts.	13.....	3 pts.
6.....	10 pts.	14.....	2 pts.
7.....	9 pts.	15.....	1 pt.
8.....	8 pts.		

ARTICLE 4 - START ORDER

The riders shall start at identical intervals; the riders' start order is drawn up by the UCI and communicated after the confirmation of starters.

ARTICLE 5 - EQUIPMENT CHECK

Riders must attend the equipment check at least 15 minutes before their start time. All bikes will be checked using a measuring jig that complies with UCI Regulations. Once checked, bikes will not be allowed outside the start area. A pre-check of bikes will be organized two hours before the first rider starts. Teams may present their bikes for checking at this time.

ARTICLE 6 - TECHNICAL SERVICE

Neutral service will be provided by SHIMANO with 7 cars.

ARTICLE 7 - FOLLOWING VEHICLES

Only the vehicles provided to national teams by the organizing committee will be allowed to follow the LAST rider. National Team will be allowed to use their national team vehicle to follow the first rider. If a national team needs a vehicle to follow their rider, this need to be declared during the confirmation of starters. Feeding from a following vehicle is prohibited.

ARTICLE 8 - TIMING POINTS

Intermediate timing points will be set up at different locations on the course. Times will be communicated by Radio Tour.

ARTICLE 9 - HOT SEAT AND PODIUM CEREMONIES

HOT SEAT

For the benefit of the TV production, a Hot Seat will accommodate the three riders who have set the best provisional times. The Hot Seat will be located in the finish area on the podium ceremony. Immediately after they have finished, the top three riders with the best provisional times are guided to the Hot Seat by an escort provided by the organisation.

As soon as new best times are set, the riders give up their places to the new riders at the head of the provisional standings. Team Managers shall inform the riders and team assistants of these arrangements.

The Women Elite individual time trial also awarding a title to the Women Under 23, the 3 best riders of Women Under 23 will have to wait in the backstage to start the podium ceremony after the Women Elite podium ceremony.

PODIUM CEREMONIES

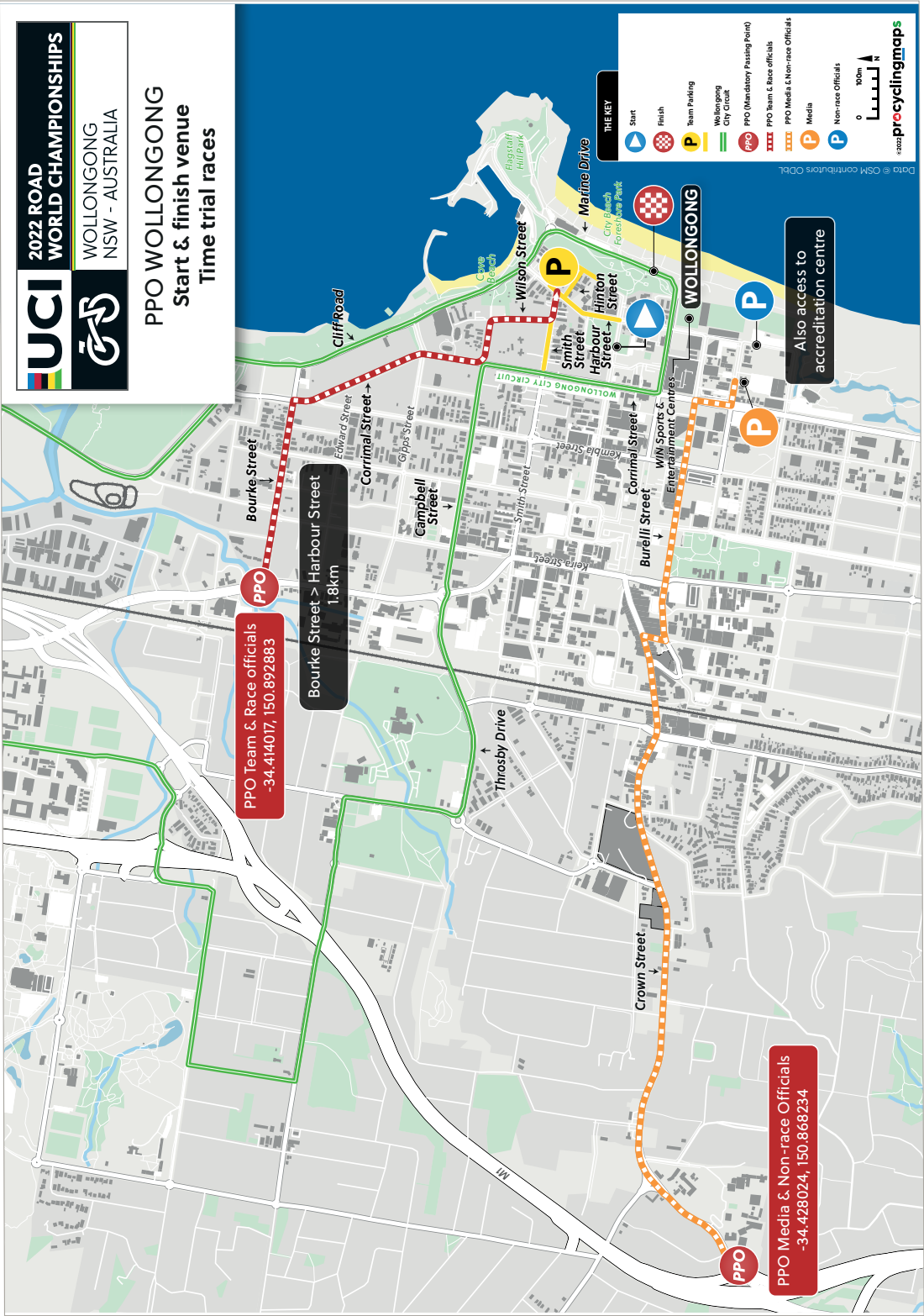
A protocol ceremony will take place immediately after the last rider of the event has finished.

The first 3 riders must present themselves for the podium ceremony immediately after the last rider has crossed the finish line. The UCI awards a jersey to the UCI World Champion. Each rider on the podium receives a medal.

Riders must present themselves in race clothing, wearing their national jersey and shall not wear a cap, headband, glasses or any other accessory until they leave the podium ceremony area. The Women Elite individual time trial also awarding a title to the Women Under 23, the winner of the race will take the title of Women Elite UCI World Champion. The first woman Under 23 to cross the line will win the title of Women Under 23 UCI World Champion. If the overall winner is a woman under 23, she will win both the Women Elite and the Women Under 23 title.



ACCESS TO START/FINISH - WOLLONGONG



START/FINISH VENUE - WOLLONGONG



UCI INDIVIDUAL TIME TRIALS

WOMEN ELITE (WE) – 34.2 KM

MEN ELITE (ME) – 34.2 KM

Start Location: Market Street, Wollongong

Finish Location: Marine Drive, Wollongong

SUNDAY 18 SEPTEMBER

WOMEN ELITE INDIVIDUAL TIME TRIAL

09:35-12:30

MEN ELITE INDIVIDUAL TIME TRIAL

13:40-17:00





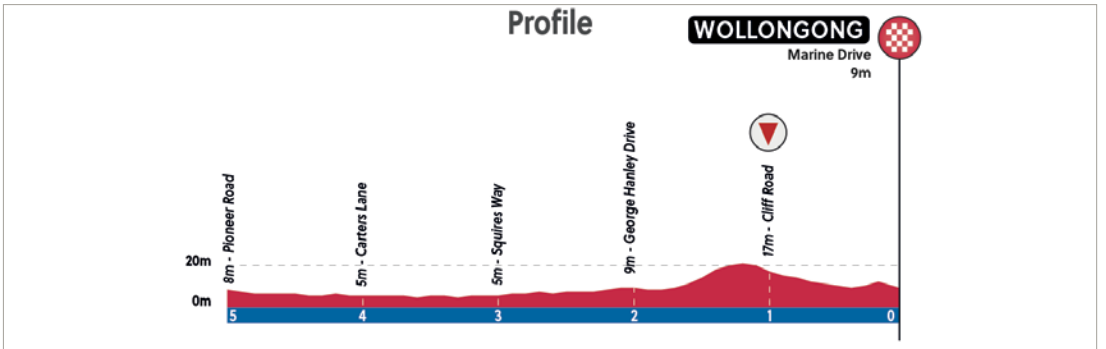
COURSE - WE - ME INDIVIDUAL TIME TRIAL



LAST 5KM SAFETY - WE - ME INDIVIDUAL TIME TRIAL



LAST 5KM PROFILE - WE - ME INDIVIDUAL TIME TRIAL





SCHEDULE - WE INDIVIDUAL TIME TRIAL

For more detailed information, please find the GPX files and Roadmaps [on this link](#)

Estimate times (45km/hr)					
KM completed	To Go	Race route	Information	FIRST RIDER	LAST RIDER
0,0	0,0	Market St	START TT LAP 1	09:35	11:45
0,2	34,0	Market St / Corrimal St	Right turn	09:35	11:45
0,6	33,6	Corrimal St / Campbell St	Left turn	09:35	11:45
0,8	33,4	Campbell St / Kembala St	CAUTION: Speed hump	09:36	11:46
0,9	33,3	Campbell St / Church St	CAUTION: Speed hump	09:36	11:46
1,1	33,1	Campbell St / Keira St	CAUTION: Speed hump	09:36	11:46
1,2	33,0	Campbell St / Princes Hwy	CAUTION: Roundabout - Split	09:36	11:46
2,2	32,0	Throsby St / Foley St	Right turn CAUTION: Roundabout - Cut CAUTION: Traffic island (split)	09:37	11:47
2,3	31,9	Foley St	CAUTION: Traffic island (split)	09:38	11:48
2,6	31,6	Foley St / Gipps Rd	Left turn	09:38	11:48
2,8	31,4	Gipps Rd / Vickery St	CAUTION: Speed hump	09:38	11:48
2,9	31,3	Gipps Rd / Frances St & Berkeley Rd	CAUTION: Speed hump	09:38	11:48
3,5	30,7	Gipps Rd / Breaside Ave	Right turn	09:39	11:49
3,9	30,3	Gipps Rd / Murphys Ave	Right turn	09:40	11:50
4,0	30,2	Murphys Ave / John St	CAUTION: Road narrows	09:40	11:50
4,5	29,7	Murphys Ave / Irvine St	Left turn	09:41	11:51
4,7	29,5	Irvine St / University Ave	Right turn CAUTION: Road narrows	09:41	11:51
4,8	29,4	University Ave	Speed hump CAUTION: Traffic island (split)	09:41	11:51
5,0	29,2	University Ave	Left turn	09:41	11:51
5,1	29,1	University Ave / Foleys Ln	Veer left CAUTION: Road narrows	09:41	11:51
5,3	28,9	Foleys Ln / TAFE	CAUTION: Road narrows	09:42	11:52
5,7	28,5	TAFE / Lysaght St	Right turn	09:42	11:52
6,0	28,2	Lysaght St / Princes Hwy	Left turn	09:43	11:53
6,3	27,9	Princes Hwy / Mount Ousley Rd	Left turn	09:43	11:53
6,6	27,6	Mt Ousley Rd / Strone Ave	Right turn CAUTION: Chicane	09:43	11:53
6,7	27,5	Strone Rd / Dumfries Ave	Left turn	09:43	11:53
7,2	27,0	Dumfries Ave	Intermediate timing point	09:44	11:54
7,4	26,8	Dumfries Ave / Foothills Rd	Right turn	09:44	11:54
8,0	26,2	Foothills Rd / Cabbage Tree Ln	Right turn	09:45	11:55
8,9	25,3	Cabbage Tree Ln	CAUTION: Road narrows	09:46	11:56
9,1	25,1	Cabbage Tree Ln / Princes Hwy	Left turn	09:47	11:57
9,3	24,9	Princes Hwy / Bourke St	Right turn	09:47	11:57
9,5	24,7	Bourke St / Clifford St	Left turn	09:47	11:57
9,8	24,4	Bourke St / Daisy St	Left turn	09:48	11:58
9,9	24,3	Daisy St / Elliotts Rd	Left turn	09:48	11:58
10,4	23,8	Elliotts Rd / Carters Ln	Left turn	09:48	11:58
10,6	23,6	Carters Ln	CAUTION: Road narrows	09:49	11:59
11,1	23,1	Carters Ln / Dixon St & Grand Ct	Speed hump	09:49	11:59
11,1	23,1	Carters Ln	CAUTION: Road narrows	09:49	11:59
11,6	22,6	Carters Ln / Marlo Rd	Right turn	09:50	12:00
11,9	22,3	Marlo Rd / Pioneers Rd	Right turn	09:50	12:00
12,2	22,0	Pioneers Rd	CAUTION: Traffic island (split)	09:51	12:01
12,3	21,9	Pioneers Rd	CAUTION: Traffic island (split)	09:51	12:01
12,4	21,8	Pioneers Rd	CAUTION: Road narrows	09:51	12:01
13,0	21,2	Carters Ln	CAUTION: Road narrows	09:52	12:02
13,8	20,4	Squires Way / Puckey Ave	CAUTION: Road narrows	09:53	12:03
14,5	19,7	Squied Way	CAUTION: Road narrows	09:54	12:04
15,1	19,1	Squires Way / George Hanley Dr	Veer left CAUTION: Chicane	09:55	12:05
15,3	18,9	George Hanley Dr / Cliff Rd	Right turn	09:55	12:05
15,4	18,8	Cliff Rd / Blacket St	CAUTION: Speed hump	09:55	12:05
15,5	18,7	Cliff Rd	CAUTION: Speed hump	09:55	12:05
15,5	18,7	Cliff Rd / Bourke St	Veer left CAUTION: Chicane	09:55	12:05
15,9	18,3	Cliff Rd / Georges Pl	CAUTION: Speed hump	09:56	12:06
16,6	17,6	Cliff Rd / Marine Dr	Right turn	09:57	12:07
17,0	17,2	Marine Dr	START LAP 2 Across finish line	09:57	12:07
24,5	9,7	Dumfries Ave	Intermediate timing point	10:07	12:17
34,2	0,0	Marine Dr	FINISH	10:20	12:30



SCHEDULE - ME INDIVIDUAL TIME TRIAL

For more detailed information, please find the GPX files and Roadmaps [on this link](#)

Estimate times (50km/hr)					
KM completed	To Go	Race route	Information	FIRST RIDER	LAST RIDER
0,0	0,0	Market St	START TT LAP 1	13:40	16:19
0,2	34,0	Market St / Corrimal St	Right turn	13:40	16:19
0,6	33,6	Corrimal St / Campbell St	Left turn	13:40	16:19
0,8	33,4	Campbell St / Kembala St	CAUTION: Speed hump	13:40	16:19
0,9	33,3	Campbell St / Church St	CAUTION: Speed hump	13:41	16:20
1,1	33,1	Campbell St / Keira St	CAUTION: Speed hump	13:41	16:20
1,2	33,0	Campbell St / Princes Hwy	CAUTION: Roundabout - Split	13:41	16:20
2,2	32,0	Throsby St / Foley St	Right turn CAUTION: Roundabout - Cut CAUTION: Traffic island (split)	13:42	16:21
2,3	31,9	Foley St	CAUTION: Traffic island (split)	13:42	16:21
2,6	31,6	Foley St / Gipps Rd	Left turn	13:43	16:22
2,8	31,4	Gipps Rd / Vickery St	CAUTION: Speed hump	13:43	16:22
2,9	31,3	Gipps Rd / Frances St & Berkeley Rd	CAUTION: Speed hump	13:43	16:22
3,5	30,7	Gipps Rd / Breaside Ave	Right turn	13:44	16:23
3,9	30,3	Gipps Rd / Murphys Ave	Right turn	13:44	16:23
4,0	30,2	Murphys Ave / John St	CAUTION: Road narrows	13:44	16:23
4,5	29,7	Murphys Ave / Irvine St	Left turn	13:45	16:24
4,7	29,5	Irvine St / University Ave	Right turn CAUTION: Road narrows	13:45	16:24
4,8	29,4	University Ave	Speed hump CAUTION: Traffic island (split)	13:45	16:24
5,0	29,2	University Ave	Left turn	13:46	16:25
5,1	29,1	University Ave / Foleys Ln	Veer left CAUTION: Road narrows	13:46	16:25
5,3	28,9	Foleys Ln / TAFE	CAUTION: Road narrows	13:46	16:25
5,7	28,5	TAFE / Lysaght St	Right turn	13:46	16:25
6,0	28,2	Lysaght St / Princes Hwy	Left turn	13:47	16:26
6,3	27,9	Princes Hwy / Mount Ousley Rd	Left turn	13:47	16:26
6,6	27,6	Mt Ousley Rd / Strone Ave	Right turn CAUTION: Chicane	13:47	16:26
6,7	27,5	Strone Rd / Dumfries Ave	Left turn	13:48	16:27
7,2	27,0	Dumfries Ave	Intermediate timing point	13:48	16:27
7,4	26,8	Dumfries Ave / Foothills Rd	Right turn	13:48	16:27
8,0	26,2	Foothills Rd / Cabbage Tree Ln	Right turn	13:49	16:28
8,9	25,3	Cabbage Tree Ln	CAUTION: Road narrows	13:50	16:29
9,1	25,1	Cabbage Tree Ln / Princes Hwy	Left turn	13:50	16:29
9,3	24,9	Princes Hwy / Bourke St	Right turn	13:51	16:30
9,5	24,7	Bourke St / Clifford St	Left turn	13:51	16:30
9,8	24,4	Bourke St / Daisy St	Left turn	13:51	16:30
9,9	24,3	Daisy St / Elliotts Rd	Left turn	13:51	16:30
10,4	23,8	Elliotts Rd / Carters Ln	Left turn	13:52	16:31
10,6	23,6	Carters Ln	CAUTION: Road narrows	13:52	16:31
11,1	23,1	Carters Ln / Dixon St & Grand Ct	Speed hump	13:53	16:32
11,1	23,1	Carters Ln	CAUTION: Road narrows	13:53	16:32
11,6	22,6	Carters Ln / Marlo Rd	Right turn	13:53	16:32
11,9	22,3	Marlo Rd / Pioneers Rd	Right turn	13:54	16:33
12,2	22,0	Pioneers Rd	CAUTION: Traffic island (split)	13:54	16:33
12,3	21,9	Pioneers Rd	CAUTION: Traffic island (split)	13:54	16:33
12,4	21,8	Pioneers Rd	CAUTION: Road narrows	13:54	16:33
13,0	21,2	Carters Ln	CAUTION: Road narrows	13:55	16:34
13,8	20,4	Squires Way / Puckey Ave	CAUTION: Road narrows	13:56	16:35
14,5	19,7	Squied Way	CAUTION: Road narrows	13:57	16:36
15,1	19,1	Squires Way / George Hanley Dr	Veer left CAUTION: Chicane	13:58	16:37
15,3	18,9	George Hanley Dr / Cliff Rd	Right turn	13:58	16:37
15,4	18,8	Cliff Rd / Blacket St	CAUTION: Speed hump	13:58	16:37
15,5	18,7	Cliff Rd	CAUTION: Speed hump	13:58	16:37
15,5	18,7	Cliff Rd / Bourke St	Veer left CAUTION: Chicane	13:58	16:37
15,9	18,3	Cliff Rd / Georges Pl	CAUTION: Speed hump	13:59	16:38
16,6	17,6	Cliff Rd / Marine Dr	Right turn	13:59	16:38
17,0	17,2	Marine Dr	START LAP 2 Across finish line	14:00	16:39
24,5	9,7	Dumfries Ave	Intermediate timing point	14:09	16:48
34,2	0,0	Marine Dr	FINISH	14:21	17:00

UCI INDIVIDUAL TIME TRIAL

MEN UNDER 23 (MU) – 28.8 KM

Start Location: Market Street, Wollongong

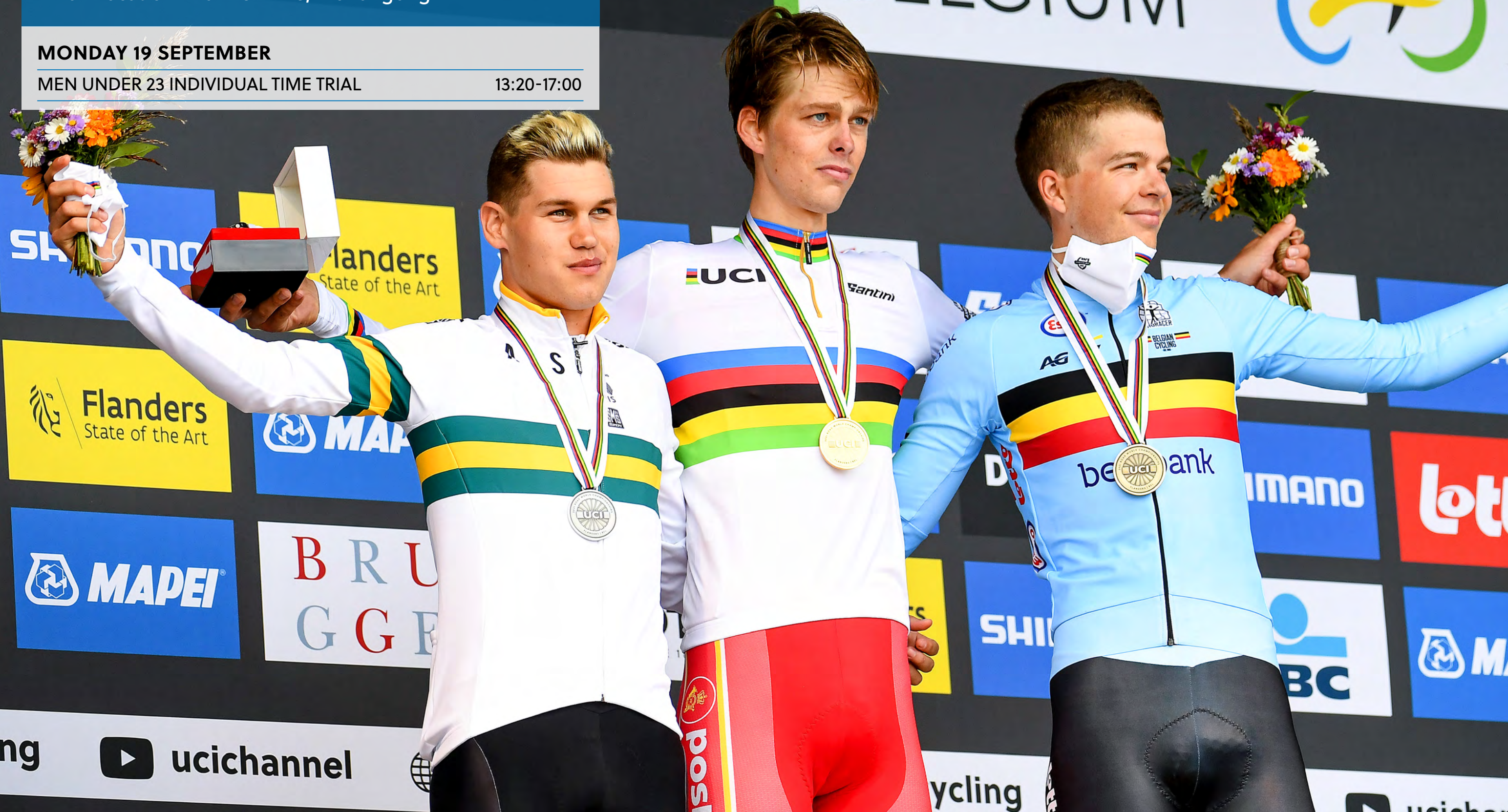
Finish Location: Marine Drive, Wollongong

MONDAY 19 SEPTEMBER

MEN UNDER 23 INDIVIDUAL TIME TRIAL

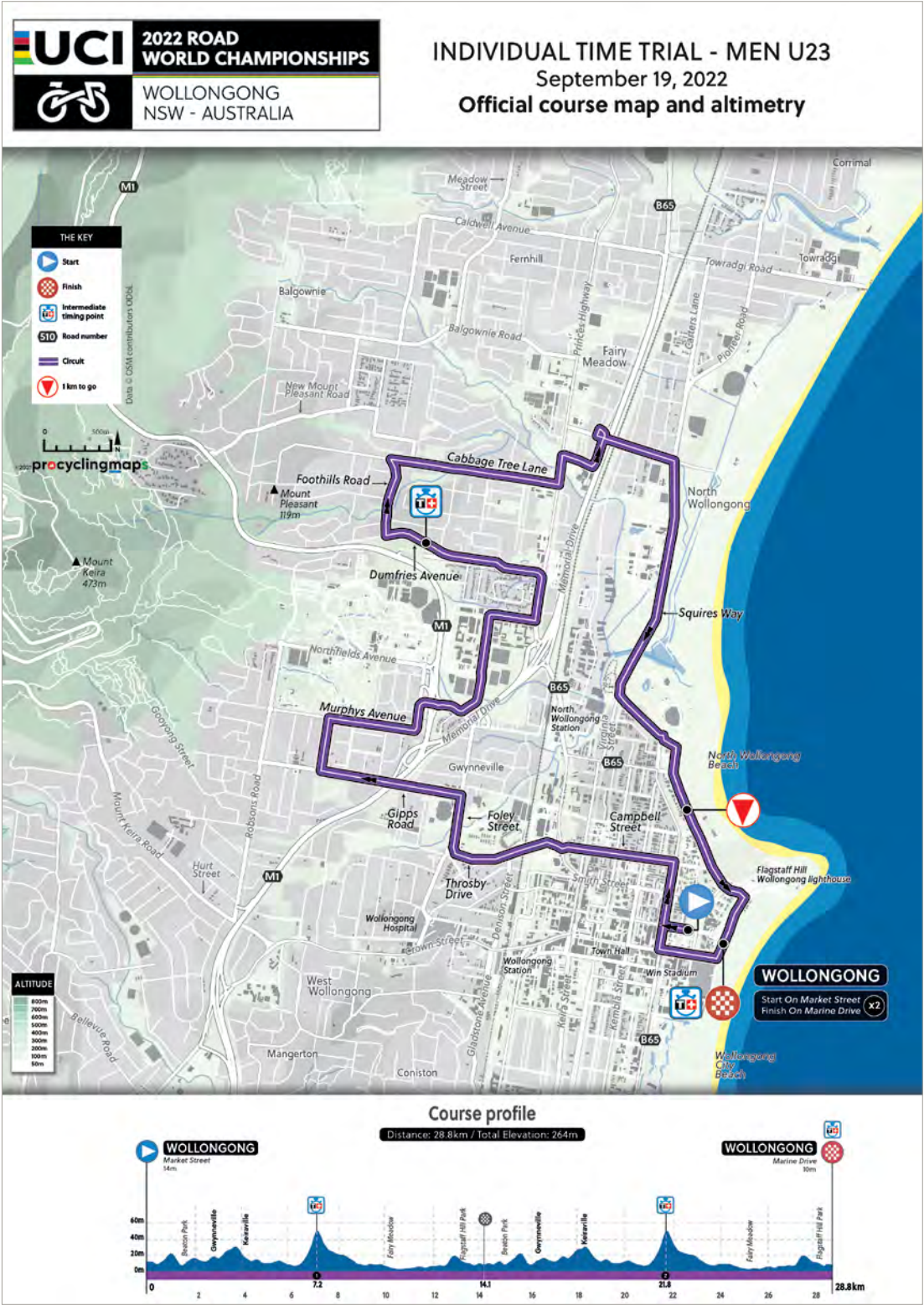
13:20-17:00

FLANDERS BELGIUM





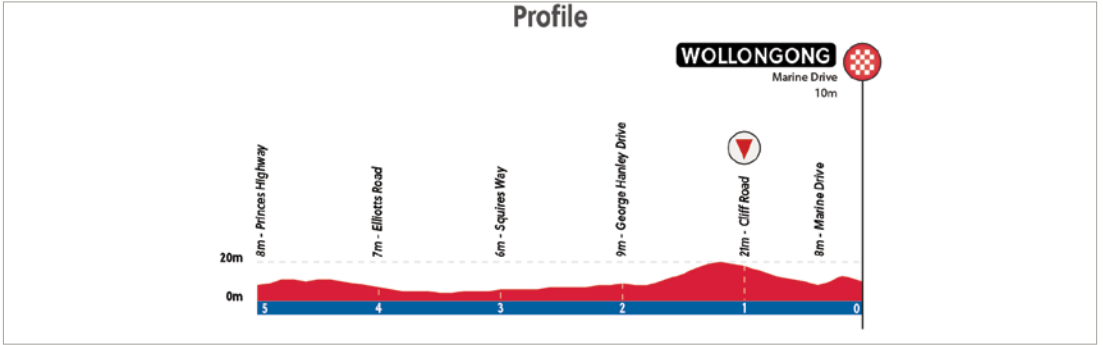
COURSE - MU INDIVIDUAL TIME TRIAL



LAST 5KM SAFETY - MU INDIVIDUAL TIME TRIAL



LAST 5KM PROFILE - MU INDIVIDUAL TIME TRIAL





SCHEDULE - MU INDIVIDUAL TIME TRIAL

For more detailed information, please find the GPX files and Roadmaps [on this link](#)

KM completed	To Go	Race route	Information	Estimate times (49km/hr)	
				FIRST RIDER	LAST RIDER
0,0	28,8	Market St	START TT LAP 1	13:20	16:25
0,1	28,7	Market St / Corrimal St	Right turn	13:20	16:25
0,5	28,3	Corrimal St / Campbell St	Left turn	13:20	16:25
0,7	28,1	Campbell St / Kembla St	CAUTION: Speed hump	13:20	16:25
0,8	28,0	Campbell St / Church St	CAUTION: Speed hump	13:20	16:25
1,0	27,8	Campbell St / Keira St	CAUTION: Speed hump	13:21	16:26
1,1	27,7	Campbell St / Princes Hwy	CAUTION: Roundabout - Split	13:21	16:26
2,1	26,7	Throsby St / Foley St	Right turn CAUTION: Roundabout - Cut CAUTION: Traffic island (split)	13:22	16:27
2,2	26,6	Foley St	CAUTION: Traffic island (split)	13:22	16:27
2,5	26,3	Foley St / Gipps Rd	Left turn	13:23	16:28
2,7	26,1	Gipps Rd / Vickery St	CAUTION: Speed hump	13:23	16:28
2,8	26,0	Gipps Rd / Frances St & Berkeley Rd	CAUTION: Speed hump	13:23	16:28
3,4	25,4	Gipps Rd / Breaside Ave	Right turn	13:24	16:29
3,8	25,0	Gipps Rd / Murphys Ave	Right turn	13:24	16:29
3,9	24,9	Murphys Ave / John St	CAUTION: Road narrows	13:24	16:29
4,4	24,4	Murphys Ave / Irvine St	Left turn	13:25	16:30
4,6	24,2	Irvine St / University Ave	Right turn CAUTION: Road narrows	13:25	16:30
4,7	24,1	University Ave	Speed hump CAUTION: Traffic island (split)	13:25	16:30
4,9	23,9	University Ave	Left turn	13:26	16:31
5,0	23,8	University Ave / Foleys Ln	Veer left CAUTION: Road narrows	13:26	16:31
5,2	23,6	Foleys Ln / TAFE	CAUTION: Road narrows	13:26	16:31
5,6	23,2	TAFE / Lysaght St	Right turn	13:26	16:31
5,9	22,9	Lysaght St / Princes Hwy	Left turn	13:27	16:32
6,2	22,6	Princes Hwy / Mount Ousley Rd	Left turn	13:27	16:32
6,5	22,3	Mt Ousley Rd / Strone Ave	Right turn CAUTION: Chicane	13:27	16:32
6,6	22,2	Strone Rd / Dumfries Ave	Left turn	13:28	16:33
7,1	21,7	Dumfries Ave	Intermediate timing point	13:28	16:33
7,3	21,5	Dumfries Ave / Foothills Rd	Right turn	13:28	16:33
7,9	20,9	Foothills Rd / Cabbage Tree Ln	Right turn	13:29	16:34
8,8	20,0	Cabbage Tree Ln	CAUTION: Road narrows	13:30	16:35
9,0	19,8	Cabbage Tree Ln / Princes Hwy	Left turn	13:31	16:36
9,2	19,6	Princes Hwy / Bourke St	Right turn	13:31	16:36
9,4	19,4	Bourke St / Clifford St	Left turn	13:31	16:36
9,7	19,1	Bourke St / Daisy St	Left turn	13:31	16:36
9,8	19,0	Daisy St / Elliotts Rd	Left turn	13:32	16:37
10,3	18,5	Elliotts Rd / Squires Way	Right turn	13:32	16:37
11,0	17,8	Squires Way / Puckey Ave	CAUTION: Road narrows	13:33	16:38
11,7	17,1	Squird Way	CAUTION: Road narrows	13:34	16:39
12,3	16,5	Squires Way / George Hanley Dr	Veer left CAUTION: Chicane	13:35	16:40
12,5	16,3	George Hanley Dr / Cliff Rd	Right turn	13:35	16:40
12,6	16,2	Cliff Rd / Blacket St	CAUTION: Speed hump	13:35	16:40
12,7	16,1	Cliff Rd	CAUTION: Speed hump	13:35	16:40
12,7	16,1	Cliff Rd / Bourke St	Veer left CAUTION: Chicane	13:35	16:40
13,1	15,7	Cliff Rd / Georges Pl	CAUTION: Speed hump	13:36	16:41
13,8	15,0	Cliff Rd / Marine Dr	Right turn	13:36	16:41
14,2	14,6	Marine Dr	START LAP 2 Across finish line	13:37	16:42
21,7	7,1	Dumfries Ave	Intermediate timing point	13:46	16:51
28,8	0,0	Marine Dr	FINISH	13:55	17:00

Friendly koala at Symbio Wildlife Park, Helensburgh in the Illawarra region. © Lawrence Furzey



Wallabies grazing at Symbio Wildlife Park, Helensburgh in the Illawarra region.© Lawrence Furzey

UCI INDIVIDUAL TIME TRIALS

WOMEN JUNIOR (WJ) – 14.1 KM

MEN JUNIOR (MJ) – 28.8 KM

Start Location: Market Street, Wollongong

Finish Location: Marine Drive, Wollongong

TUESDAY 20 SEPTEMBER

WOMEN JUNIOR INDIVIDUAL TIME TRIAL

09:30-11:05

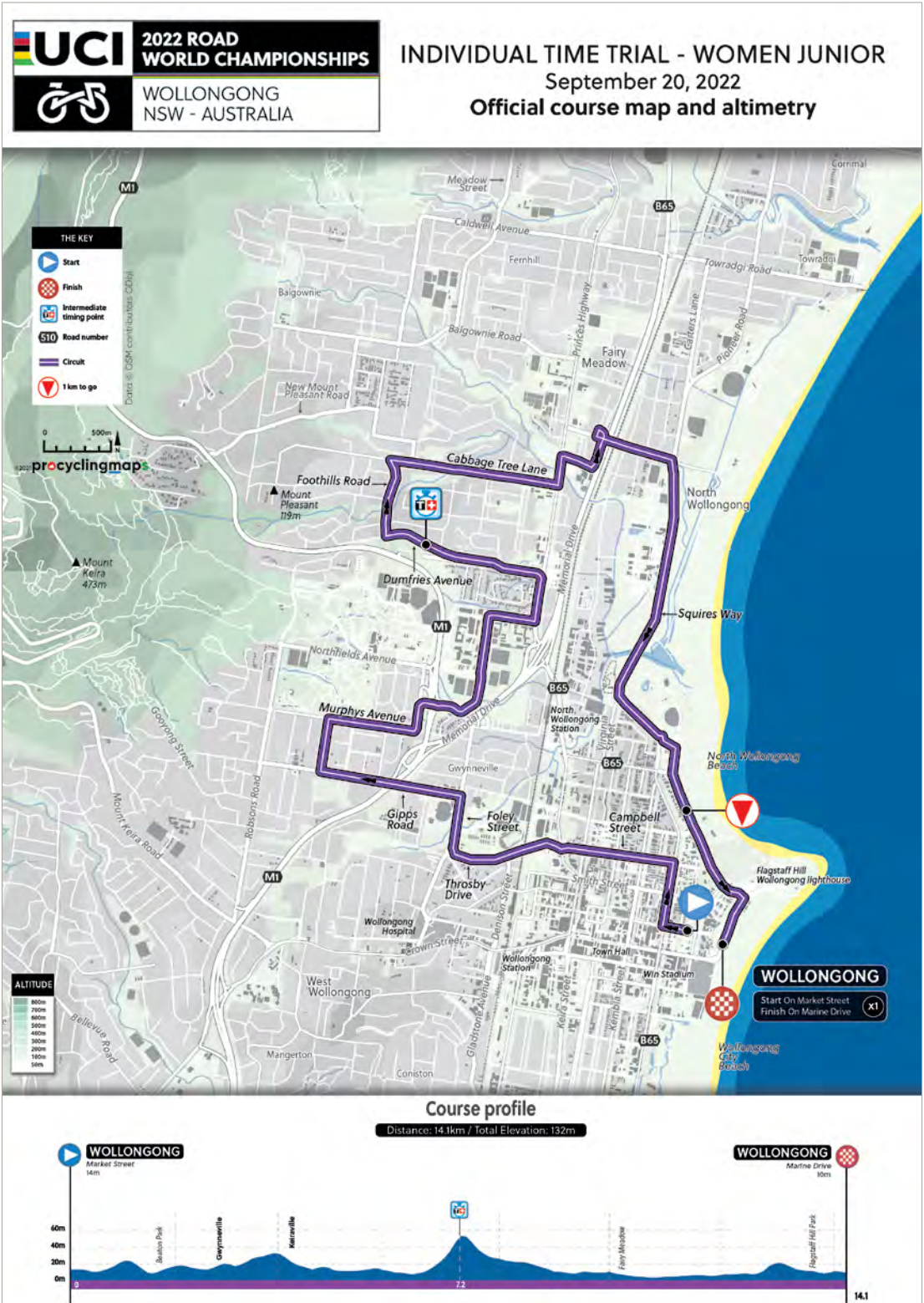
MEN JUNIOR INDIVIDUAL TIME TRIAL

13:20-17:00





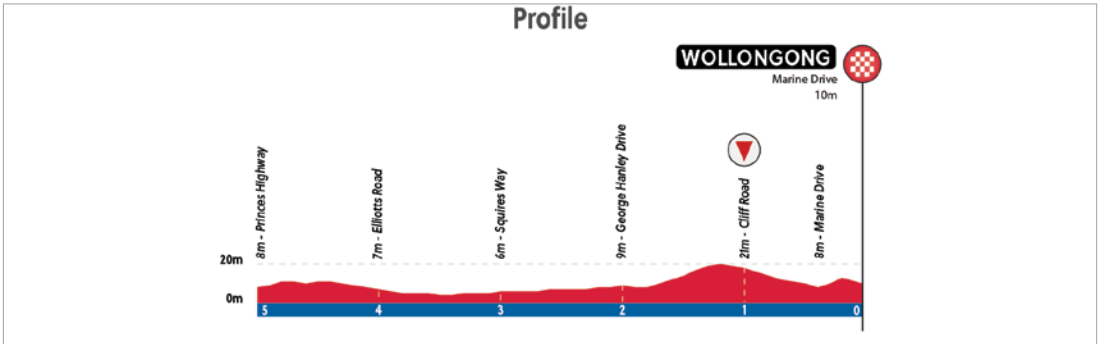
COURSE - WJ INDIVIDUAL TIME TRIAL



LAST 5KM SAFETY - WJ INDIVIDUAL TIME TRIAL



LAST 5KM PROFILE - WJ INDIVIDUAL TIME TRIAL



wahoo



ELEMENT BOLT

CHOICE OF
CHAMPIONS

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OFFICIAL SMART TRAINING TECHNOLOGY SUPPLIER



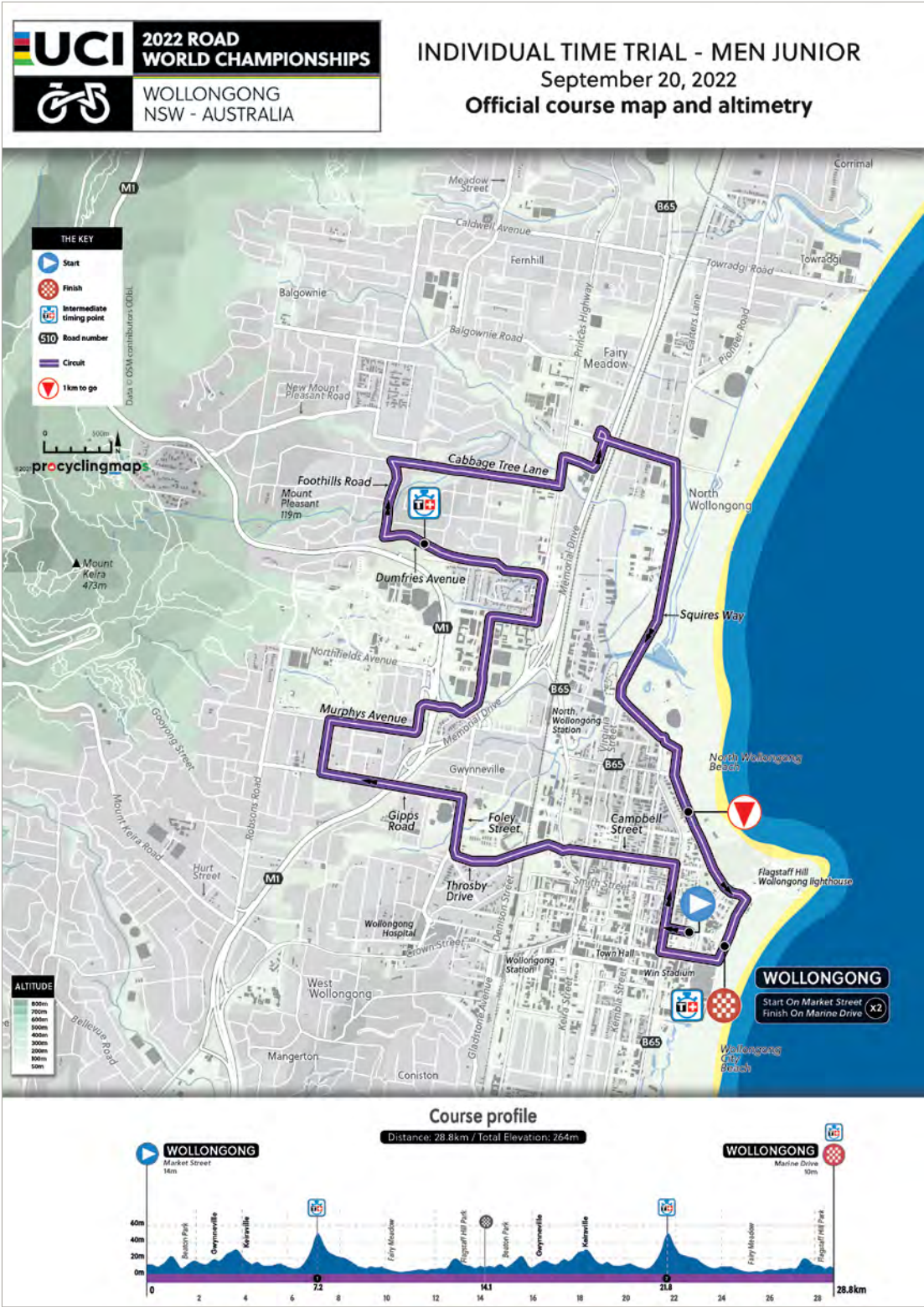
SCHEDULE - WJ INDIVIDUAL TIME TRIAL

For more detailed information, please find the GPX files and Roadmaps [on this link](#)

Estimate times (44km/hr)					
KM completed	To Go	Race route	Information	FIRST RIDER	LAST RIDER
0,0	14,1	Market St	START TT	09:30	10:46
0,1	14,0	Market St / Corrimal St	Right turn	09:30	10:46
0,5	13,6	Corrimal St / Campbell St	Left turn	09:30	10:46
0,7	13,4	Campbell St / Kembala St	CAUTION: Speed hump	09:30	10:46
0,8	13,3	Campbell St / Church St	CAUTION: Speed hump	09:31	10:47
1,0	13,1	Campbell St / Keira St	CAUTION: Speed hump	09:31	10:47
1,1	13,0	Campbell St / Princes Hwy	CAUTION: Roundabout - Split	09:31	10:47
2,1	12,0	Throsby St / Foley St	Right turn CAUTION: Roundabout - Cut CAUTION: Traffic island (split)	09:32	10:48
2,2	11,9	Foley St	CAUTION: Traffic island (split)	09:33	10:49
2,5	11,6	Foley St / Gipps Rd	Left turn	09:33	10:49
2,7	11,4	Gipps Rd / Vickery St	CAUTION: Speed hump	09:33	10:49
2,8	11,3	Gipps Rd / Frances St & Berkeley Rd	CAUTION: Speed hump	09:33	10:49
3,4	10,7	Gipps Rd / Breaside Ave	Right turn	09:34	10:50
3,8	10,3	Gipps Rd / Murphys Ave	Right turn	09:35	10:51
3,9	10,2	Murphys Ave / John St	CAUTION: Road narrows	09:35	10:51
4,4	9,7	Murphys Ave / Irvine St	Left turn	09:36	10:52
4,6	9,5	Irvine St / University Ave	Right turn CAUTION: Road narrows	09:36	10:52
4,7	9,4	University Ave	Speed hump CAUTION: Traffic island (split)	09:36	10:52
4,9	9,2	University Ave	Left turn	09:36	10:52
5,0	9,1	University Ave / Foleys Ln	Veer left CAUTION: Road narrows	09:36	10:52
5,2	8,9	Foleys Ln / TAFE	CAUTION: Road narrows	09:37	10:53
5,6	8,5	TAFE / Lysaght St	Right turn	09:37	10:53
5,9	8,2	Lysaght St / Princes Hwy	Left turn	09:38	10:54
6,2	7,9	Princes Hwy / Mount Ousley Rd	Left turn	09:38	10:54
6,5	7,6	Mt Ousley Rd / Strone Ave	Right turn CAUTION: Chicane	09:38	10:54
6,6	7,5	Strone Rd / Dumfries Ave	Left turn	09:39	10:55
7,1	7,0	Dumfries Ave	Intermediate timing point	09:39	10:55
7,3	6,8	Dumfries Ave / Foothills Rd	Right turn	09:39	10:55
7,9	6,2	Foothills Rd / Cabbage Tree Ln	Right turn	09:40	10:56
8,8	5,3	Cabbage Tree Ln	CAUTION: Road narrows	09:42	10:58
9,0	5,1	Cabbage Tree Ln / Princes Hwy	Left turn	09:42	10:58
9,2	4,9	Princes Hwy / Bourke St	Right turn	09:42	10:58
9,4	4,7	Bourke St / Clifford St	Left turn	09:42	10:58
9,7	4,4	Bourke St / Daisy St	Left turn	09:43	10:59
9,8	4,3	Daisy St / Elliotts Rd	Left turn	09:43	10:59
10,3	3,8	Elliotts Rd / Squires Way	Right turn	09:44	11:00
11,0	3,1	Squires Way / Puckey Ave	CAUTION: Road narrows	09:45	11:01
11,7	2,4	Squired Way	CAUTION: Road narrows	09:45	11:01
12,3	1,8	Squires Way / George Hanley Dr	Veer left CAUTION: Chicane	09:46	11:02
12,5	1,6	George Hanley Dr / Cliff Rd	Right turn	09:47	11:03
12,6	1,5	Cliff Rd / Blacket St	CAUTION: Speed hump	09:47	11:03
12,7	1,4	Cliff Rd	CAUTION: Speed hump	09:47	11:03
12,7	1,4	Cliff Rd / Bourke St	Veer left CAUTION: Chicane	09:47	11:03
13,1	1,0	Cliff Rd / Georges Pl	CAUTION: Speed hump	09:47	11:03
13,7	0,4	Cliff Rd / Marine Dr	Right turn	09:48	11:04
14,1	0,0	Marine Dr	FINISH	09:49	11:05



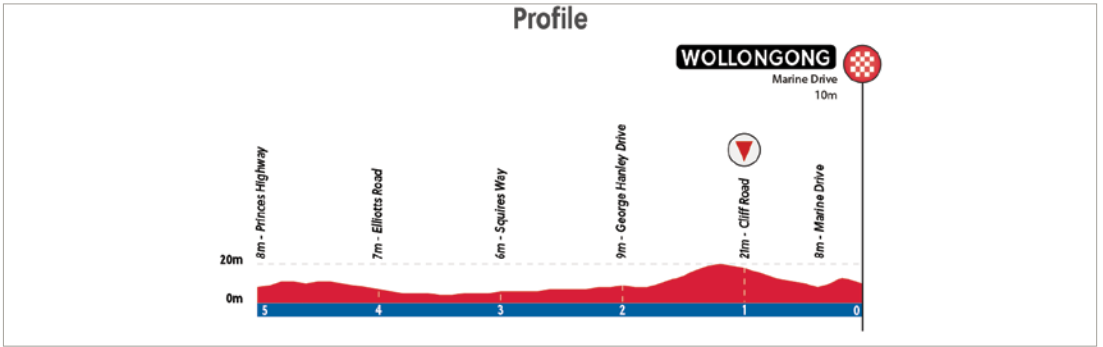
COURSE - MJ INDIVIDUAL TIME TRIAL



LAST 5KM SAFETY - MJ INDIVIDUAL TIME TRIAL



LAST 5KM PROFILE - MJ INDIVIDUAL TIME TRIAL





SCHEDULE - MJ INDIVIDUAL TIME TRIAL

For more detailed information, please find the GPX files and Roadmaps [on this link](#)

KM completed	To Go	Race route	Information	Estimate times (48km/hr)	
				FIRST RIDER	LAST RIDER
0,0	28,8	Market St	START TT LAP 1	13:20	16:24
0,1	28,7	Market St / Corrimal St	Right turn	13:20	16:24
0,5	28,3	Corrimal St / Campbell St	Left turn	13:20	16:24
0,7	28,1	Campbell St / Kembbla St	CAUTION: Speed hump	13:20	16:24
0,8	28,0	Campbell St / Church St	CAUTION: Speed hump	13:21	16:25
1,0	27,8	Campbell St / Keira St	CAUTION: Speed hump	13:21	16:25
1,1	27,7	Campbell St / Princes Hwy	CAUTION: Roundabout - Split	13:21	16:25
2,1	26,7	Throsby St / Foley St	Right turn CAUTION: Roundabout - Cut CAUTION: Traffic island (split)	13:22	16:26
2,2	26,6	Foley St	CAUTION: Traffic island (split)	13:22	16:26
2,5	26,3	Foley St / Gipps Rd	Left turn	13:23	16:27
2,7	26,1	Gipps Rd / Vickery St	CAUTION: Speed hump	13:23	16:27
2,8	26,0	Gipps Rd / Frances St & Berkeley Rd	CAUTION: Speed hump	13:23	16:27
3,4	25,4	Gipps Rd / Breaside Ave	Right turn	13:24	16:28
3,8	25,0	Gipps Rd / Murphys Ave	Right turn	13:24	16:28
3,9	24,9	Murphys Ave / John St	CAUTION: Road narrows	13:24	16:28
4,4	24,4	Murphys Ave / Irvine St	Left turn	13:25	16:29
4,6	24,2	Irvine St / University Ave	Right turn CAUTION: Road narrows	13:25	16:29
4,7	24,1	University Ave	Speed hump CAUTION: Traffic island (split)	13:25	16:29
4,9	23,9	University Ave	Left turn	13:26	16:30
5,0	23,8	University Ave / Foleys Ln	Veer left CAUTION: Road narrows	13:26	16:30
5,2	23,6	Foleys Ln / TAFE	CAUTION: Road narrows	13:26	16:30
5,6	23,2	TAFE / Lysaght St	Right turn	13:27	16:31
5,9	22,9	Lysaght St / Princes Hwy	Left turn	13:27	16:31
6,2	22,6	Princes Hwy / Mount Ousley Rd	Left turn	13:27	16:31
6,5	22,3	Mt Ousley Rd / Strone Ave	Right turn CAUTION: Chicane	13:28	16:32
6,6	22,2	Strone Rd / Dumfries Ave	Left turn	13:28	16:32
7,1	21,7	Dumfries Ave	Intermediate timing point	13:28	16:32
7,3	21,5	Dumfries Ave / Foothills Rd	Right turn	13:29	16:33
7,9	20,9	Foothills Rd / Cabbage Tree Ln	Right turn	13:29	16:33
8,8	20,0	Cabbage Tree Ln	CAUTION: Road narrows	13:31	16:35
9,0	19,8	Cabbage Tree Ln / Princes Hwy	Left turn	13:31	16:35
9,2	19,6	Princes Hwy / Bourke St	Right turn	13:31	16:35
9,4	19,4	Bourke St / Clifford St	Left turn	13:31	16:35
9,7	19,1	Bourke St / Daisy St	Left turn	13:32	16:36
9,8	19,0	Daisy St / Elliotts Rd	Left turn	13:32	16:36
10,3	18,5	Elliotts Rd / Squires Way	Right turn	13:32	16:36
11,0	17,8	Squires Way / Puckey Ave	CAUTION: Road narrows	13:33	16:37
11,7	17,1	Squied Way	CAUTION: Road narrows	13:34	16:38
12,3	16,5	Squires Way / George Hanley Dr	Veer left CAUTION: Chicane	13:35	16:39
12,5	16,3	George Hanley Dr / Cliff Rd	Right turn	13:35	16:39
12,6	16,2	Cliff Rd / Blacket St	CAUTION: Speed hump	13:35	16:39
12,7	16,1	Cliff Rd	CAUTION: Speed hump	13:35	16:39
12,7	16,1	Cliff Rd / Bourke St	Veer left CAUTION: Chicane	13:35	16:39
13,1	15,7	Cliff Rd / Georges Pl	CAUTION: Speed hump	13:36	16:40
13,8	15,0	Cliff Rd / Marine Dr	Right turn	13:37	16:41
14,2	14,6	Marine Dr	START LAP 2	13:37	16:41
21,7	7,1	Dumfries Ave	Intermediate timing point	13:47	16:51
28,8	0,0	Marine Dr	FINISH	13:56	17:00

FEEL
LOST IN
THE
MOMENT

📍 Bellingen

UCI TEAM TIME TRIAL

Mixed Relay – 28.2 KM (2 x 14.1 km)

Start Location: Market Street, Wollongong

Finish Location: Marine Drive, Wollongong

WEDNESDAY 21 SEPTEMBER

TEAM TIME TRIAL MIXED RELAY

14:20-17:05





SPECIAL REGULATIONS

TEAM TIME TRIAL MIXED RELAY

ARTICLE 1 - PARTICIPATION

The events are reserved for the following teams:

EVENT	CATEGORY	YEAR OF BIRTH
Team Time Trial Mixed Relay	Men and Women Under 23	2000, 2001, 2002 and 2003
	Women and Men Elite	1999 and earlier

Every team participating in the Team Time Trial Mixed Relay can enter six male riders and six female riders, of which three male riders and three female riders will start.

This event is open to national teams in accordance with the qualification system published the 14 February 2022 on the [UCI website](#).

ARTICLE 2 - PROCEDURES BEFORE THE START

CONFIRMATION OF STARTERS

— All categories – Saturday 17 September from 09h00 to 12h00. (each nation will be allocated a time slot for confirmation), at WIN Entertainment Centre, Corner Crown & Harbour St, Wollongong NSW 2500, Australia.

TEAM MANAGERS' MEETING

— All categories – Saturday 17 September from 12h30 to 13h30 at WIN Entertainment Centre, Corner Crown & Harbour St, Wollongong NSW 2500, Australia.

TRAINING SESSION

A training session will be organized on the circuit in Wollongong on Tuesday 20 September from 11h30 to 13h00 (between the Women Junior and Men Junior Individual Time Trials).

The session will be organized with specific start order and teams must respect the instructions. A special communique will be distributed the day before the training session.

Teams vehicle will be allowed to follow their team.

ARTICLE 3 - UCI RANKINGS

In accordance with UCI Regulations, the Team Time Trial Mixed Relay of the UCI Road World Championships awards points towards UCI rankings using the following scales:

MEN UNDER 23 AND MEN ELITE

The riders earn points for the following rankings:

— Elite and Under 23 Men's UCI World Ranking;

— Elite and Under 23 Men's Continental Rankings;

1.....300 pts.	14.....15 pts.
2.....250 pts.	15.....10 pt.
3.....200 pts.	16.....10 pts.
4.....150 pts.	17.....10 pts.
5.....125 pts.	18.....10 pts.
6.....100 pts.	19.....10 pts.
7.....85 pts.	20.....10 pts.
8.....75 pts.	21.....5 pts.
9.....60 pts.	22.....5 pts.
10.....50 pts.	23.....5 pts.
11.....40 pts.	24.....5 pts.
12.....30 pts.	25.....5 pts.
13.....25 pts.	

Points shall be split between finishing female riders based on final Mixed Relay classification. Calculations shall be rounded to a hundredth of a point.

WOMEN UNDER 23 AND WOMEN ELITE

The riders earn points for the following rankings:

— Elite and Under 23 Women's UCI World Ranking;

1.....300 pts.	14.....15 pts.
2.....250 pts.	15.....10 pt.
3.....200 pts.	16.....10 pts.
4.....150 pts.	17.....10 pts.
5.....125 pts.	18.....10 pts.
6.....100 pts.	19.....10 pts.
7.....85 pts.	20.....10 pts.
8.....75 pts.	21.....5 pts.
9.....60 pts.	22.....5 pts.
10.....50 pts.	23.....5 pts.
11.....40 pts.	24.....5 pts.
12.....30 pts.	25.....5 pts.
13.....25 pts.	

Points shall be split between finishing male riders based on final mixed relay classification. Calculations shall be rounded to a hundredth of a point.

ARTICLE 4 - START ORDER

The teams will start at identical intervals; the start order of the teams is drawn up by the UCI and communicated after the confirmation of starters. Men will start first and relay to their women teammates.

ARTICLE 5 - EQUIPMENT CHECK

The riders of each team must attend the equipment check at least 15 minutes before the scheduled start time of the team. All bikes will be checked using a measuring jig that complies with UCI Regulations. Once checked, bikes will not be allowed outside the start area. A pre-check of bikes will be organised two hours before the first team starts in each of the events. Teams may present their bikes for checking at this time.

ARTICLE 6 - FOLLOWING VEHICLES

Each team will be allowed to follow their riders in a maximum of one team vehicle per gender.

The Team vehicle for the Men must take the deviation before the finish line and a second Team vehicle will follow the women.

The nations following the Men and then the Women with the same vehicle must inform during the Team Managers Meeting on Saturday 17 September, a specific bypass procedure having to be organized for these team vehicles.

Feeding from a following vehicle is prohibited.

ARTICLE 7 - RELAY ZONE

At the start, the riders shall be held side-by-side on the ramp and then released by the holders upon the relay signal, but not pushed.

The signal for the Women start will be given by a green light. Riders must respect the instructions given by the Commissaires who will supervise the relay zone and assign the start lanes.

ARTICLE 8 - TIMING POINTS

Intermediate timing points will be set up at different locations on the course. Times will be communicated by Radio Tour.

The finish time will be taken on the 2nd rider of each team.

If there is a mechanical malfunction of the relay system provided by the race organisation that leads to an early or late start, the commissaires' panel may adjust the final results to take into account the actual times recorded.

ARTICLE 9 HOT SEAT AND PODIUM CEREMONY

HOT SEAT

For the benefit of the TV production, a Hot Seat will accommodate the team that has set the best provisional time.

The Hot Seat will be located in the finish area on the podium ceremony. Immediately after the women have finished, the team having established the best provisional time is guided to the Hot Seat by an escort provided by the organisation.

As soon as a new best time is set, the team gives up its place to the new team at the top of the provisional standings.

A cool down area will be set up for the Men that are waiting for the Women finishing the race. All Men's teams must go to this cool down area and will not be allowed to leave it until their women teammates have crossed the finish line.

Team Managers shall inform the riders and team assistants of these arrangements.

PODIUM CEREMONY

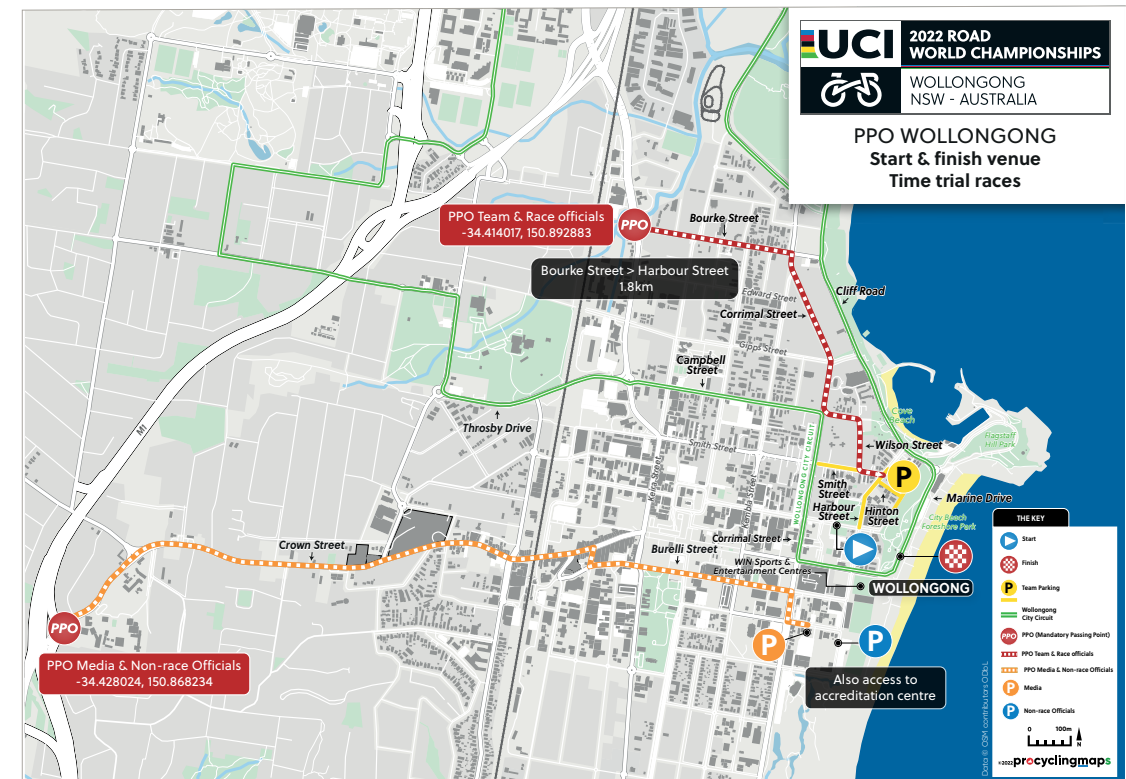
A podium ceremony will be held immediately after the last team has crossed the finish line.

Riders of the top three teams must attend the podium ceremony immediately after the final team has crossed the finish line.

The UCI awards a jersey to all riders of the winning teams. Every rider of the podium-finishing teams is awarded a medal.



ACCESS TO START/FINISH - WOLLONGONG



START/FINISH VENUE - WOLLONGONG





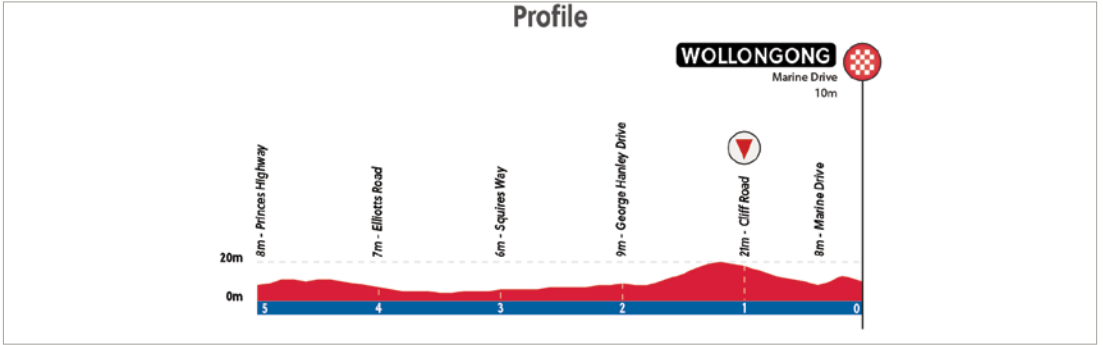
COURSE - TEAM TIME TRIAL MIXED RELAY



LAST 5KM SAFETY - TEAM TIME TRIAL MIXED RELAY



LAST 5KM PROFILE - TEAM TIME TRIAL MIXED RELAY





SCHEDULE - TEAM TIME TRIAL MIXED RELAY

For more detailed information, please find the GPX files and Roadmaps [on this link](#)

Estimate times (52km/hr)				
To Go	Race route	Information	FIRST RIDER	LAST RIDER
14,1	Market St	START TT - MEN	14:20	16:26
14,0	Market St / Corrimal St	Right turn	14:20	16:26
13,6	Corrimal St / Campbell St	Left turn	14:20	16:26
13,4	Campbell St / Kembla St	CAUTION: Speed hump	14:20	16:26
13,3	Campbell St / Church St	CAUTION: Speed hump	14:20	16:26
13,1	Campbell St / Keira St	CAUTION: Speed hump	14:21	16:27
13,0	Campbell St / Princes Hwy	CAUTION: Roundabout - Split	14:21	16:27
12,0	Throsby St / Foley St	Right turn CAUTION: Roundabout - Cut CAUTION: Traffic island (split)	14:22	16:28
11,9	Foley St	CAUTION: Traffic island (split)	14:22	16:28
11,6	Foley St / Gipps Rd	Left turn	14:22	16:28
11,4	Gipps Rd / Vickery St	CAUTION: Speed hump	14:23	16:29
11,3	Gipps Rd / Frances St & Berkeley Rd	CAUTION: Speed hump	14:23	16:29
10,7	Gipps Rd / Breaside Ave	Right turn	14:23	16:29
10,3	Gipps Rd / Murphys Ave	Right turn	14:24	16:30
10,2	Murphys Ave / John St	CAUTION: Road narrows	14:24	16:30
9,7	Murphys Ave / Irvine St	Left turn	14:25	16:31
9,5	Irvine St / University Ave	Right turn CAUTION: Road narrows	14:25	16:31
9,4	University Ave	Speed hump CAUTION: Traffic island (split)	14:25	16:31
9,2	University Ave	Left turn	14:25	16:31
9,1	University Ave / Foleys Ln	Veer left CAUTION: Road narrows	14:25	16:31
8,9	Foleys Ln / TAFE	CAUTION: Road narrows	14:26	16:32
8,5	TAFE / Lysaght St	Right turn	14:26	16:32
8,2	Lysaght St / Princes Hwy	Left turn	14:26	16:32
7,9	Princes Hwy / Mount Ousley Rd	Left turn	14:27	16:33
7,6	Mt Ousley Rd / Strone Ave	Right turn CAUTION: Chicane	14:27	16:33
7,5	Strone Rd / Dumfries Ave	Left turn	14:27	16:33
7,0	Dumfries Ave	Intermediate timing point	14:28	16:34
6,8	Dumfries Ave / Foothills Rd	Right turn	14:28	16:34
6,2	Foothills Rd / Cabbage Tree Ln	Right turn	14:29	16:35
5,3	Cabbage Tree Ln	CAUTION: Road narrows	14:30	16:36
5,1	Cabbage Tree Ln / Princes Hwy	Left turn	14:30	16:36
4,9	Princes Hwy / Bourke St	Right turn	14:30	16:36
4,7	Bourke St / Clifford St	Left turn	14:30	16:36
4,4	Bourke St / Daisy St	Left turn	14:31	16:37
4,3	Daisy St / Elliotts Rd	Left turn	14:31	16:37
3,8	Elliotts Rd / Squires Way	Right turn	14:31	16:37
3,1	Squires Way / Puckey Ave	CAUTION: Road narrows	14:32	16:38
2,4	Squied Way	CAUTION: Road narrows	14:33	16:39
1,8	Squires Way / George Hanley Dr	Veer left CAUTION: Chicane	14:34	16:40
1,6	George Hanley Dr / Cliff Rd	Right turn	14:34	16:40
1,5	Cliff Rd / Blacket St	CAUTION: Speed hump	14:34	16:40
1,4	Cliff Rd	CAUTION: Speed hump	14:34	16:40
1,4	Cliff Rd / Bourke St	Veer left CAUTION: Chicane	14:34	16:40
1,0	Cliff Rd / Georges Pl	CAUTION: Speed hump	14:35	16:41
0,4	Cliff Rd / Marine Dr	Right turn	14:35	16:41
0,0	Marine Dr	FINISH - MEN	14:36	16:42



Estimate times (47km/hr)				
To Go	Race route	Information	FIRST RIDER	LAST RIDER
14,1	Market St	START TT - WOMEN	14:36	16:42
14,0	Market St / Corrimal St	Right turn	14:36	16:42
13,6	Corrimal St / Campbell St	Left turn	14:36	16:42
13,4	Campbell St / Kembla St	CAUTION: Speed hump	14:36	16:42
13,3	Campbell St / Church St	CAUTION: Speed hump	14:37	16:43
13,1	Campbell St / Keira St	CAUTION: Speed hump	14:37	16:43
13,0	Campbell St / Princes Hwy	CAUTION: Roundabout - Split	14:37	16:43
12,0	Throsby St / Foley St	Right turn CAUTION: Roundabout - Cut CAUTION: Traffic island (split)	14:38	16:44
11,9	Foley St	CAUTION: Traffic island (split)	14:38	16:44
11,6	Foley St / Gipps Rd	Left turn	14:39	16:45
11,4	Gipps Rd / Vickery St	CAUTION: Speed hump	14:39	16:45
11,3	Gipps Rd / Frances St & Berkeley Rd	CAUTION: Speed hump	14:39	16:45
10,7	Gipps Rd / Breaside Ave	Right turn	14:40	16:46
10,3	Gipps Rd / Murphys Ave	Right turn	14:40	16:46
10,2	Murphys Ave / John St	CAUTION: Road narrows	14:40	16:46
9,7	Murphys Ave / Irvine St	Left turn	14:41	16:47
9,5	Irvine St / University Ave	Right turn CAUTION: Road narrows	14:41	16:47
9,4	University Ave	Speed hump CAUTION: Traffic island (split)	14:42	16:48
9,2	University Ave	Left turn	14:42	16:48
9,1	University Ave / Foleys Ln	Veer left CAUTION: Road narrows	14:42	16:48
8,9	Foleys Ln / TAFE	CAUTION: Road narrows	14:42	16:48
8,5	TAFE / Lysaght St	Right turn	14:43	16:49
8,2	Lysaght St / Princes Hwy	Left turn	14:43	16:49
7,9	Princes Hwy / Mount Ousley Rd	Left turn	14:43	16:49
7,6	Mt Ousley Rd / Strone Ave	Right turn CAUTION: Chicane	14:44	16:50
7,5	Strone Rd / Dumfries Ave	Left turn	14:44	16:50
7,0	Dumfries Ave	Intermediate timing point	14:45	16:51
6,8	Dumfries Ave / Foothills Rd	Right turn	14:45	16:51
6,2	Foothills Rd / Cabbage Tree Ln	Right turn	14:46	16:52
5,3	Cabbage Tree Ln	CAUTION: Road narrows	14:47	16:53
5,1	Cabbage Tree Ln / Princes Hwy	Left turn	14:47	16:53
4,9	Princes Hwy / Bourke St	Right turn	14:47	16:53
4,7	Bourke St / Clifford St	Left turn	14:48	16:54
4,4	Bourke St / Daisy St	Left turn	14:48	16:54
4,3	Daisy St / Elliotts Rd	Left turn	14:48	16:54
3,8	Elliotts Rd / Squires Way	Right turn	14:49	16:55
3,1	Squires Way / Puckey Ave	CAUTION: Road narrows	14:50	16:56
2,4	Squied Way	CAUTION: Road narrows	14:50	16:56
1,8	Squires Way / George Hanley Dr	Veer left CAUTION: Chicane	14:51	16:57
1,6	George Hanley Dr / Cliff Rd	Right turn	14:51	16:57
1,5	Cliff Rd / Blacket St	CAUTION: Speed hump	14:52	16:58
1,4	Cliff Rd	CAUTION: Speed hump	14:52	16:58
1,4	Cliff Rd / Bourke St	Veer left CAUTION: Chicane	14:52	16:58
1,0	Cliff Rd / Georges Pl	CAUTION: Speed hump	14:52	16:58
0,4	Cliff Rd / Marine Dr	Right turn	14:53	16:59
0,0	Marine Dr	FINISH - WOMEN	14:54	17:00

UCI ROAD RACES

MEN JUNIOR (MJ) – 135.6 KM

Start and Finish Location : Marine Drive, Wollongong
Wollongong City Circuit (x8)

MEN UNDER 23 (MU) - 169.8 KM

Start and Finish Location : Marine Drive, Wollongong
Wollongong City Circuit (x10)

WOMEN JUNIOR (WJ) – 67.2 KM

Start and Finish Location : Marine Drive, Wollongong
Wollongong City Circuit (x4)

FRIDAY 23 SEPTEMBER

MEN JUNIOR ROAD RACE

08:15 – 11:35

MEN UNDER 23 ROAD RACE

13:00 – 17:10

SATURDAY 24 SEPTEMBER

WOMEN JUNIOR ROAD RACE

08:00 – 09:50





SPECIAL REGULATIONS MJ-MU-WJ ROAD RACES

ARTICLE 1 PARTICIPATION

The events are reserved for riders of the following category:

EVENT	CATEGORY	YEAR OF BIRTH
Men Junior Road Race	Men Junior	2004 and 2005
Men Under 23 Road Race	Men Under 23	2000, 2001, 2002 and 2003
Women Junior Road Race	Women Junior	2004 and 2005

The events are open to national teams in accordance with the qualification system published the 14 February 2022 on the [UCI website](#).

ARTICLE 2 PROCEDURES BEFORE THE START

CONFIRMATION OF STARTERS

— All categories – Thursday 22 September from 09:30 to 12:00 (each nation will be allocated a time slot for confirmation) at WIN Entertainment Centre, Corner Crown & Harbour St, Wollongong NSW 2500, Australia.

TEAM MANAGERS' MEETING

— All categories - Thursday 22 September from 12h30 to 13h30 at WIN Entertainment Centre, Corner Crown & Harbour St, Wollongong NSW 2500, Australia.

DISTRIBUTION OF RACE NUMBERS

— The distribution of race numbers will take place at the Team Managers' Meeting. For the Men Junior and Women Junior road races, junior riders must attend the UCI Junior Conference (on Wednesday 21 September from 15:00 to 16:00 at the University of Wollongong Grand Hall) and sign an attendance form on site. In case of absence, they will not be allowed to start their race.

TRAINING SESSION

— A training session will be organised on Wollongong City Circuit on Thursday 22 September from 9h30 to 12h30. Team vehicles will be allowed to follow their riders.

ARTICLE 3 UCI RANKINGS

In accordance with UCI Regulations, the races of the UCI Road World Championships award points towards UCI rankings using the following scales:

MEN JUNIOR

Riders earn the following points for the UCI Men Junior Nations' Cup ranking: only the first rider from each nation scores points based on his place in the event:

1.....	20 pts.	9.....	7 pts.
2.....	17 pts.	10.....	6 pts.
3.....	15 pts.	11.....	5 pts.
4.....	13 pts.	12.....	4 pts.
5.....	11 pts.	13.....	3 pts.
6.....	10 pts.	14.....	2 pts.
7.....	9 pts.	15.....	1 pt.
8.....	8 pts.		

MEN UNDER 23

The riders earn points for the following rankings:

- Elite and Under 23 Men's UCI World Ranking;
- Elite and Under 23 Men's Continental Rankings;

1.....	200 pts.	18.....	5 pts.
2.....	150 pts.	19.....	5 pts.
3.....	125 pts.	20.....	5 pts.
4.....	100 pts.	21.....	5 pts.
5.....	85 pts.	22.....	5 pts.
6.....	70 pts.	23.....	5 pts.
7.....	60 pts.	24.....	5 pts.
8.....	50 pts.	25.....	5 pts.
9.....	40 pts.	26.....	5 pts.
10.....	35 pts.	27.....	5 pts.
11.....	30 pts.	28.....	5 pts.
12.....	25 pts.	29.....	5 pts.
13.....	20 pts.	30.....	5 pts.
14.....	15 pts.	31.....	3 pts.
15.....	10 pts.	32.....	3 pts.
16.....	5 pts.	33.....	3 pts.
17.....	5 pts.	34.....	3 pts.

35.....	3 pts.	38.....	3 pts.
36.....	3 pts.	39.....	3 pts.
37.....	3 pts.	40.....	3 pts.

WOMEN JUNIOR

Riders earn the following points for the UCI Women Junior Nations' Cup ranking: only the first rider from each nation scores points based on his place in the event:

1.....	20 pts.	9.....	7 pts.
2.....	17 pts.	10.....	6 pts.
3.....	15 pts.	11.....	5 pts.
4.....	13 pts.	12.....	4 pts.
5.....	11 pts.	13.....	3 pts.
6.....	10 pts.	14.....	2 pts.
7.....	9 pts.	15.....	1 pt.
8.....	8 pts.		

ARTICLE 4 TECHNICAL SERVICE AND FEEDING ZONES

SHIMANO will provide neutral service for the road races using seven vehicles and two motorcycles.

A main Feed zone will be located after the finish line on Corrimal Street, close to the team parking. This area will be accessible with a blue armband that will be distributed at the Team Managers' Meeting.

A "remote" Feed zone will be located on Dumfries Avenue. This area will only be accessible with a green armband that will be distributed at the Team Managers' Meeting.

Waste zones will be located before and after each feed zones. Riders must respect the environment and use the waste zones. The UCI rules for waste zones apply.

Teams can carry out technical assistance and change wheels and bikes at the team pits provided for this purpose after the finish line.

Feeding will be also authorized from the Team's vehicle in accordance to the UCI regulations.

Each National Federation will receive blue and green armbands at the Team Managers' Meeting on Thursday 22 September according to the following quotas :

RIDERS PER NATIONAL FEDERATION	1 TO 2	3 TO 5	6 AND MORE
Blue armbands	1	3	4
Green armbands	1	2	3

Only people wearing the appropriate armbands are allowed to stand on the road and feed the riders.

ARTICLE 5 FOLLOWING VEHICLES

Sport directors will be allowed to provide technical assistance from their team vehicles in accordance with the following arrangements:

Each nation is allowed one vehicle in the race convoy, in the following order:

1. the vehicles of nations with five or more riders in their team;
2. the vehicles of nations with fewer than five riders, arranged in descending order by the number of riders entered.
3. A maximum of 25 Team vehicles will be authorized in the race convoy. The groupings of nations will be communicated by the UCI after the riders' confirmation.
4. For those Individual riders who will not have a team vehicle in the race convoy, Neutral support will be provided.

MEN JUNIOR / WOMEN JUNIOR

Within each group, the order is determined by the most recently published UCI Men or Women Junior Nations' Cup ranking published on Tuesday 20 September. The order of the remaining unclassified nations is determined by drawing lots. For vehicles representing more than one nation, the best-placed nation on the ranking is taken into account.

MEN UNDER 23

Within each group, the order is determined by the most recently published UCI Under 23 Nations' Cup ranking published on Tuesday 20 September. The order of the remaining unclassified

nations is determined by the number of UCI points in the most recently published Under 23 Men's UCI Ranking by nation for the continental circuits published on Tuesday 20 September. For vehicles representing more than one nation, the best-placed nation on the ranking is taken into account.

ARTICLE 6 TIME LIMITS

Any rider dropped who is over 15 minutes behind the leading group may be eliminated by the UCI Commissaires' Panel. They must remove their body number and hand it in to commissaire or to the broom wagon. If they chooses to ride until the next crossing of the line, they must respect the legislation of the vehicle circulation and not cross the finish line. Riders on the circuit that are about to be lapped will be stopped at the finish line.

ARTICLE 7 PODIUM CEREMONY

A protocol ceremony will take place immediately after the first three riders have finished the race.

The top 3 riders in the race will come for the podium ceremony no later than 5 minutes after the first rider has crossed the finish line.

The podium ceremony must start no later than 5 minutes after the arrival of the 3 riders in the tent. For this purpose, a 5-minutes countdown will be set up in the tent and will be started once the 3 riders have arrived in the tent.

Team Managers shall inform the riders and team assistants of these arrangements.

The UCI awards a jersey to the UCI World Champion. Each rider on the podium receives a medal.



Stanwell Beach, Wollongong. © Tobias Rowles





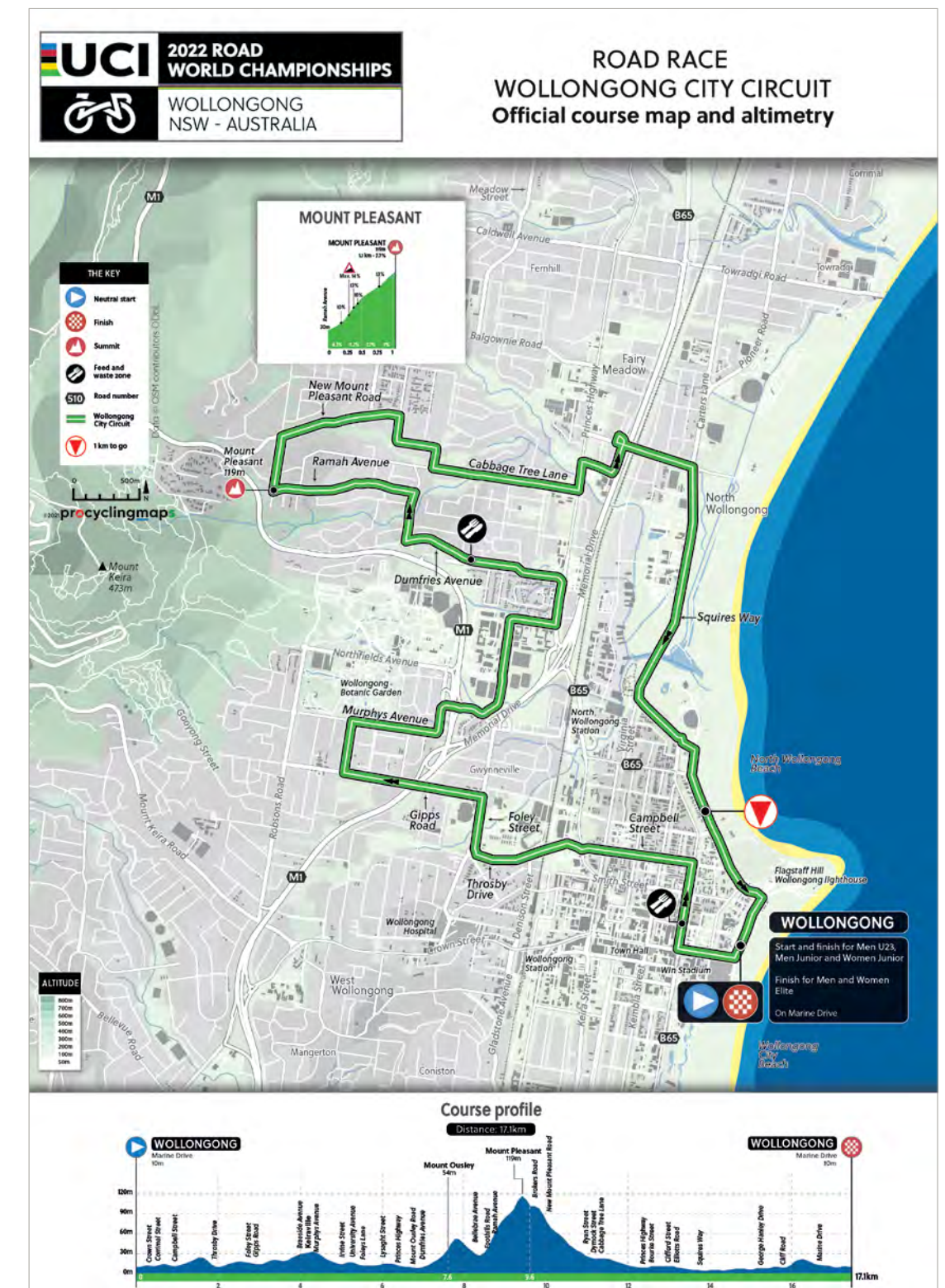
ACCESS TO START/FINISH MJ-MU-WJ - WOLLONGONG



START/FINISH VENUE MJ-MU-WJ - WOLLONGONG



WOLLONGONG CITY CIRCUIT - MJ-MU-WJ ROAD RACES





COURSE - MJ ROAD RACE



COURSE - WJ ROAD RACE

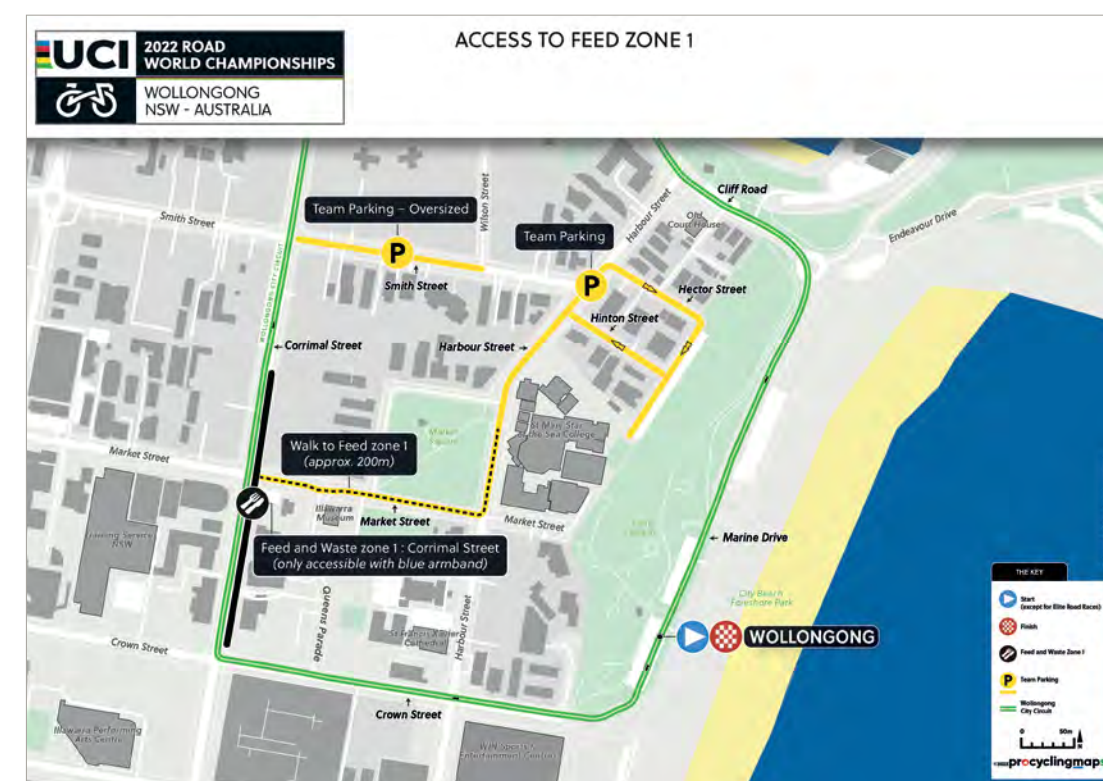




COURSE - MU ROAD RACE



FEEDING ZONE 1 - WOLLONGONG CITY CIRCUIT



FEEDING ZONE 2 - WOLLONGONG CITY CIRCUIT

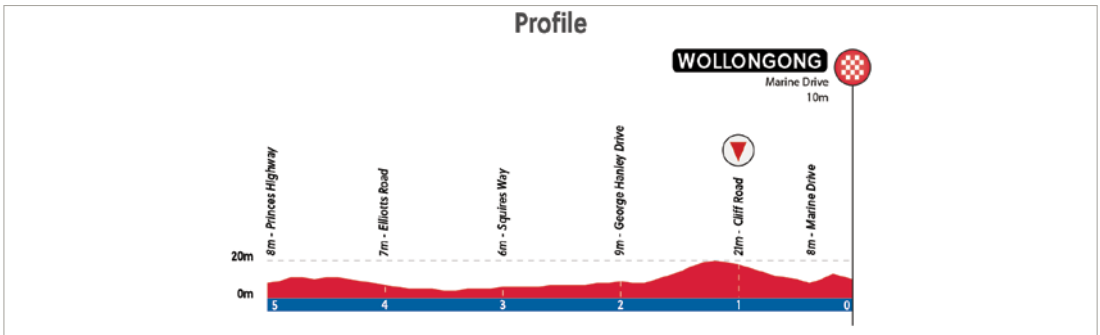




LAST 5KM SAFETY - MJ - MU - WJ ROAD RACES



LAST 5KM PROFILE - MJ - MU - WJ ROAD RACES



SCHEDULE - MJ ROAD RACE

For more detailed information, please find the GPX files and Roadmaps [on this link](#)

KM completed	To Go	Race route	Information	Estimate speed		
				39,0	41,0	43,0
-1,2	Neutral (1.2km)	Marine Dr	NEUTRAL START - WOLLONGONG	08:15	08:15	08:15
-1,1		Marine Dr / Crown St	Right turn	08:15	08:15	08:15
-1,0		Crown St	WASTE ZONE	08:15	08:15	08:15
-0,9		Crown St / Corrimal St	Right turn	08:15	08:15	08:15
-0,9		Corrimal St	FEED ZONE 1 (Corrimal St)	08:15	08:15	08:15
-0,7		Corrimal St	WASTE ZONE	08:16	08:16	08:16
-0,3		Corrimal St / Campbell St	Left turn	08:17	08:17	08:17
-0,1		Campbell St / Kembra St	CAUTION: Speed hump	08:17	08:17	08:17
0,0		Campbell St	RACE START	08:17	08:17	08:17
0,0		Campbell St / Church St	CAUTION: Speed hump	08:17	08:17	08:17
0,2	135,4	Campbell St / Keira St	CAUTION: Speed hump	08:18	08:18	08:18
0,3	135,3	Campbell St / Princes Hwy	CAUTION: Roundabout - Split	08:18	08:18	08:18
1,3	134,3	Throsby St / Foley St	Right turn CAUTION: Roundabout - Cut CAUTION: Traffic island (split)	08:19	08:19	08:19
1,4	134,2	Foley St	CAUTION: Traffic island (split)	08:20	08:19	08:19
1,7	133,9	Foley St / Gipps Rd	Left turn	08:20	08:20	08:20
1,9	133,7	Gipps Rd / Vickery St	CAUTION: Speed hump	08:20	08:20	08:20
2,0	133,6	Gipps Rd / Frances St & Berkeley Rd	CAUTION: Speed hump	08:20	08:20	08:20
2,6	133,0	Gipps Rd / Breaside Ave	Right turn	08:21	08:21	08:21
3,0	132,6	Gipps Rd / Murphys Ave	Right turn	08:22	08:22	08:22
3,1	132,5	Murphys Ave / John St	CAUTION: Road narrows	08:22	08:22	08:22
3,6	132,0	Murphys Ave / Irvine St	Left turn	08:23	08:23	08:22
3,8	131,8	Irvine St / University Ave	Right turn CAUTION: Road narrows	08:23	08:23	08:23
3,9	131,7	University Ave	Speed hump CAUTION: Traffic island (split)	08:23	08:23	08:23
4,1	131,5	University Ave	Left turn	08:24	08:23	08:23
4,2	131,4	University Ave / Foleys Ln	Veer left CAUTION: Road narrows	08:24	08:24	08:23
4,4	131,2	Foleys Ln / TAFE	CAUTION: Road narrows	08:24	08:24	08:24
4,8	130,8	TAFE / Lysaght St	Right turn	08:25	08:24	08:24
5,1	130,5	Lysaght St / Princes Hwy	Left turn	08:25	08:25	08:25
5,4	130,2	Princes Hwy / Mount Ousley Rd	Left turn	08:26	08:25	08:25
5,7	129,9	Mt Ousley Rd / Strone Ave	Right turn CAUTION: Chicane	08:26	08:26	08:25
5,8	129,8	Strone Rd / Dumfries Ave	Left turn	08:26	08:26	08:25
5,9	129,7	Dumfries Ave	WASTE ZONE	08:26	08:26	08:26
6,0	129,6	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	08:27	08:26	08:26
6,3	129,3	Dumfries Ave	WASTE ZONE	08:27	08:27	08:26
6,5	129,1	Dumfries Ave / Foothills Rd	Right turn	08:27	08:27	08:26
6,8	128,8	Foothills Rd / Ramah Ave	Left turn	08:30	08:29	08:28
7,9	127,7	Ramah Ave	MT Pleasant: 1.1km - 7.7% AVG, 14% MAX	08:30	08:29	08:28
7,9	127,7	Ramah Ave / Brokers Rd	Right turn	08:30	08:29	08:28
8,4	127,2	Brokers Rd / New Mount Pleasant Rd	Right turn	08:30	08:30	08:29
9,2	126,4	New Mount Pleasant Rd / Ryan St	Sharp right turn	08:32	08:31	08:30
9,4	126,2	Ryan St / Dymock St	Turn left	08:32	08:31	08:31
9,7	125,9	Dymock St / Dawson St	Right turn	08:32	08:32	08:31
9,8	125,8	Dawson St / Cabbage Tree Ln	Left turn	08:32	08:32	08:31
10,4	125,2	Cabbage Tree Ln	CAUTION: Road narrows	08:33	08:33	08:32
10,5	125,1	Cabbage Tree Ln / Princes Hwy	Left turn	08:34	08:33	08:32
10,8	124,8	Princes Hwy / Bourke St	Right turn	08:34	08:33	08:32
11,2	124,4	Bourke St / Clifford St	Left turn	08:35	08:34	08:33
11,3	124,3	Bourke St / Daisy St	Left turn	08:35	08:34	08:33
11,4	124,2	Daisy St / Elliotts Rd	Left turn	08:35	08:34	08:33
12,0	123,6	Elliotts Rd / Squires Way	Right turn	08:36	08:35	08:34
12,7	122,9	Squires Way / Puckey Ave	CAUTION: Road narrows	08:37	08:36	08:35
13,4	122,2	Squired Way	CAUTION: Road narrows	08:38	08:37	08:36
14,0	121,6	Squires Way / George Hanley Dr	Veer left CAUTION: Chicane	08:39	08:38	08:37
14,2	121,4	George Hanley Dr / Cliff Rd	Right turn	08:39	08:38	08:37
14,3	121,3	Cliff Rd / Blacket St	CAUTION: Speed hump	08:39	08:38	08:37
14,4	121,2	Cliff Rd	CAUTION: Speed hump	08:40	08:38	08:37
14,4	121,2	Cliff Rd / Bourke St	Veer left CAUTION: Chicane	08:40	08:38	08:37
14,8	120,8	Cliff Rd / Georges Pl	CAUTION: Speed hump	08:40	08:39	08:38
15,5	120,1	Cliff Rd / Marine Dr	Right turn	08:41	08:40	08:39
15,9	119,7	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 2 Across finish line	08:42	08:41	08:40
16,2	119,4	Corrimal St	FEED ZONE 1 (Corrimal St)	08:42	08:41	08:40
23,1	112,5	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	08:53	08:51	08:50
25,0	110,6	Ramah Ave	MT Pleasant: 1.1km - 7.7% AVG, 14% MAX	08:56	08:54	08:52
33,0	102,6	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 3 Across finish line	09:08	09:06	09:03
33,3	102,3	Corrimal St	FEED ZONE 1 (Corrimal St)	09:09	09:06	09:04
40,2	95,4	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	09:19	09:16	09:13
42,1	93,5	Ramah Ave	MT Pleasant: 1.1km - 7.7% AVG, 14% MAX	09:22	09:19	09:16
50,1	85,5	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 4 Across finish line	09:34	09:31	09:27
50,4	85,2	Corrimal St	FEED ZONE 1 (Corrimal St)	09:35	09:31	09:28
57,3	78,3	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	09:46	09:41	09:37
59,2	76,4	Ramah Ave	MT Pleasant: 1.1km - 7.7% AVG, 14% MAX	09:48	09:44	09:40
67,2	68,4	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 5 Across finish line	10:01	09:56	09:51
67,5	68,1	Corrimal St	FEED ZONE 1 (Corrimal St)	10:01	09:56	09:52
74,4	61,2	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	10:12	10:06	10:01
76,3	59,3	Ramah Ave	MT Pleasant: 1.1km - 7.7% AVG, 14% MAX	10:15	10:09	10:04
84,3	51,3	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 6 Across finish line	10:27	10:21	10:15
84,6	51,0	Corrimal St	FEED ZONE 1 (Corrimal St)	10:28	10:21	10:15
91,5	44,1	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	10:38	10:31	10:25
93,4	42,2	Ramah Ave	MT Pleasant: 1.1km - 7.7% AVG, 14% MAX	10:41	10:34	10:28
101,4	34,2	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 7 Across finish line	10:53	10:46	10:39
101,7	33,9	Corrimal St	FEED ZONE 1 (Corrimal St)	10:54	10:46	10:39
108,6	27,0	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	11:04	10:56	10:49
110,5	25,1	Ramah Ave	MT Pleasant: 1.1km - 7.7% AVG, 14% MAX	11:07	10:59	10:52
118,5	17,1	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 8 Across finish line	11:20	11:11	11:03
118,8	16,8	Corrimal St	FEED ZONE 1 (Corrimal St)	11:20	11:11	11:03
125,7	9,9	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	11:31	11:21	11:13
127,6	8,0	Ramah Ave	MT Pleasant: 1.1km - 7.7% AVG, 14% MAX	11:34	11:24	11:15
135,6	0,0	Marine Dr	FINISH	11:46	11:36	11:27



SCHEDULE - MU ROAD RACE

For more detailed information, please find the GPX files and Roadmaps [on this link](#)

KM completed	To Go	Race route	Information	Estimate speed		
				39,0	41,0	43,0
-1,2	Neutral (1.2km)	Marine Dr	NEUTRAL START - WOLLONGONG	13:00	13:00	13:00
-1,1		Right turn / Crown St		13:00	13:00	13:00
-1,0		Crown St	WASTE ZONE	13:00	13:00	13:00
-0,9		Crown St / Corrimal St	Right turn	13:00	13:00	13:00
-0,9		Corrimal St	FEED ZONE 1 (Corrimal St)	13:00	13:00	13:00
-0,7		Corrimal St	WASTE ZONE	13:01	13:01	13:01
-0,3		Corrimal St / Campbell St	Left turn	13:01	13:01	13:01
-0,1		Campbell St / Kembla St	Speed hump	13:02	13:02	13:02
0,0		Campbell St	RACE START	13:02	13:02	13:02
0,0		Campbell St / Church St	Speed hump	13:02	13:02	13:02
0,2	135,4	Campbell St / Keira St	Speed hump	13:02	13:02	13:02
0,3	135,3	Campbell St / Princes Hwy	CAUTION: Roundabout - Split	13:02	13:02	13:02
1,3	134,3	Throsby St / Foley St	Right turn CAUTION: Roundabout - Cut CAUTION: Traffic island (split)	13:04	13:04	13:04
1,4	134,2	Foley St	CAUTION: Traffic island (split)	13:04	13:04	13:04
1,7	133,9	Foley St / Gipps Rd	Left turn	13:05	13:04	13:04
1,9	133,7	Gipps Rd / Vickery St	CAUTION: Speed hump	13:05	13:05	13:05
2,0	133,6	Gipps Rd / Frances St & Berkeley Rd	CAUTION: Speed hump	13:05	13:05	13:05
2,6	133,0	Gipps Rd / Breaaside Ave	Right turn	13:06	13:06	13:06
3,0	132,6	Gipps Rd / Murphys Ave	Right turn	13:07	13:06	13:06
3,1	132,5	Murphys Ave / John St	CAUTION: Road narrows	13:07	13:06	13:06
3,6	132,0	Murphys Ave / Irvine St	Left turn	13:07	13:07	13:07
3,8	131,8	Irvine St / University Ave	Right turn CAUTION: Road narrows	13:08	13:07	13:07
3,9	131,7	University Ave	Speed hump CAUTION: Traffic island (split)	13:08	13:08	13:07
4,1	131,5	University Ave	Left turn	13:08	13:08	13:08
4,2	131,4	University Ave / Foleys Ln	Veer left	13:08	13:08	13:08
4,4	131,2	Foleys Ln / TAFE	CAUTION: Road narrows	13:09	13:08	13:08
4,8	130,8	TAFE / Lysaght St	Right turn	13:09	13:09	13:09
5,1	130,5	Lysaght St / Princes Hwy	Left turn	13:10	13:09	13:09
5,4	130,2	Princes Hwy / Mount Ousley Rd	Left turn	13:10	13:10	13:09
5,7	129,9	Mt Ousley Rd / Strone Ave	Right turn CAUTION: Chicane	13:11	13:10	13:10
5,8	129,8	Strone Rd / Dumfries Ave	Left turn	13:11	13:10	13:10
5,9	129,7	Dumfries Ave	WASTE ZONE	13:11	13:11	13:10
6,0	129,6	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	13:11	13:11	13:10
6,3	129,3	Dumfries Ave	WASTE ZONE	13:12	13:11	13:11
6,5	129,1	Dumfries Ave / Foothills Rd	Right turn	13:12	13:11	13:11
7,9	127,7	Foothills Rd / Ramah Ave	Left turn	13:14	13:13	13:13
7,9	127,7	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	13:14	13:13	13:13
8,4	127,2	Ramah Ave / Brokers Rd	Right turn	13:15	13:14	13:14
9,0	126,6	Brokers Rd / New Mount Pleasant Rd	Right turn	13:16	13:15	13:14
9,2	126,4	New Mount Pleasant Rd / Ryan St	Sharp right turn	13:16	13:15	13:15
9,2	126,4	Ryan St	Turn left	13:16	13:16	13:15
9,7	125,9	Dymock St / Dawson St	Right turn	13:17	13:16	13:15
9,8	125,8	Dawson St / Cabbage Tree Ln	Left turn	13:17	13:16	13:16
10,4	125,2	Cabbage Tree Ln	CAUTION: Road narrows	13:18	13:17	13:16
10,5	125,1	Cabbage Tree Ln / Princes Hwy	Left turn	13:18	13:17	13:17
10,8	124,8	Princes Hwy / Bourke St	Right turn	13:18	13:17	13:17
11,2	124,4	Bourke St / Clifford St	Left turn	13:19	13:18	13:18
11,3	124,3	Bourke St / Daisy St	Left turn	13:19	13:18	13:18
11,4	124,2	Daisy St / Elliotts Rd	Left turn	13:19	13:19	13:18
12,0	123,6	Elliotts Rd / Squires Way	Right turn	13:20	13:19	13:19
12,7	122,9	Squires Way / Puckey Ave	CAUTION: Road narrows	13:21	13:20	13:20
13,4	122,2	Squired Way	CAUTION: Road narrows	13:23	13:22	13:21
14,0	121,6	Squires Way / George Hanley Dr	Veer left	13:23	13:22	13:21
14,2	121,4	George Hanley Dr / Cliff Rd	CAUTION: Chicane	13:24	13:23	13:22
14,3	121,3	Cliff Rd / Blacket St	CAUTION: Speed hump	13:24	13:23	13:22
14,4	121,2	Cliff Rd	CAUTION: Speed hump	13:24	13:23	13:22
14,4	121,2	Cliff Rd / Bourke St	Veer left CAUTION: Chicane	13:24	13:23	13:22
14,8	120,8	Cliff Rd / Georges Pl	CAUTION: Speed hump	13:25	13:24	13:23
15,5	120,1	Cliff Rd / Marine Dr	Right turn	13:26	13:25	13:24
15,9	119,7	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 2 Across finish line	13:26	13:25	13:24
16,2	119,4	Corrimal St	FEED ZONE 1 (Corrimal St)	13:27	13:26	13:25
23,1	146,7	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	13:37	13:36	13:34
25,0	144,8	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	13:40	13:38	13:37
33,0	136,8	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 3 Across finish line	13:53	13:50	13:48
33,3	136,5	Corrimal St	FEED ZONE 1 (Corrimal St)	13:53	13:51	13:48
40,2	129,6	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	14:04	14:01	13:58
42,1	127,7	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	14:07	14:04	14:01
50,1	119,7	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 4 Across finish line	14:19	14:15	14:12
50,4	119,4	Corrimal St	FEED ZONE 1 (Corrimal St)	14:19	14:16	14:12
57,3	112,5	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	14:30	14:26	14:22
59,2	110,6	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	14:33	14:29	14:25
67,2	102,6	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 5 Across finish line	14:45	14:40	14:36
67,5	102,3	Corrimal St	FEED ZONE 1 (Corrimal St)	14:46	14:41	14:36
74,4	95,4	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	14:56	14:51	14:46
76,3	93,5	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	14:59	14:54	14:48
84,3	85,5	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 6 Across finish line	15:12	15:05	15:00
84,6	85,2	Corrimal St	FEED ZONE 1 (Corrimal St)	15:12	15:06	15:00
91,5	78,3	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	15:23	15:16	15:10
93,4	76,4	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	15:26	15:19	15:12
101,4	68,4	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 7 Across finish line	15:38	15:30	15:23
101,7	68,1	Corrimal St	FEED ZONE 1 (Corrimal St)	15:38	15:31	15:24
108,6	61,2	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	15:49	15:41	15:33
110,5	59,3	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	15:52	15:44	15:36
118,5	51,3	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 8 Across finish line	16:04	15:55	15:47
118,8	51,0	Corrimal St	FEED ZONE 1 (Corrimal St)	16:05	15:56	15:48
125,7	44,1	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	16:15	16:06	15:57
127,6	42,2	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	16:18	16:09	16:00
135,6	34,2	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 9 Across finish line	16:31	16:20	16:11
135,9	33,9	Corrimal St	FEED ZONE 1 (Corrimal St)	16:31	16:21	16:12
142,8	27,0	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	16:42	16:31	16:21
144,7	25,1	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	16:45	16:34	16:24
152,7	17,1	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 10 Across finish line	16:57	16:45	16:35
153,0	16,8	Corrimal St	FEED ZONE 1 (Corrimal St)	16:57	16:46	16:35
159,9	9,9	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	17:08	16:56	16:45
161,8	8,0	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	17:11	16:59	16:48
169,8	0,0	Marine Dr	FINISH	17:23	17:10	16:59



SCHEDULE - WJ ROAD RACE

For more detailed information, please find the GPX files and Roadmaps [on this link](#)

KM completed	To Go	Race route	Information	Estimate speed			
				35,0	37,0	39,0	
-1,2	Neutral (1.2km)	Marine Dr	NEUTRAL START - WOLLONGONG	08:00	08:00	08:00	
-1,1		Marine Dr / Crown St	Right turn	08:00	08:00	08:00	
-1,0		Crown St	WASTE ZONE	08:00	08:00	08:00	
-0,9		Crown St / Corrimal St	Right turn	08:00	08:00	08:00	
-0,9		Corrimal St	FEED ZONE 1 (Corrimal St)	08:00	08:00	08:00	
-0,7		Corrimal St	WASTE ZONE	08:01	08:01	08:01	
-0,3		Corrimal St / Campbell St	Left turn	08:02	08:02	08:02	
-0,1		Campbell St / Kembla St	Speed hump	08:02	08:02	08:02	
0,0		67,2	Campbell St	RACE START	08:02	08:02	08:02
0,0		67,2	Campbell St / Church St	Speed hump	08:02	08:02	08:02
0,2		67,0	Campbell St / Keira St	Speed hump	08:03	08:03	08:03
0,3		66,9	Campbell St / Princes Hwy	CAUTION: Roundabout - Split	08:03	08:03	08:03
1,3		65,9	Throsby St / Foley St	Right turn CAUTION: Roundabout - Cut CAUTION: Traffic island (split)	08:05	08:04	08:04
1,4		65,8	Foley St	CAUTION: Traffic island (split)	08:05	08:05	08:05
1,7		65,5	Foley St / Gipps Rd	Left turn	08:05	08:05	08:05
1,9	65,3	Gipps Rd / Vickery St	CAUTION: Speed hump	08:06	08:05	08:05	
2,0	65,2	Gipps Rd / Frances St & Berkeley Rd	CAUTION: Speed hump	08:06	08:06	08:05	
2,6	64,6	Gipps Rd / Breaaside Ave	Right turn	08:07	08:07	08:06	
3,0	64,2	Gipps Rd / Murphys Ave	Right turn	08:08	08:07	08:07	
3,1	64,1	Murphys Ave / John St	CAUTION: Road narrows	08:08	08:07	08:07	
3,6	63,6	Murphys Ave / Irvine St	Left turn	08:09	08:08	08:08	
3,8	63,4	Irvine St / University Ave	Right turn CAUTION: Road narrows	08:09	08:09	08:08	
3,9	63,3	University Ave	Speed hump CAUTION: Traffic island (split)	08:09	08:09	08:08	
4,1	63,1	University Ave	Left turn	08:09	08:09	08:09	
4,2	63,0	University Ave / Foleys Ln	Veer left CAUTION: Road narrows	08:10	08:09	08:09	
4,4	62,8	Foleys Ln / TAFE	CAUTION: Road narrows	08:10	08:10	08:09	
4,8	62,4	TAFE / Lysaght St	Right turn	08:11	08:10	08:10	
5,1	62,1	Lysaght St / Princes Hwy	Left turn	08:11	08:11	08:10	
5,4	61,8	Princes Hwy / Mount Ousley Rd	Left turn	08:12	08:11	08:11	
5,7	61,5	Mt Ousley Rd / Strone Ave	Right turn CAUTION: Chicane	08:12	08:12	08:11	
5,8	61,4	Strone Rd / Dumfries Ave	Left turn	08:12	08:12	08:11	
5,9	61,3	Dumfries Ave	WASTE ZONE	08:13	08:12	08:11	
6,0	61,2	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	08:13	08:12	08:12	
6,3	60,9	Dumfries Ave	WASTE ZONE	08:13	08:13	08:12	
6,5	60,7	Dumfries Ave / Foothills Rd	Right turn	08:14	08:13	08:12	
7,9	59,3	Foothills Rd / Ramah Ave	Left turn	08:16	08:15	08:15	
8,4	58,8	Ramah Ave / Brokers Rd	Right turn	08:17	08:16	08:15	
9,0	58,2	Brokers Rd / New Mount Pleasant Rd	Right turn	08:18	08:17	08:16	
9,2	58,0	New Mount Pleasant Rd / Ryan St	Sharp right turn	08:18	08:17	08:17	
9,4	57,8	Ryan St / Dymock St	Turn left	08:19	08:18	08:17	
9,7	57,5	Dymock St / Dawson St	Right turn	08:19	08:18	08:17	
9,8	57,4	Dawson St / Cabbage Tree Ln	Left turn	08:19	08:18	08:17	
10,4	56,8	Cabbage Tree Ln	CAUTION: Road narrows	08:20	08:19	08:18	
10,5	56,7	Cabbage Tree Ln / Princes Hwy	Left turn	08:20	08:19	08:19	
10,8	56,4	Princes Hwy / Bourke St	Right turn	08:21	08:20	08:19	
11,2	56,0	Bourke St / Clifford St	Left turn	08:22	08:21	08:20	
11,3	55,9	Bourke St / Daisy St	Left turn	08:22	08:21	08:20	
11,4	55,8	Daisy St / Elliotts Rd	Left turn	08:22	08:21	08:20	
12,0	55,2	Elliotts Rd / Squires Way	Right turn	08:23	08:22	08:21	
12,7	54,5	Squires Way / Puckey Ave	CAUTION: Road narrows	08:24	08:23	08:22	
13,4	53,8	Squired Way	CAUTION: Road narrows	08:25	08:24	08:23	
14,0	53,2	Squires Way / George Hanley Dr	Veer left CAUTION: Chicane	08:26	08:25	08:24	
14,2	53,0	George Hanley Dr / Cliff Rd	Right turn	08:27	08:25	08:24	
14,3	52,9	Cliff Rd / Blacket St	CAUTION: Speed hump	08:27	08:25	08:24	
14,4	52,8	Cliff Rd	CAUTION: Speed hump	08:27	08:26	08:25	
14,4	52,8	Cliff Rd / Bourke St	Veer left CAUTION: Chicane	08:27	08:26	08:25	
14,8	52,4	Cliff Rd / Georges Pt	CAUTION: Speed hump	08:28	08:26	08:25	
15,5	51,7	Cliff Rd / Marine Dr	Right turn	08:29	08:28	08:26	
15,9	51,3	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 2 Across finish line	08:30	08:28	08:27	
16,2	51,0	Corrimal St	FEED ZONE 1 (Corrimal St)	08:30	08:29	08:27	
23,1	44,1	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	08:42	08:40	08:38	
25,0	42,2	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	08:45	08:43	08:41	
33,0	34,2	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 3 Across finish line	08:59	08:56	08:53	
33,3	33,9	Corrimal St	FEED ZONE 1 (Corrimal St)	08:59	08:56	08:54	
40,2	27,0	Dumfries Ave	FEED ZONE 3 (Dumfries Ave)	09:11	09:08	09:06	
42,1	25,1	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	09:15	09:11	09:07	
50,1	17,1	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 4 Across finish line	09:28	09:24	09:19	
50,4	16,8	Corrimal St	FEED ZONE 1 (Corrimal St)	09:29	09:24	09:20	
57,3	9,9	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	09:41	09:35	09:31	
59,2	8,0	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	09:44	09:38	09:33	
67,2	0,0	Marine Dr	FINISH	09:58	09:51	09:46	

UCI ROAD RACES

WOMEN ELITE (WE) – 164.3 KM

Start Location: Helensburgh

Finish Location: Marine Drive, Wollongong

MEN ELITE (ME) – 266.9 KM

Start Location: Helensburgh

Finish Location: Marine Drive, Wollongong

SATURDAY 24 SEPTEMBER

WOMEN ELITE ROAD RACE

12:25 -17:00

SUNDAY 25 SEPTEMBER

MEN ELITE ROAD RACE

10:15-16:50





SPECIAL REGULATIONS - WE - ME ROAD RACES

ARTICLE 1 PARTICIPATION

The events are reserved for riders of the following categories:

EVENT	CATEGORY	YEAR OF BIRTH
Women Elite Road Race	Women Elite	1999 and earlier
	Women Under 23	2000, 2001, 2002 and 2003
Men Elite Road Race	Men Elite	1999 and earlier
	Men Under 23*	2000, 2001, 2002 and 2003

*If an Under 23 rider participates in the Men Elite Road Race at the UCI Road World Championships he will not be permitted to take part in the Men Under 23 Road Race at subsequent editions of the UCI Road World Championships (Article 9.2.013 of the UCI Regulations).

The events are open to national teams in accordance with the qualification system published the 14 February 2022 on the [UCI website](#).

ARTICLE 2 PROCEDURES BEFORE THE START

CONFIRMATION OF STARTERS

- All categories – Thursday 22 September from 09:30 to 12:00 (each nation will be allocated a time slot for confirmation) at WIN Entertainment Centre, Corner Crown & Harbour St, Wollongong NSW 2500, Australia.

TEAM MANAGERS' MEETING

- All categories - Thursday 22 September from 12h30 to 13h30 at WIN Entertainment Centre, Corner Crown & Harbour St, Wollongong NSW 2500, Australia.

DISTRIBUTION OF RACE NUMBERS

- The distribution of race numbers will take place at the Team Managers' Meeting.

TRAINING SESSION

- A training session will be organized on Wollongong City Circuit on Thursday 22 September from 9h30 to 12h30. Team vehicles will be allowed to follow their riders.

ARTICLE 3 UCI RANKINGS

In accordance with UCI Regulations, the races of the UCI Road World Championships award points towards UCI rankings using the following scales:

WOMEN ELITE

Riders earn the following points for the Elite and Under 23 Women's UCI World Ranking:

1	600 pts.	21	30 pts.
2	475 pts.	22	20 pts.
3	400 pts.	23	20 pts.
4	325 pts.	24	20 pts.
5	275 pts.	25	20 pts.
6	225 pts.	26	20 pts.
7	175 pts.	27	20 pts.
8	150 pts.	28	20 pts.
9	125 pts.	29	20 pts.
10	100 pts.	30	20 pts.
11	85 pts.	31	20 pts.
12	70 pts.	32	10 pts.
13	60 pts.	33	10 pts.
14	50 pts.	34	10 pts.
15	40 pts.	35	10 pts.
16	35 pts.	36	10 pts.
17	30 pts.	37	10 pts.
18	30 pts.	38	10 pts.
19	30 pts.	39	10 pts.
20	30 pts.	40	10 pts.

Women Elite and Women Under 23 compete in the same event, points shall be awarded according to their position in the event classification according to the Women Elite points scale.

MEN ELITE

The riders earn points for the following rankings:

- Elite and Under 23 Men's UCI World Ranking;
- Elite and Under 23 Men's Continental Rankings.

1	600 pts.	3	400 pts.
2	475 pts.	4	325 pts.

5	275 pts.	33	10 pts.
6	225 pts.	34	10 pts.
7	175 pts.	35	10 pts.
8	150 pts.	36	10 pts.
9	125 pts.	37	10 pts.
10	100 pts.	38	10 pts.
11	85 pts.	39	10 pts.
12	70 pts.	40	10 pts.
13	60 pts.	41	10 pts.
14	50 pts.	42	10 pts.
15	40 pts.	43	10 pts.
16	35 pts.	44	10 pts.
17	30 pts.	45	10 pts.
18	30 pts.	46	10 pts.
19	30 pts.	47	10 pts.
20	30 pts.	48	10 pts.
21	30 pts.	49	10 pts.
22	20 pts.	50	10 pts.
23	20 pts.	51	5 pts.
24	20 pts.	52	5 pts.
25	20 pts.	53	5 pts.
26	20 pts.	54	5 pts.
27	20 pts.	55	5 pts.
28	20 pts.	56	3 pts.
29	20 pts.	57	3 pts.
30	20 pts.	58	3 pts.
31	20 pts.	59	3 pts.
32	10 pts.	60	3 pts.

ARTICLE 4 TECHNICAL SERVICE AND FEEDING ZONES

SHIMANO will provide neutral service for the road races using seven vehicles and two motorcycles.

A main Feed zone will be located after the finish line on Corrimal Street, close to the team parking. This area will be accessible with a blue armband that will be distributed Team Managers' Meeting.

A "remote" Feed zone will be located on Dumfries Avenue. This area will only be accessible with a green armband that will be distributed at the Team Managers' Meeting.

Waste zones will be located before and after each feed zones. Riders must respect the environment and use the waste zones. The UCI rules for waste zones apply.

Teams can carry out technical assistance and change wheels and bikes at the team pits provided for this purpose after the finish line.

Feeding will be also authorized from the Team's vehicle in accordance to the UCI regulations.

Each National Federation will receive blue and green armbands at the Team Managers' Meeting on Thursday 22 September according to the following quotas :

RIDERS PER NATIONAL FEDERATION	1 TO 2	3 TO 5	6 AND MORE
Blue armbands	1	3	4
Green armbands	1	2	3

Only people wearing the appropriate armbands are allowed to stand on the road and feed the riders.

ARTICLE 5 FOLLOWING VEHICLES

Sport directors will be allowed to provide technical assistance from their team vehicles in accordance with the following arrangements:

WOMEN ELITE

Each nation is allowed one vehicle in the race convoy, in the following order:

1. the vehicles of nations with six or more riders in their team;
2. the vehicles of nations with fewer than six riders, arranged in descending order by the number of riders entered
3. A maximum of 25 Team vehicles will be authorized in the race convoy. The groupings of nations will be communicated by the UCI after the riders' confirmation
4. For those Individual riders who will not have a team vehicle in the race convoy, Neutral support will be provided.

Within each group, the order is determined by the most recently

published Elite and Under 23 Women's UCI World ranking by nation published on Tuesday before the races. For vehicles representing more than one nation, the best-placed nation is taken into account.

MEN ELITE

Each nation is allowed one vehicle in the race convoy, in the following order:

1. the vehicles of nations with eight riders in their team;
2. the vehicles of nations with six to seven riders in their team;
3. the vehicles of nations with fewer than six riders, arranged in descending order by the number of riders entered.
4. A maximum of 25 Team vehicle will be authorized in the race convoy. However, based on the number of riders/countries without a team vehicle in the race convoy, UCI may add additional vehicles. The groupings of nations will be communicated by the UCI after the riders' confirmation.
5. For those Individual riders who will not have a team vehicle in the race convoy, Neutral support will be provided.

In each group, the order is determined by the most recently published Elite and Under 23 Men's UCI World Ranking by nation. For vehicles representing more than one nation, the best-placed nation on the ranking is taken into account.

ARTICLE 6 TIME LIMITS

Any rider dropped who is over 15 minutes behind the leading group may be eliminated by the UCI Commissaires' Panel. They must remove their body number and hand it in to commissaire or to the broom wagon. If they chooses to ride until the next crossing of the line, they must respect the legislation of the vehicle circulation and not cross the finish line. Riders on the circuit that are about to be lapped will be stopped at the finish line.

ARTICLE 7 PODIUM CEREMONY

A protocol ceremony will take place immediately after the first three Elite riders have finished the race.

The top 3 Elite riders in the race will come for the podium ceremony no later than 5 minutes after the first rider has crossed the finish line.

The podium ceremony must start no later than 5 minutes after the arrival of the 3 riders in the tent. For this purpose, a 5-minutes count-down will be set up in the tent and will be started once the 3 riders have arrived in the tent.

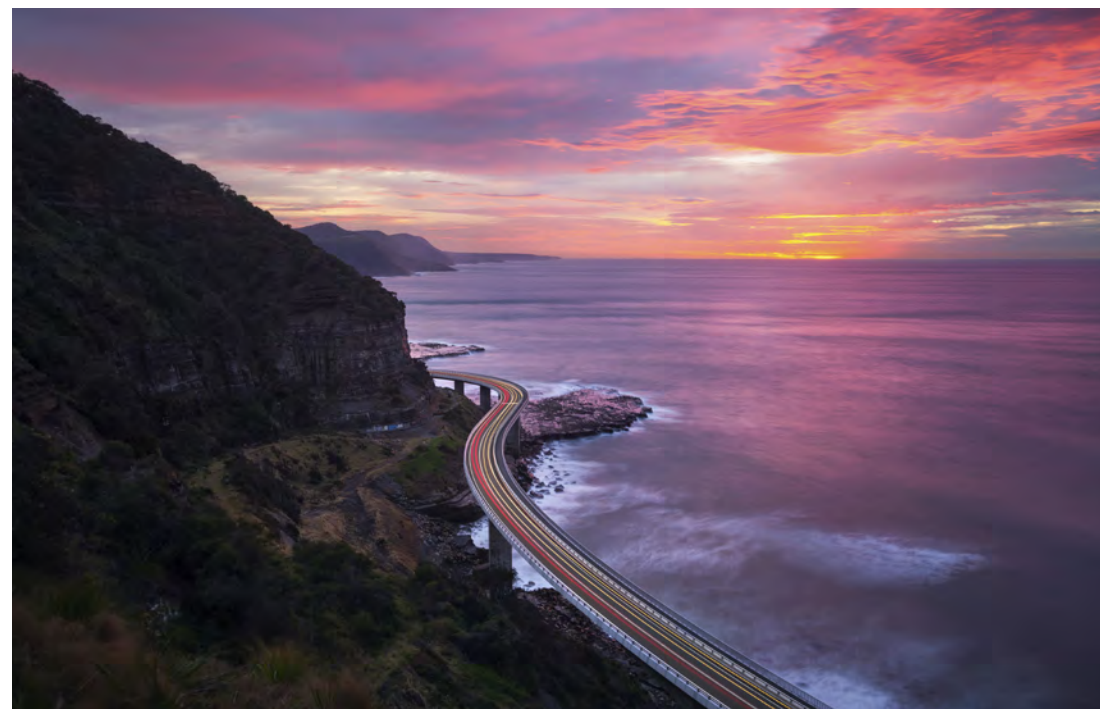
The Women Elite road race also awarding a title to the Women Under 23, the 3 best riders of Women Under 23 will have to wait in the backstage to start the podium ceremony after the Women Elite podium ceremony.

Team Managers shall inform the riders and team assistants of these arrangements.

The UCI awards a jersey to the UCI World Champion. Each rider on the podium receives a medal.

Riders must present themselves in race clothing, wearing their national jersey and shall not wear a cap, headband, glasses or any other accessory until they leave the podium ceremony area.

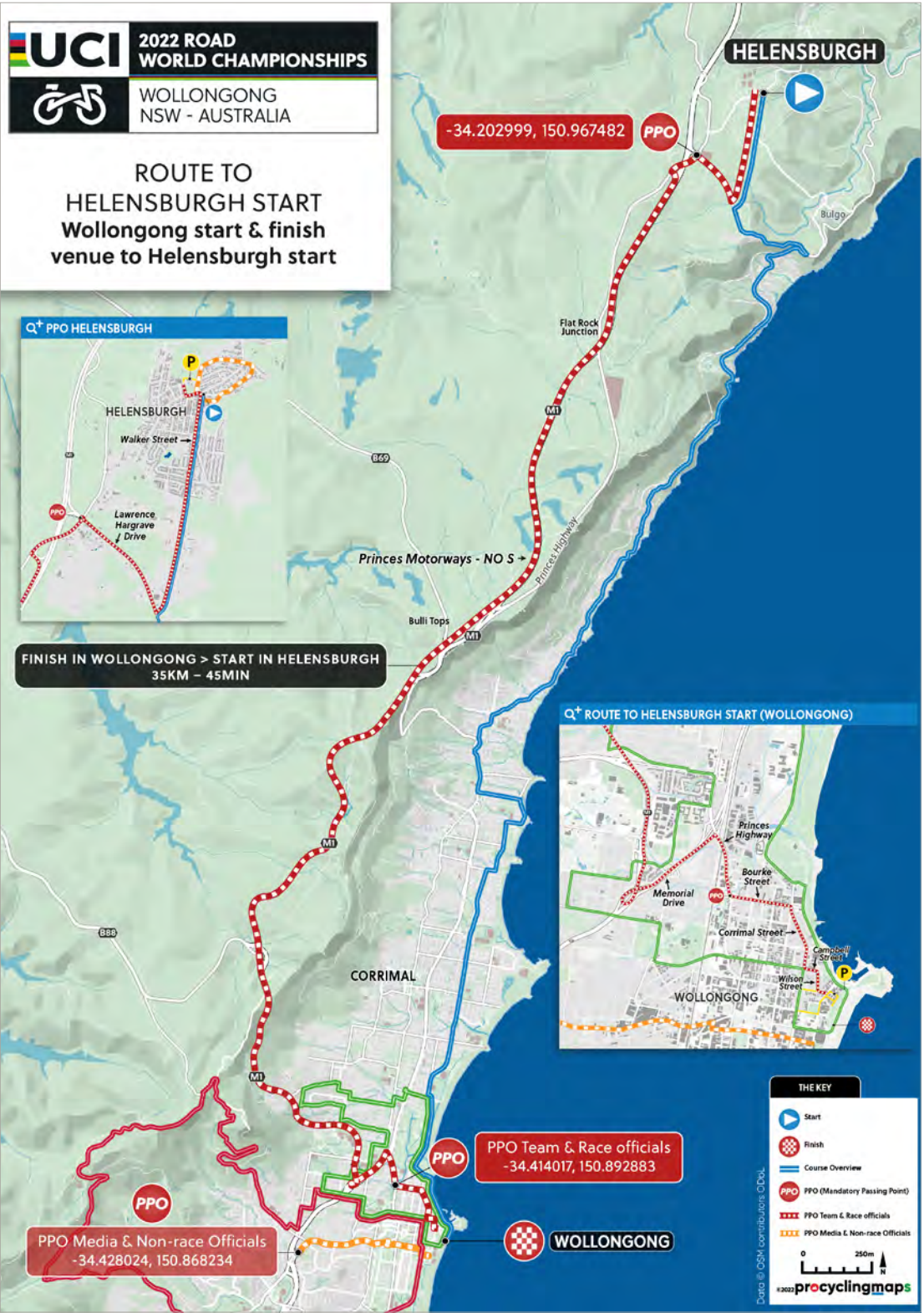
The Women Elite road race also awarding a title to the Women Under 23, the winner of the race will take the title of Women Elite UCI World Champion. The first woman under 23 to cross the line will win the title of Women Under 23 UCI World Champion. If the overall winner is a woman under 23, she will win both the Women Elite and the Women Under 23 title.



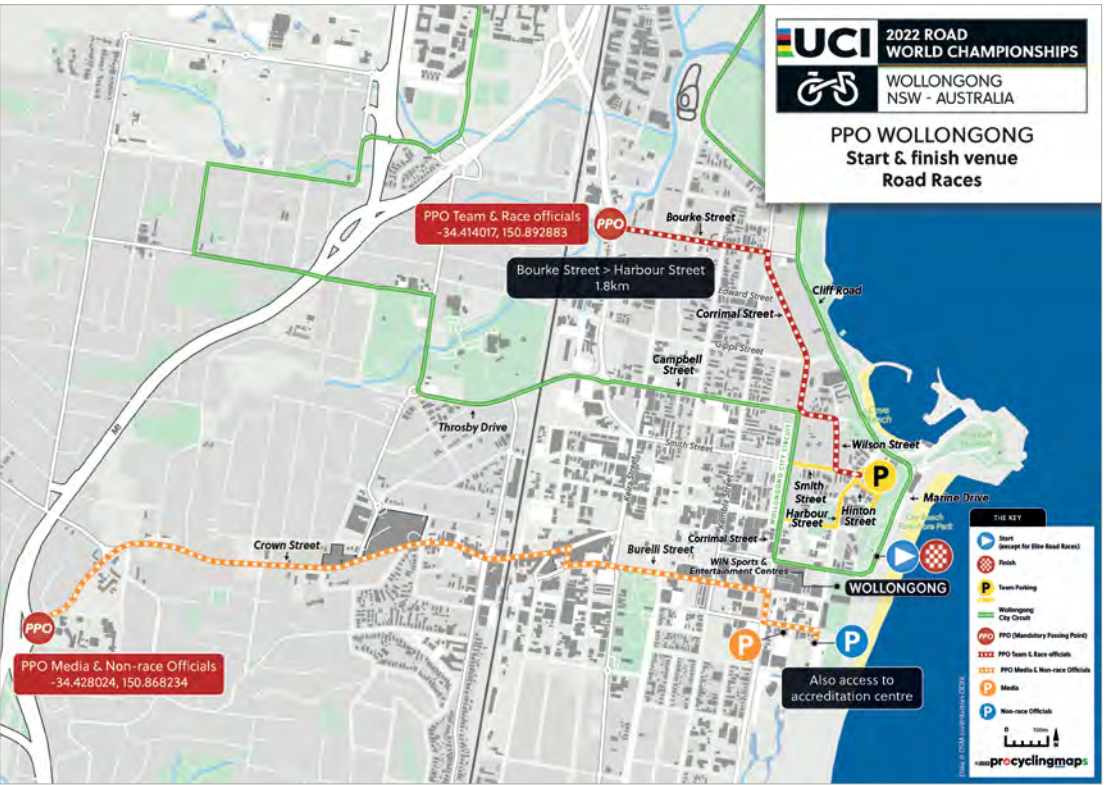
Sea Cliff Bridge at night, Clifton. © Daniel Tran



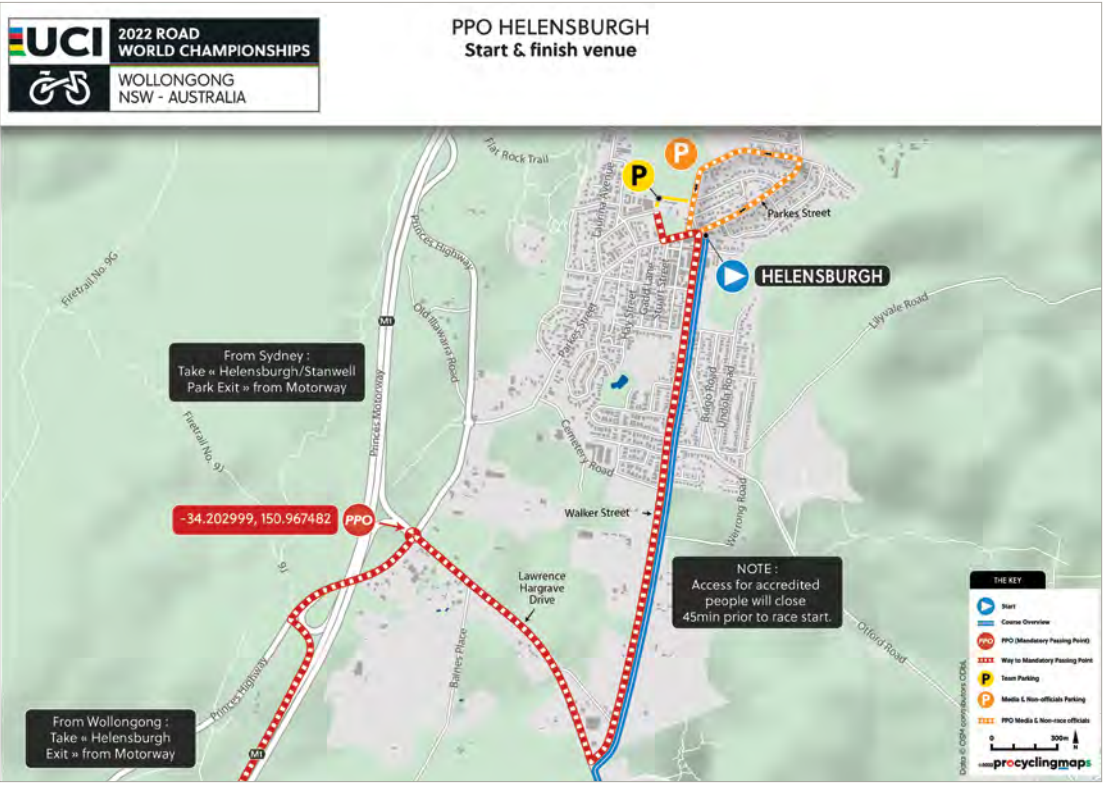
ACCESS TO START VENUE WE - ME - HELENSBURGH



ROUTE TO HELENSBURGH START



PPO HELENSBURGH

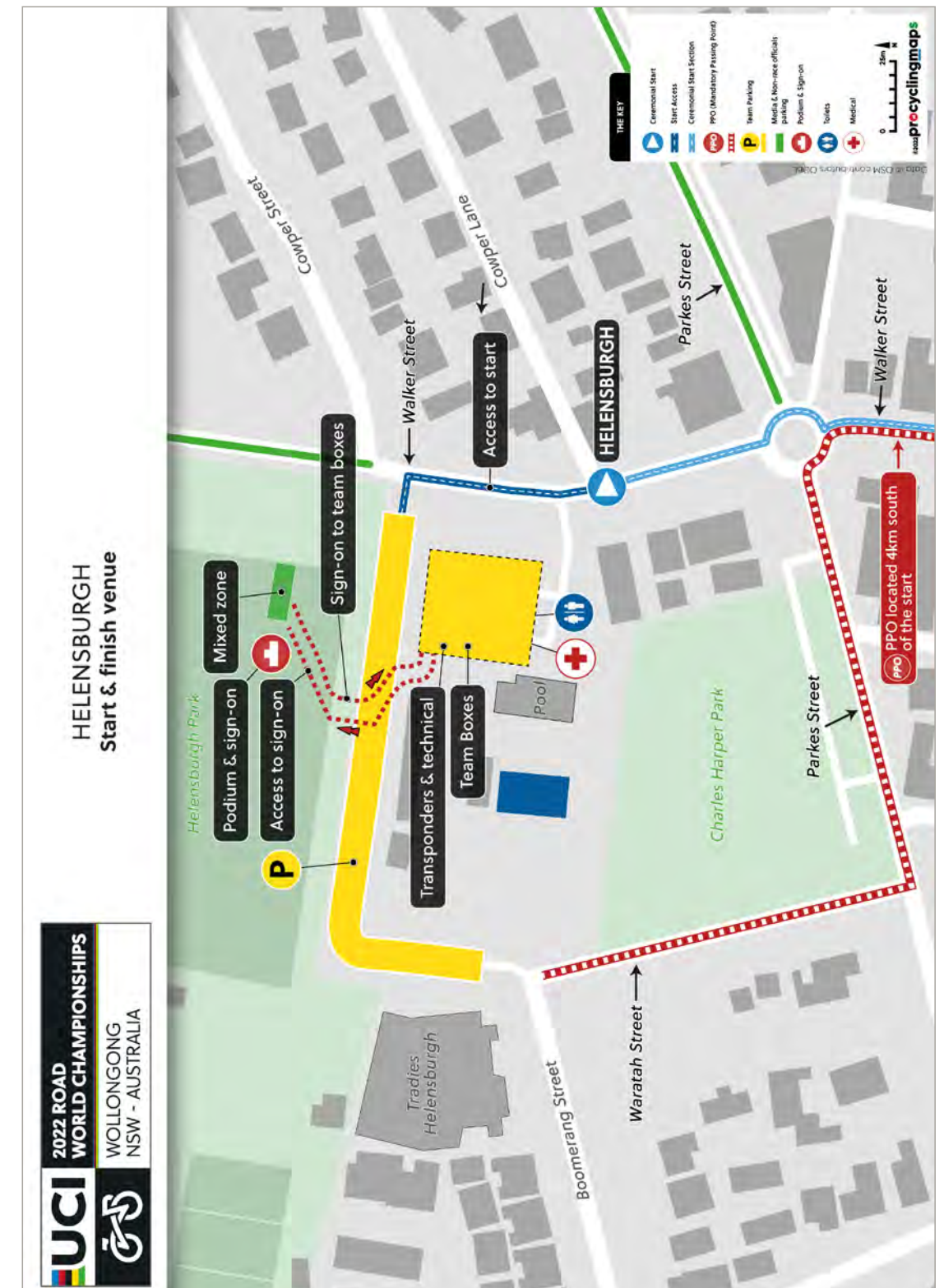




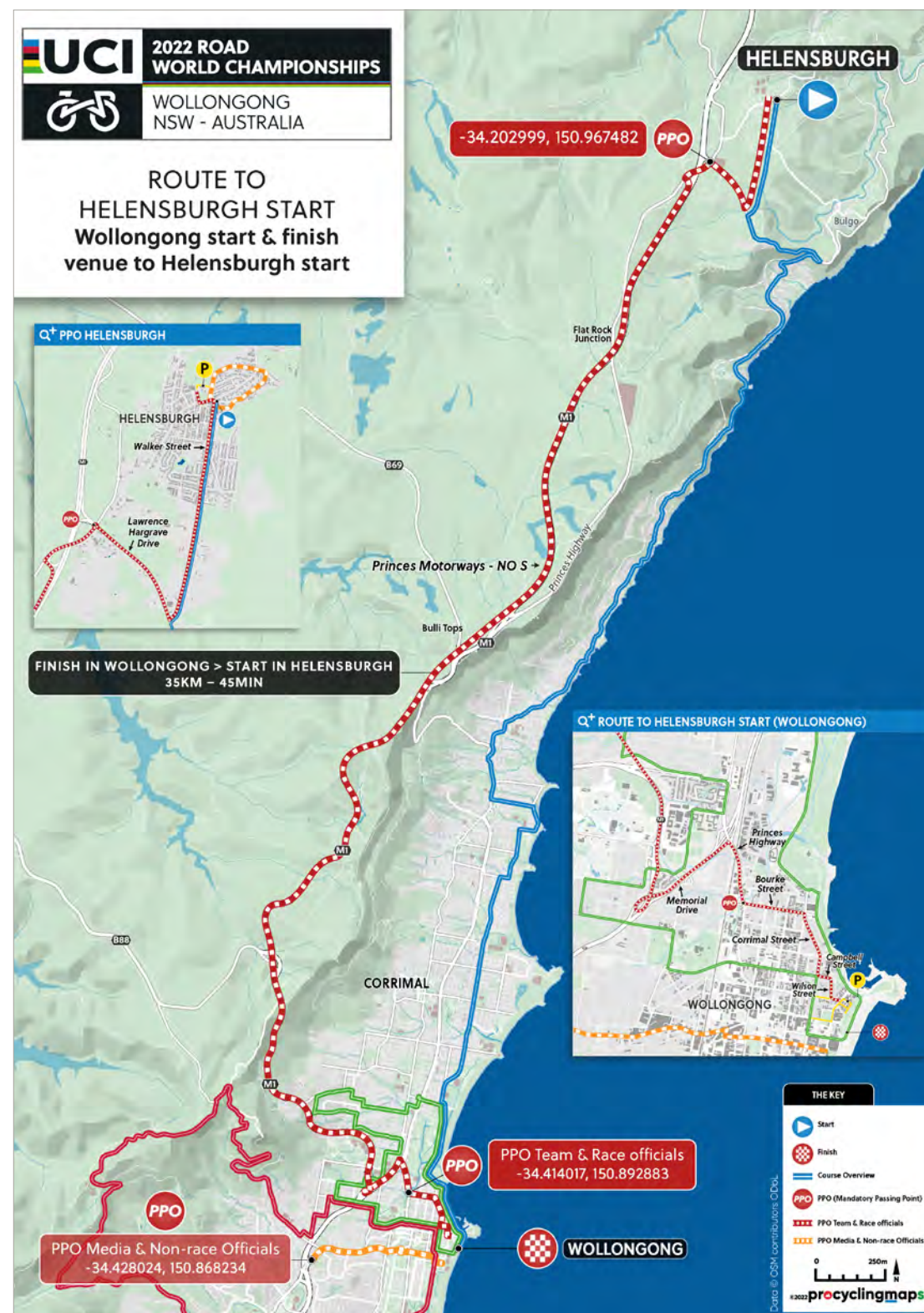
HELENSBURGH TO WOLLONGONG FINISH



START VENUE WE - ME - HELENSBURGH



ACCESS TO FINISH WE - ME - WOLLONGONG



FINISH VENUE WE - ME - WOLLONGONG





MOUNT KEIRA LOOP

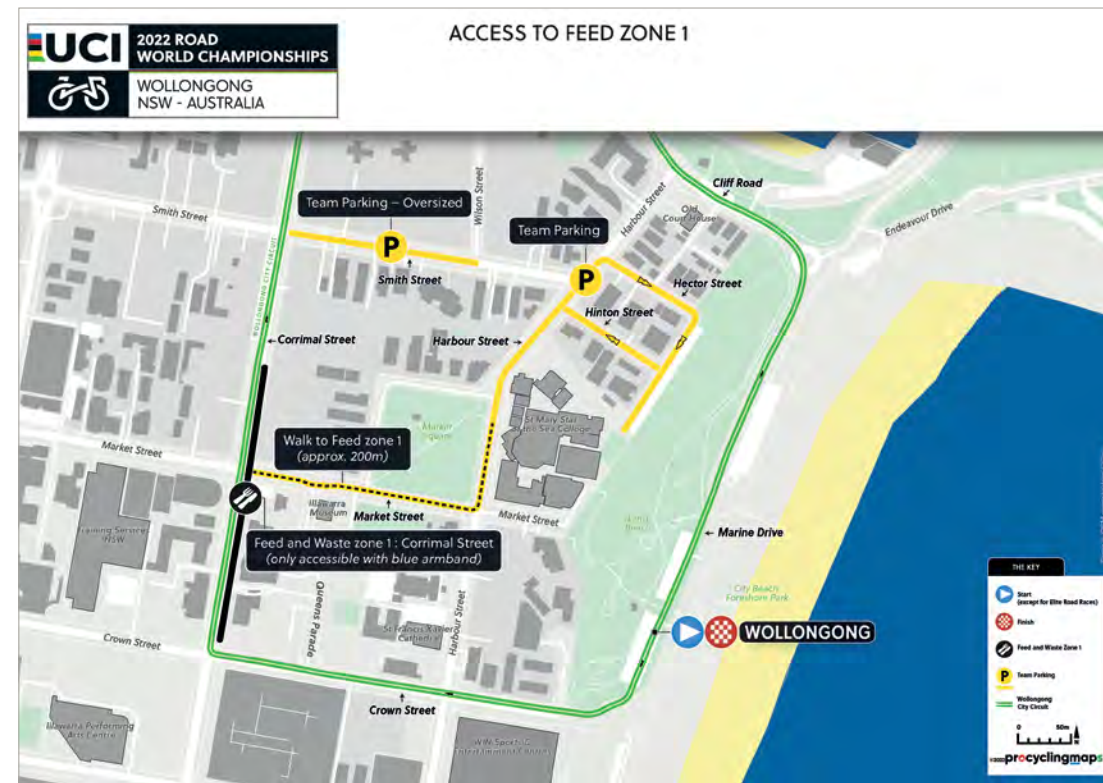


WOLLONGONG CITY CIRCUIT





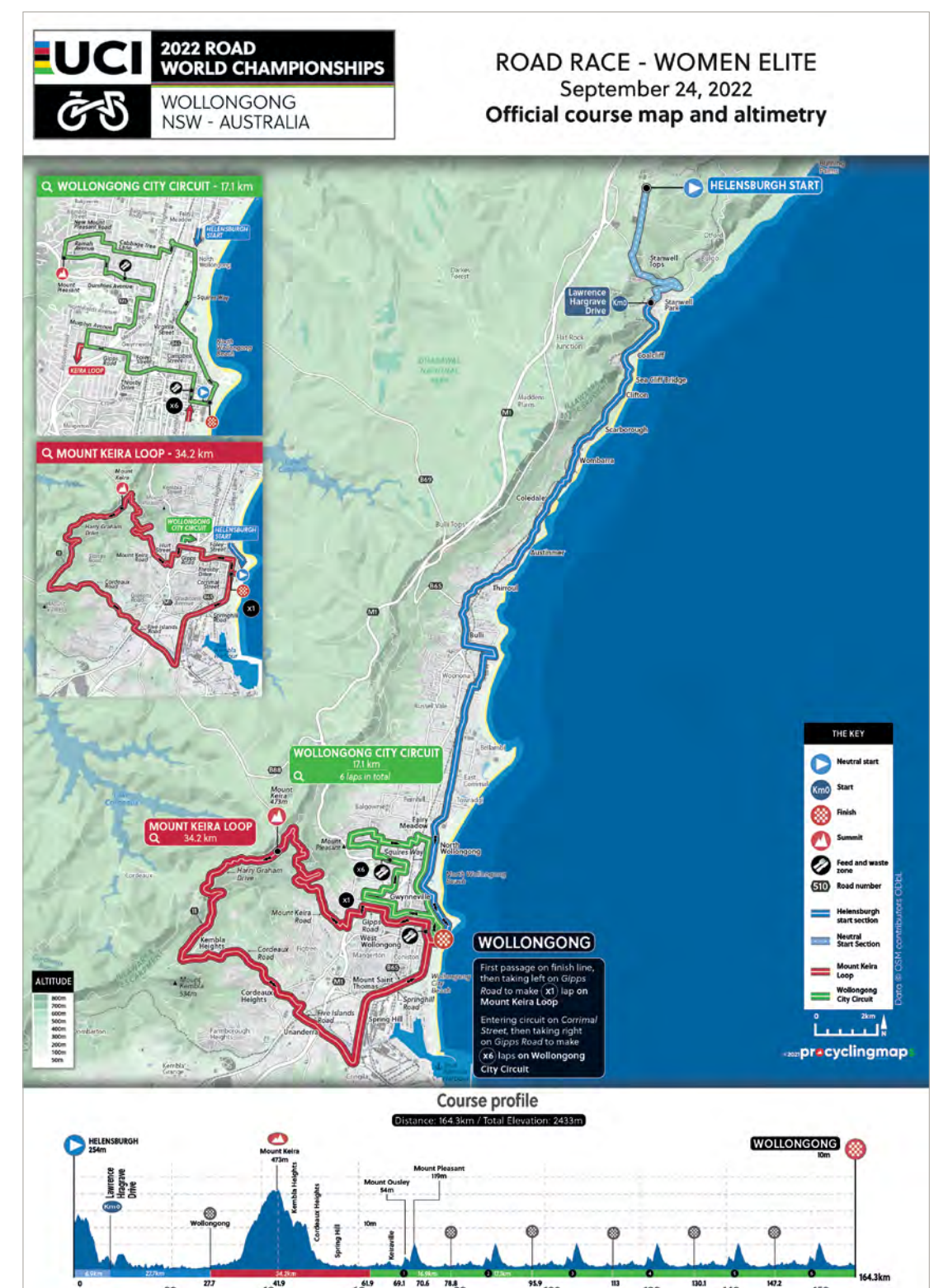
FEEDING ZONE 1 - WOLLONGONG CITY CIRCUIT



FEEDING ZONE 2 - WOLLONGONG CITY CIRCUIT



COURSE - WE ROAD RACE

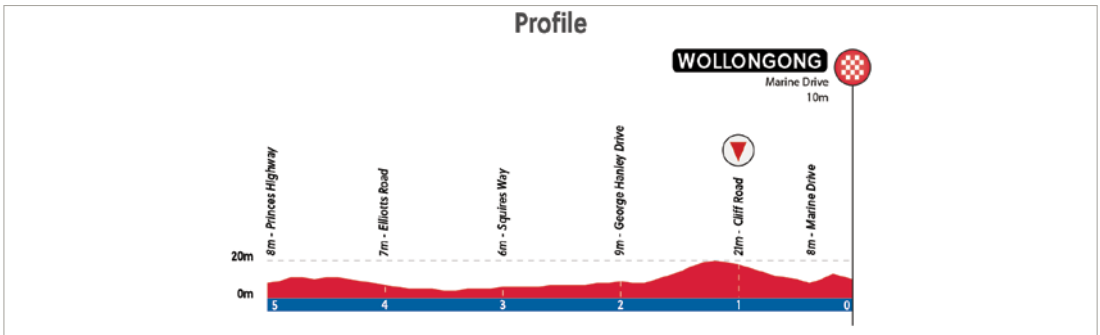




LAST 5KM SAFETY - WE ROAD RACE



LAST 5KM PROFILE - WE ROAD RACE



SCHEDULE - WE ROAD RACE

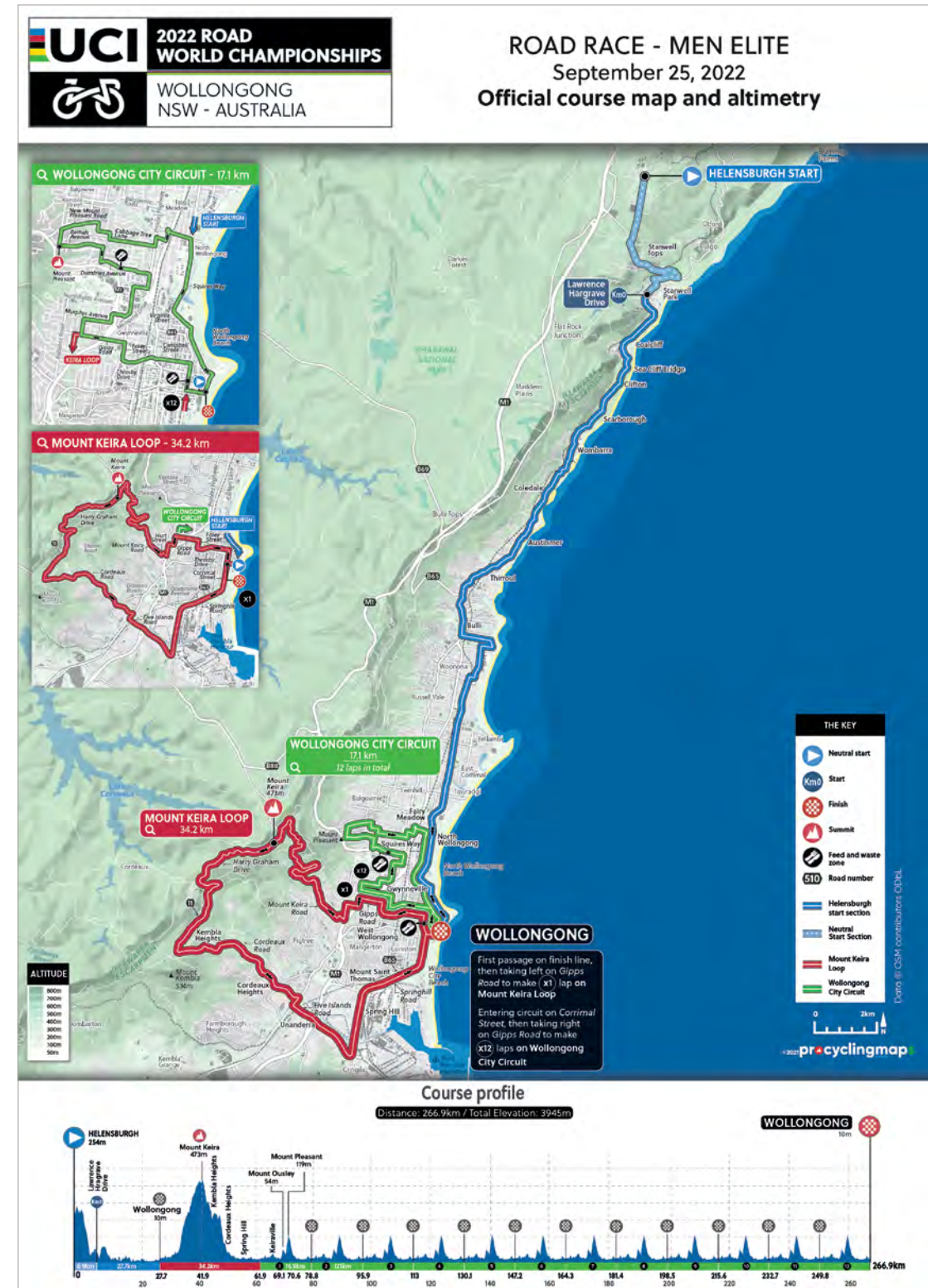
For more detailed information, please find the GPX files and Roadmaps [on this link](#)

KM completed	To Go	Race route	Information	Estimate speed		
				36,0	38,0	40,0
-6,9	6,9	Walker St	NEUTRAL START - HELENSBURGH	12:25	12:25	12:25
-6,9	6,9	Walker St / Parkes St	CAUTION: Roundabout - Split	12:25	12:25	12:25
-6,7	6,7	Parkes St	CAUTION: Road narrows	12:25	12:25	12:25
-6,6	6,6	Parkes St / Lilyvale St	CAUTION: Roundabout - Split	12:25	12:25	12:25
-1,9	1,9	Lawrence Hargrave Dr / Otford Rd	Sharp right turn	12:35	12:35	12:35
0,0	164,3	Lawrence Hargrave Dr	CAUTION: Traffic island (split)	12:38	12:38	12:38
2,0	162,3	Lawrence Hargrave Dr	CAUTION: Traffic island (split)	12:42	12:41	12:41
4,5	159,8	Lawrence Hargrave Dr / Clifton School Parade	CAUTION: Traffic island (split)	12:46	12:45	12:45
9,0	155,3	Lawrence Hargrave Dr / Cater St	CAUTION: Traffic island (split)	12:53	12:53	12:52
9,1	155,2	Lawrence Hargrave Dr	CAUTION: Road narrows	12:53	12:53	12:52
12,0	152,3	Lawrence Hargrave Dr	CAUTION: Road narrows	12:58	12:57	12:56
12,5	151,8	Lawrence Hargrave Dr	CAUTION: Traffic island (split)	12:59	12:58	12:57
12,9	151,4	Lawrence Hargrave Dr / Church St	CAUTION: Traffic island (split)	13:00	12:59	12:58
13,7	150,6	Lawrence Hargrave Dr / Prince St & Hewitts Ave	CAUTION: Roundabout - Split	13:01	13:00	12:59
13,8	150,5	Lawrence Hargrave Dr / Gum Tree Ln	CAUTION: Road narrows	13:01	13:00	12:59
13,9	150,4	Lawrence Hargrave Dr / Hewitts Ave	CAUTION: Road narrows	13:01	13:00	12:59
14,6	149,7	Princes Hwy	CAUTION: Road narrows	13:03	13:01	13:00
15,3	149,0	Princes Hwy / Park Rd	Left turn	13:04	13:02	13:01
16,3	148,0	Park Rd / Trinity Row	Right turn	13:05	13:04	13:03
16,9	147,4	Trinity Row / Farrell Rd	Right turn	13:06	13:05	13:04
17,1	147,2	Farrell Rd	CAUTION: Roundabout - Split	13:07	13:05	13:04
17,2	147,1	Farrell Rd / Carrington St	Left turn	13:07	13:05	13:04
17,4	146,9	Carrington St	CAUTION: Speed hump	13:07	13:06	13:04
17,6	146,7	Carrington St	CAUTION: Speed hump	13:08	13:06	13:05
17,7	146,6	Carrington St / Campbell St	CAUTION: Roundabout - Split	13:08	13:06	13:05
17,8	146,5	Carrington St	CAUTION: Speed hump	13:08	13:06	13:05
17,9	146,4	Carrington St	CAUTION: Speed hump	13:08	13:07	13:05
18,4	145,9	Carrington St / Park Rd	Right turn	13:09	13:07	13:06
18,5	145,8	Park Rd	CAUTION: Roundabout - Cut	13:09	13:08	13:06
18,6	145,7	Park Rd / Railway Parade	CAUTION: Traffic island (split)	13:09	13:08	13:06
18,8	145,5	Railway Parade	Left turn	13:10	13:08	13:06
18,9	145,4	Railway Parade	CAUTION: Speed hump	13:10	13:08	13:07
19,4	144,9	Pioneer Dr / Harriet Sparing Dr	CAUTION: Speed hump	13:11	13:09	13:07
19,6	144,7	Pioneer Dr	CAUTION: Roundabout - Split	13:11	13:09	13:08
19,8	144,5	Pioneer Dr / Charlotte Harrison Dr	CAUTION: Traffic island (split)	13:11	13:09	13:08
20,2	144,1	Pioneer Dr / Bellambi Ln	CAUTION: Roundabout - Split	13:12	13:10	13:09
20,3	144,0	Pioneer Dr / Lavender St	CAUTION: Roundabout - Split	13:12	13:10	13:09
21,7	142,6	Pioneer Dr / Murray St	CAUTION: Road narrows	13:14	13:13	13:11
21,9	142,4	Pioneer Dr	CAUTION: Roundabout - Split	13:15	13:13	13:11
23,0	141,3	Pioneer Dr	CAUTION: Road narrows	13:17	13:15	13:13
23,1	141,2	Pioneer Dr	CAUTION: Traffic island (split)	13:17	13:15	13:13
23,3	141,0	Pioneer Dr	CAUTION: Traffic island (split)	13:17	13:15	13:13
24,0	140,3	Carters Ln	CAUTION: Road narrows	13:17	13:15	13:13
24,8	139,5	Squires Way / Puckey Ave	CAUTION: Road narrows	13:18	13:16	13:14
25,5	138,8	Squires Way	CAUTION: Road narrows	13:20	13:17	13:16
26,1	138,2	Squires Way / George Hanley Dr	CAUTION: Road narrows	13:21	13:19	13:17
26,3	138,0	George Hanley Dr / Cliff Rd	Veer left	13:22	13:20	13:17
26,4	137,9	Cliff Rd / Blacket St	CAUTION: Chicane	13:22	13:20	13:18
26,5	137,8	Cliff Rd	Right turn	13:22	13:20	13:18
26,5	137,8	Cliff Rd / Bourke St	CAUTION: Speed hump	13:22	13:20	13:18
26,9	137,4	Cliff Rd / Georges Pl	Veer left	13:22	13:20	13:18
27,6	136,7	Cliff Rd / Marine Dr	CAUTION: Chicane	13:23	13:21	13:19
28,0	136,3	Marine Dr	CAUTION: Speed hump	13:24	13:22	13:20
28,1	136,2	Marine Dr / Crown St	Right turn	13:25	13:23	13:20
28,2	136,1	Crown St	CAUTION: Roundabout - Split	13:25	13:23	13:21
28,3	136,0	Crown St / Corrimal St	CAUTION: Traffic island (split)	13:25	13:23	13:21
28,3	136,0	Corrimal St	Right turn	13:25	13:23	13:21
28,5	135,8	Corrimal St	FEED ZONE 1 (Corrimal St)	13:25	13:23	13:21
28,9	135,4	Corrimal St / Campbell St	WASTE ZONE	13:26	13:23	13:21
29,1	135,2	Campbell St / Kembla St	Left turn	13:26	13:24	13:22
29,2	135,1	Campbell St / Church St	CAUTION: Speed hump	13:27	13:24	13:22
29,4	134,9	Campbell St / Keira St	CAUTION: Speed hump	13:27	13:24	13:22
29,5	134,8	Campbell St / Princes Hwy	Speed hump	13:27	13:25	13:23
30,5	133,8	Throsby St / Foley St	CAUTION: Roundabout - Split	13:27	13:25	13:23
30,6	133,7	Foley St	Right turn	13:29	13:26	13:24
30,9	133,4	Foley St / Gipps Rd	CAUTION: Roundabout - Cut	13:29	13:27	13:24
31,1	133,2	Gipps Rd / Vickers St	CAUTION: Traffic island (split)	13:30	13:27	13:25
31,2	133,1	Gipps Rd / Frances St & Berkeley Rd	Left turn	13:30	13:27	13:25
31,9	132,4	Gipps Rd / William St	CAUTION: Speed hump	13:31	13:29	13:26
32,4	131,9	William St	CAUTION: Speed hump	13:32	13:29	13:27
32,6	131,7	William St / Robsons Rd	Veer right	13:32	13:29	13:27
33,0	131,3	Robsons Rd / Buckle Cres	Left turn	13:33	13:30	13:27
33,2	131,1	Robsons Rd / Poulter St	CAUTION: Traffic island (split)	13:33	13:30	13:27
33,4	130,9	Poulter St / Hurt St	CAUTION: Traffic island (split)	13:34	13:31	13:28
33,5	130,8	Hurt St / Mount Keira Rd	Left turn	13:34	13:31	13:28
33,9	130,4	Mount Keira Rd	Right turn	13:34	13:31	13:29
40,3	124,0	Mount Keira Rd	CAUTION: Road narrows	13:35	13:32	13:29
40,3	124,0	Mount Keira Rd / Harry Graham Dr	CAUTION: Road narrows	13:35	13:32	13:29
42,3	122,0	Harry Graham Dr	CAUTION: Sharp right turn	13:45	13:42	13:39
45,4	118,9	Harry Graham Dr	Left turn	13:45	13:42	13:39
45,6	118,7	Harry Graham Dr	CAUTION: Road narrows	13:49	13:45	13:42
45,8	118,5	Harry Graham Dr	CAUTION: Road narrows	13:54	13:50	13:46
47,9	116,4	Harry Graham Dr / Cordeaux Rd	CAUTION: Road narrows	13:54	13:50	13:47
49,0	115,3	Cordeaux Rd / Benjamin Rd	CAUTION: Road narrows	13:55	13:51	13:47
50,3	114,0	Cordeaux Rd	Veer left	13:58	13:54	13:50
52,4	111,9	Cordeaux Rd / Gibsons Rd	CAUTION: Road narrows	14:00	13:56	13:52
52,9	111,4	Cordeaux Rd	CAUTION: Traffic island (split)	14:02	13:58	13:54
			CAUTION: Road narrows	14:06	14:01	13:57
			CAUTION: Traffic island (split)	14:06	14:02	13:58



COURSE - ME ROAD RACE

KM completed	To Go	Race route	Information	Estimate speed		
				36,0	38,0	40,0
53,2	111,1	Cordeaux Rd / Princes Hwy	Right turn CAUTION: Roundabout - Cut CAUTION: Traffic island (split)	14:07	14:02	13:58
53,6	110,7	Princes Hwy / Five Island Rd	Left turn	14:08	14:03	13:59
56,2	108,1	Five Island Rd / Springhill Rd	Left turn	14:12	14:07	14:03
60,8	103,5	Corrimal St / Swan St	CAUTION: Roundabout - Straight	14:20	14:14	14:10
61,5	102,8	Corrimal St	CAUTION: Road narrows	14:21	14:15	14:11
62,0	102,3	Corrimal St	START WOLLONGONG CITY CIRCUIT LAP 1 Across Crown St	14:22	14:16	14:11
62,0	102,3	Corrimal St	FEED ZONE 1 (Corrimal St)	14:22	14:16	14:11
62,2	102,1	Corrimal St	WASTE ZONE	14:22	14:17	14:12
62,6	101,7	Corrimal St / Campbell St	Left turn	14:23	14:17	14:12
62,8	101,5	Campbell St / Kembla St	CAUTION: Speed hump	14:23	14:17	14:13
62,9	101,4	Campbell St / Church St	CAUTION: Speed hump	14:23	14:18	14:13
63,1	101,2	Campbell St / Keira St	CAUTION: Speed hump	14:23	14:18	14:13
63,2	101,1	Campbell St / Princes Hwy	CAUTION: Roundabout - Split	14:24	14:18	14:13
64,2	100,1	Throsby St / Foley St	Right turn CAUTION: Roundabout - Cut CAUTION: Traffic island (split)	14:25	14:20	14:15
64,3	100,0	Foley St	CAUTION: Traffic island (split)	14:25	14:20	14:15
64,6	99,7	Foley St / Gipps Rd	Left turn	14:26	14:20	14:15
64,8	99,5	Gipps Rd / Vickers St	CAUTION: Speed hump	14:26	14:21	14:16
64,9	99,4	Gipps Rd / Frances St & Berkeley Rd	CAUTION: Speed hump	14:26	14:21	14:16
65,5	98,8	Gipps Rd / Breaaside Ave	Right turn	14:27	14:22	14:17
65,9	98,4	Gipps Rd / Murphys Ave	Right turn	14:28	14:22	14:17
66,0	98,3	Murphys Ave / John St	CAUTION: Road narrows	14:28	14:23	14:17
66,5	97,8	Murphys Ave / Irvine St	Left turn	14:29	14:23	14:18
66,7	97,6	Irvine St / University Ave	Right turn CAUTION: Road narrows	14:29	14:24	14:18
66,8	97,5	University Ave	Speed hump CAUTION: Traffic island (split)	14:30	14:24	14:19
67,0	97,3	University Ave	Left turn	14:30	14:24	14:19
67,1	97,2	University Ave / Foleys Ln	Veer left CAUTION: Road narrows	14:30	14:24	14:19
67,3	97,0	Foleys Ln / TAFE	CAUTION: Road narrows	14:30	14:25	14:19
67,7	96,6	TAFE / Lysaght St	Right turn	14:31	14:25	14:20
68,0	96,3	Lysaght St / Princes Hwy	Left turn	14:32	14:26	14:20
68,3	96,0	Princes Hwy / Mount Ousley Rd	Left turn	14:32	14:26	14:21
68,6	95,7	Mt Ousley Rd / Strone Ave	Right turn CAUTION: Chicane	14:33	14:27	14:21
68,7	95,6	Strone Rd / Dumfries Ave	Left turn	14:33	14:27	14:21
68,8	95,5	Dumfries Ave	WASTE ZONE	14:33	14:27	14:22
68,9	95,4	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	14:33	14:27	14:22
69,2	95,1	Dumfries Ave	WASTE ZONE	14:34	14:28	14:22
69,4	94,9	Dumfries Ave / Foothills Rd	Right turn	14:34	14:28	14:22
70,8	93,5	Foothills Rd / Ramah Ave	Left turn	14:36	14:30	14:25
70,8	93,5	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	14:36	14:30	14:25
71,3	93,0	Ramah Ave / Brokers Rd	Right turn	14:37	14:31	14:25
71,9	92,4	Brokers Rd / New Mount Pleasant Rd	Right turn	14:38	14:32	14:26
72,1	92,2	New Mount Pleasant Rd / Ryan St	Sharp right turn	14:38	14:32	14:26
72,3	92,0	Ryan St / Dymock St	Turn left	14:39	14:32	14:27
72,6	91,7	Dymock St / Dawson St	Right turn	14:39	14:33	14:27
72,7	91,6	Dawson St / Cabbage Tree Ln	Left turn	14:39	14:33	14:27
73,3	91,0	Cabbage Tree Ln	CAUTION: Road narrows	14:40	14:34	14:28
73,4	90,9	Cabbage Tree Ln / Princes Hwy	Left turn	14:41	14:34	14:28
73,7	90,6	Princes Hwy / Bourke St	Right turn	14:41	14:35	14:29
74,1	90,2	Bourke St / Clifford St	Left turn	14:42	14:35	14:29
74,2	90,1	Bourke St / Daisy St	Left turn	14:42	14:35	14:30
74,3	90,0	Daisy St / Elliotts Rd	Left turn	14:42	14:36	14:30
74,9	89,4	Elliotts Rd / Squires Way	Right turn	14:43	14:37	14:31
75,6	88,7	Squires Way / Puckey Ave	CAUTION: Road narrows	14:44	14:38	14:32
76,3	88,0	Squires Way	CAUTION: Road narrows	14:45	14:39	14:33
76,9	87,4	Squires Way / George Hanley Dr	Veer left CAUTION: Chicane	14:46	14:40	14:34
77,1	87,2	George Hanley Dr / Cliff Rd	Right turn	14:47	14:40	14:34
77,2	87,1	Cliff Rd / Blacket St	CAUTION: Speed hump	14:47	14:40	14:34
77,3	87,0	Cliff Rd	CAUTION: Speed hump	14:47	14:40	14:34
77,3	87,0	Cliff Rd / Bourke St	Veer left CAUTION: Chicane	14:47	14:40	14:34
77,7	86,6	Cliff Rd / Georges Pl	CAUTION: Speed hump	14:48	14:41	14:35
78,4	85,9	Cliff Rd / Marine Dr	Right turn	14:49	14:42	14:36
78,8	85,5	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 2 Across finish line	14:50	14:43	14:37
79,1	85,2	Corrimal St	FEED ZONE 1 (Corrimal St)	14:50	14:43	14:37
86,0	78,3	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	15:02	14:54	14:47
87,9	76,4	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	15:05	14:57	14:50
95,9	68,4	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 3 Across finish line	15:18	15:10	15:02
96,2	68,1	Corrimal St	FEED ZONE 1 (Corrimal St)	15:19	15:10	15:03
103,1	61,2	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	15:30	15:21	15:13
105,0	59,3	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	15:33	15:24	15:16
113,0	51,3	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 4 Across finish line	15:47	15:37	15:28
113,3	51,0	Corrimal St	FEED ZONE 1 (Corrimal St)	15:47	15:37	15:28
120,2	44,1	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	15:59	15:48	15:39
122,1	42,2	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	16:02	15:51	15:41
130,1	34,2	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 5 Across finish line	16:15	16:04	15:53
130,4	33,9	Corrimal St	FEED ZONE 1 (Corrimal St)	16:16	16:04	15:54
137,3	27,0	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	16:27	16:15	16:04
139,2	25,1	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	16:30	16:18	16:07
147,2	17,1	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 6 Across finish line	16:44	16:31	16:19
147,5	16,8	Corrimal St	FEED ZONE 1 (Corrimal St)	16:44	16:31	16:20
154,4	9,9	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	16:56	16:42	16:30
156,3	8,0	Ramah Ave	Mt Pleasant: 1.1km - 7.7% AVG, 14% MAX	16:59	16:45	16:33
164,3	0,0	Marine Dr	FINISH	17:12	16:58	16:45

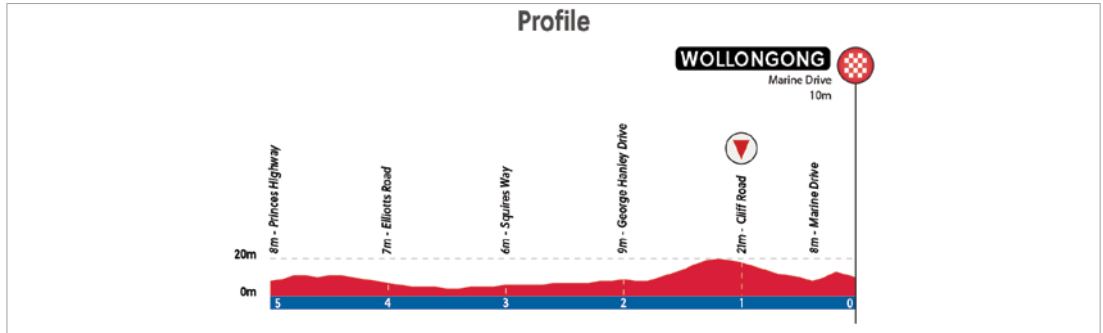




LAST 5KM SAFETY - ME ROAD RACE



LAST 5KM PROFILE - ME ROAD RACE



SCHEDULE - ME ROAD RACE

For more detailed information, please find the GPX files and Roadmaps [on this link](#)

KM completed	To Go	Road	Race route	Information	Estimate speed		
					40,0	42,0	44,0
-6,9		Walker St	Walker St	NEUTRAL START - HELENSBURGH	10:15	10:15	10:15
-6,9			Walker St / Parkes St	CAUTION: Roundabout - Split	10:15	10:15	10:15
-6,7			Parkes St	CAUTION: Road narrows	10:15	10:15	10:15
-6,6			Parkes St / Lilyvale St	CAUTION: Roundabout - Split	10:17	10:17	10:17
-1,9		Lawrence Hargrave Dr	Lawrence Hargrave Dr / Oxford Rd	Sharp right turn	10:26	10:26	10:26
0,0	266,9		Lawrence Hargrave Dr	RACE START	10:30	10:30	10:30
2,0	264,9		Lawrence Hargrave Dr	CAUTION: Traffic island (split)	10:33	10:32	10:32
4,5	262,4		Lawrence Hargrave Dr / Clifton School Parade	CAUTION: Traffic island (split)	10:36	10:36	10:36
9,0	257,9		Lawrence Hargrave Dr / Cater St	CAUTION: Traffic island (split)	10:43	10:42	10:42
9,1	257,8		Lawrence Hargrave Dr	CAUTION: Road narrows	10:43	10:43	10:42
12,0	254,9		Lawrence Hargrave Dr	CAUTION: Road narrows	10:48	10:47	10:46
12,5	254,4		Lawrence Hargrave Dr	CAUTION: Traffic island (split)	10:48	10:47	10:47
12,9	254,0		Lawrence Hargrave Dr / Church St	CAUTION: Traffic island (split)	10:49	10:48	10:47
13,7	253,2		Lawrence Hargrave Dr / Prince St & Hewitts Ave	CAUTION: Roundabout - Split	10:50	10:49	10:48
13,8	253,1		Lawrence Hargrave Dr / Gum Tree Ln	CAUTION: Road narrows	10:50	10:49	10:48
13,9	253,0		Lawrence Hargrave Dr / Hewitts Ave	CAUTION: Road narrows	10:50	10:49	10:48
14,6	252,3	Park Rd	Princes Hwy	CAUTION: Road narrows	10:51	10:50	10:49
15,3	251,6		Princes Hwy / Park Rd	Left turn	10:52	10:51	10:50
16,3	250,6	Trinity Row	Park Rd / Trinity Row	Right turn	10:54	10:53	10:52
16,9	250,0	Farrell Rd	Trinity Row / Farrell Rd	Right turn	10:55	10:54	10:53
17,1	249,8		Farrell Rd	CAUTION: Roundabout - Split	10:55	10:54	10:53
17,2	249,7	Carrington St	Farrell Rd / Carrington St	Left turn	10:55	10:54	10:53
17,4	249,5		Carrington St	CAUTION: Traffic island (split)	10:55	10:54	10:53
17,6	249,3		Carrington St	CAUTION: Speed hump	10:56	10:55	10:54
17,7	249,2		Carrington St / Campbell St	CAUTION: Roundabout - Split	10:56	10:55	10:54
17,8	249,1	Park Rd	Carrington St	CAUTION: Speed hump	10:56	10:55	10:54
17,9	249,0		Carrington St	CAUTION: Speed hump	10:56	10:55	10:54
18,4	248,5	Railway Parade	Carrington St / Park Rd	Right turn	10:57	10:56	10:55
18,5	248,4		Before Railway Parade	CAUTION: Roundabout - Cut	10:57	10:56	10:55
18,6	248,3	Pioneer Dr	Park Rd	CAUTION: Traffic island (split)	10:57	10:56	10:55
18,8	248,1		Park Rd / Railway Parade	Left turn	10:58	10:56	10:55
18,9	248,0		Railway Parade	CAUTION: Speed hump	10:58	10:57	10:55
19,4	247,5		Railway Parade	CAUTION: Speed hump	10:59	10:57	10:56
19,6	247,3	Pioneer Dr	Pioneer Dr / Harriet Sparring Dr	CAUTION: Roundabout - Split	10:59	10:58	10:56
19,8	247,1		Pioneer Dr	CAUTION: Traffic island (split)	10:59	10:58	10:57
20,2	246,7		Pioneer Dr / Charlotte Harrison Dr	CAUTION: Roundabout - Split	11:00	10:58	10:57
20,3	246,6		Pioneer Dr / Bellambi Ln	CAUTION: Roundabout - Split	11:00	10:59	10:57
21,7	245,2		Pioneer Dr / Lavender St	CAUTION: Road narrows	11:02	11:01	10:59
21,9	245,0		Pioneer Dr / Murray St	CAUTION: Roundabout - Split	11:02	11:01	10:59
23,0	243,9		Pioneer Dr	CAUTION: Road narrows	11:04	11:02	11:01
23,1	243,8		Pioneer Dr	CAUTION: Traffic island (split)	11:04	11:02	11:01
23,3	243,6		Pioneer Dr	CAUTION: Traffic island (split)	11:04	11:03	11:01
24,0	242,9		Pioneer Dr	CAUTION: Road narrows	11:06	11:04	11:02
24,8	242,1		Carters Ln	CAUTION: Road narrows	11:07	11:05	11:03
25,5	241,4	George Hanley Dr	Squires Way / Puckey Ave	CAUTION: Road narrows	11:08	11:06	11:04
26,1	240,8		Squires Way	CAUTION: Road narrows	11:09	11:07	11:05
26,3	240,6	Cliff Rd	Squires Way / George Hanley Dr	Veer left	11:09	11:07	11:05
26,4	240,5		George Hanley Dr / Cliff Rd	CAUTION: Chicane	11:09	11:07	11:06
26,5	240,4		Cliff Rd / Blackett St	CAUTION: Speed hump	11:09	11:07	11:06
26,5	240,4		Cliff Rd	CAUTION: Speed hump	11:09	11:07	11:06
26,9	240,0	Marine Dr	Cliff Rd / Bourke St	Veer left	11:10	11:08	11:06
27,6	239,3		Cliff Rd / Georges Pl	CAUTION: Chicane	11:11	11:09	11:07
28,0	238,9		Cliff Rd / Marine Dr	Right turn	11:12	11:10	11:08
28,1	238,8	Crown St	Marine Dr	START MT KEIRA LOOP	11:12	11:10	11:08
28,2	238,7		Crown St	Across finish line	11:12	11:10	11:08
28,3	238,6	Corrimal St	Crown St / Corrimal St	WASTE ZONE	11:12	11:10	11:08
28,5	238,4		Corrimal St	Right turn	11:12	11:10	11:08
28,5	238,4		Corrimal St	FEED ZONE 1 (Corrimal St)	11:12	11:10	11:08
28,9	238,0		Corrimal St / Campbell St	WASTE ZONE	11:12	11:10	11:08
29,1	237,8	Campbell St	Corrimal St / Campbell St	Left turn	11:13	11:11	11:09
29,2	237,7		Campbell St / Church St	CAUTION: Speed hump	11:13	11:11	11:09
29,4	237,5	Throsby Dr	Campbell St / Keira St	Speed hump	11:14	11:12	11:10
29,5	237,4		Campbell St / Princes Hwy	CAUTION: Roundabout - Split	11:14	11:12	11:10
30,5	236,4	Foley St	Throsby St / Foley St	Right turn	11:15	11:13	11:11
30,6	236,3		Foley St	CAUTION: Roundabout - Cut	11:15	11:13	11:11
30,9	236,0	Gipps Rd	Foley St / Gipps Rd	CAUTION: Traffic island (split)	11:15	11:13	11:11
31,1	235,8		Gipps Rd / Vickery St	Left turn	11:16	11:14	11:12
31,2	235,7	William St	Gipps Rd / Frances St & Berkeley Rd	CAUTION: Speed hump	11:16	11:14	11:12
31,9	235,0		Gipps Rd / William St	CAUTION: Speed hump	11:17	11:15	11:13
32,4	234,5	Robsons Rd	William St	Left turn	11:18	11:16	11:14
32,6	234,3		William St / Robsons Rd	Veer right	11:18	11:16	11:14
33,0	233,9	Poulter St	Robsons Rd / Robsons Rd	CAUTION: Traffic island (split)	11:18	11:16	11:14
33,2	233,7		Robsons Rd / Buckle Cres	CAUTION: Traffic island (split)	11:19	11:17	11:15
33,4	233,5	Hurt St	Robsons Rd / Poulter St	Right turn	11:19	11:17	11:15
33,5	233,4		Poulter St / Hurt St	Left turn	11:20	11:17	11:15
33,9	233,0	Mount Keira Rd	Hurt St / Mount Keira Rd	Right turn	11:20	11:17	11:15
40,3	226,6		Mount Keira Rd	CAUTION: Road narrows	11:20	11:18	11:16
40,3	226,6	Harry Graham Dr	Mt Keira summit	8.7km - 5% AVG, 15% MAX	11:30	11:27	11:24
42,3	224,6		Mount Keira Rd / Harry Graham Dr	Left turn	11:30	11:27	11:24
45,4	221,5		Harry Graham Dr	CAUTION: Sharp right turn	11:33	11:30	11:27
45,6	221,3		Harry Graham Dr	CAUTION: Road narrows	11:38	11:34	11:31
45,8	221,1		Harry Graham Dr	CAUTION: Road narrows	11:38	11:35	11:32
47,9	219,0		Harry Graham Dr	CAUTION: Road narrows	11:38	11:35	11:32
49,0	217,9		Harry Graham Dr / Cordaux Rd	Veer left	11:41	11:38	11:35
50,3	216,6		Cordeaux Rd / Benjamin Rd	CAUTION: Road narrows	11:43	11:40	11:36
52,4	214,5		Cordeaux Rd	CAUTION: Traffic island (split)	11:45	11:41	11:38
52,9	214,0		Cordeaux Rd / Gibsons Rd	CAUTION: Road narrows	11:48	11:44	11:41
53,2	213,7		Cordeaux Rd	CAUTION: Traffic island (split)	11:49	11:45	11:42
53,6	213,3	Princes Hwy	Cordeaux Rd / Princes Hwy	Right turn	11:49	11:46	11:42
56,2	210,7		Princes Hwy / Five Island Rd	CAUTION: Roundabout - Cut	11:50	11:46	11:43
60,8	206,1	Springhill Rd	Five Island Rd / Springhill Rd	Left turn	11:54	11:50	11:46
61,5	205,4		Springhill Rd	Left turn	12:01	11:56	11:52
62,0	204,9	Corrimal St	Corrimal St / Swan St	CAUTION: Roundabout - Straight	12:02	11:57	11:53
62,0	204,9		Corrimal St	CAUTION: Road narrows	12:02	11:57	11:53
62,2	204,7	Campbell St	Corrimal St	START WOLLONGONG CITY CIRCUIT LAP 1	12:03	11:58	11:54
62,6	204,3		Corrimal St	Across Crown St	12:03	11:58	11:54
62,8	204,1		Corrimal St	FEED ZONE 1 (Corrimal St)	12:03	11:58	11:54
62,9	204,0		Corrimal St / Campbell St	WASTE ZONE	12:03	11:58	11:54
63,1	203,8		Campbell St / Kembla St	Left turn	12:03	11:59	11:55
63,2	203,7		Campbell St / Church St	CAUTION: Speed hump	12:04	11:59	11:55
63,2	203,7		Campbell St / Keira St	CAUTION: Speed hump	12:04	11:59	11:55
63,2	203,7		Campbell St / Princes Hwy	CAUTION: Speed hump	12:04	11:59	11:55
63,2	203,7		Throsby Dr	CAUTION: Roundabout - Split	12:04	12:00	11:56



KM completed	To Go	Road	Race route	Information	Estimate speed		
					40,0	42,0	44,0
64,2	202,7	Foley St	Throsby St / Foley St	Right turn CAUTION: Roundabout - Cut	12:06	12:01	11:57
64,3	202,6		Foley St	CAUTION: Traffic island (split)	12:06	12:01	11:57
64,6	202,3	Gipps Rd	Foley St / Gipps Rd	Left turn	12:06	12:02	11:58
64,8	202,1		Gipps Rd / Vickery St	CAUTION: Speed hump	12:07	12:02	11:58
64,9	202,0	Breaside Ave	Gipps Rd / Frances St & Berkeley Rd	CAUTION: Speed hump	12:07	12:02	11:58
65,5	201,4		Gipps Rd / Breaside Ave	Right turn	12:08	12:03	11:59
65,9	201,0	Murphys Ave	Gipps Rd / Murphys Ave	Right turn	12:08	12:04	11:59
66,0	200,9		Murphys Ave / John St	CAUTION: Road narrows	12:09	12:04	12:00
66,5	200,4	Irvine St	Murphys Ave / Irvine St	Left turn	12:09	12:05	12:00
66,7	200,2		Irvine St / University Ave	Right turn CAUTION: Road narrows	12:10	12:05	12:00
66,8	200,1	University Ave	University Ave	Speed hump	12:10	12:05	12:01
67,0	199,9		University Ave	CAUTION: Traffic island (split)	12:10	12:05	12:01
67,1	199,8	Foleys Ln	University Ave / Foleys Ln	Left turn	12:10	12:05	12:01
67,3	199,6		Foleys Ln / TAFE	CAUTION: Road narrows	12:10	12:06	12:01
67,7	199,2	TAFE / Lysaght St	TAFE / Lysaght St	Right turn	12:11	12:06	12:02
68,0	198,9		Lysaght St / Princes Hwy	Left turn	12:12	12:07	12:02
68,3	198,6	Mount Ousley Rd	Princes Hwy / Mount Ousley Rd	Left turn	12:12	12:07	12:03
68,6	198,3		Mt Ousley Rd / Strone Ave	Right turn CAUTION: Chicane	12:12	12:08	12:03
68,7	198,2	Strone Rd / Dumfries Ave	Strone Rd / Dumfries Ave	Left turn	12:13	12:08	12:03
68,8	198,1		Dumfries Ave	WASTE ZONE	12:13	12:08	12:03
68,9	198,0	Dumfries Ave	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	12:13	12:08	12:03
69,2	197,7		Dumfries Ave	WASTE ZONE	12:13	12:08	12:04
69,4	197,5	Foothills Rd	Dumfries Ave / Foothills Rd	Right turn	12:14	12:09	12:04
70,8	196,1		Foothills Rd / Ramah Ave	Left turn	12:16	12:11	12:06
70,8	196,1	Ramah Ave	Ramah Ave	Mt Pleasant: 1.1km - 7.2% AVG, 14% MAX	12:16	12:11	12:06
71,3	195,6		Ramah Ave / Brokers Rd	Right turn	12:16	12:11	12:07
71,9	195,0	Pleasant Rd	Brokers Rd / New Mount Pleasant Rd	Right turn	12:17	12:12	12:08
72,1	194,8		New Mount Pleasant Rd / Ryan St	Sharp right turn	12:18	12:13	12:08
72,3	194,6	Dymock St	Ryan St / Dymock St	Turn left	12:18	12:13	12:08
72,6	194,3		Dymock St / Dawson St	Right turn	12:18	12:13	12:09
72,7	194,2	Cabbage Tree Ln	Dawson St / Cabbage Tree Ln	Left turn	12:19	12:13	12:09
73,3	193,6		Cabbage Tree Ln	CAUTION: Road narrows	12:19	12:14	12:09
73,4	193,5	Princes Hwy	Cabbage Tree Ln / Princes Hwy	Left turn	12:20	12:14	12:10
73,7	193,2		Princes Hwy / Bourke St	Right turn	12:20	12:15	12:10
74,1	192,8	Clifford St	Bourke St / Clifford St	Left turn	12:21	12:15	12:11
74,2	192,7		Bourke St / Daisy St	Left turn	12:21	12:16	12:11
74,3	192,6	Elliotts Rd	Daisy St / Elliotts Rd	Left turn	12:21	12:16	12:11
74,9	192,0		Elliotts Rd / Squires Way	Right turn	12:22	12:17	12:12
75,6	191,3	Squires Way	Squires Way / Puckey Ave	CAUTION: Road narrows	12:23	12:18	12:13
76,3	190,6		Squired Way	CAUTION: Road narrows	12:24	12:19	12:14
76,9	190,0	George Hanley Dr	Squires Way / George Hanley Dr	Veel left CAUTION: Chicane	12:25	12:19	12:14
77,1	189,8		George Hanley Dr / Cliff Rd	Right turn	12:25	12:20	12:15
77,2	189,7	Cliff Rd	Cliff Rd / Blacket St	CAUTION: Speed hump	12:25	12:20	12:15
77,3	189,6		Cliff Rd	CAUTION: Speed hump	12:25	12:20	12:15
77,3	189,6	Cliff Rd / Bourke St	Cliff Rd / Bourke St	Veel left CAUTION: Chicane	12:25	12:20	12:15
77,7	189,2		Cliff Rd / Georges Pl	CAUTION: Speed hump	12:26	12:21	12:15
78,4	188,5	Marine Dr	Cliff Rd / Marine Dr	Right turn	12:27	12:22	12:16
78,8	188,1		Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 2 Across finish line	12:28	12:22	12:17
79,1	187,8	Corrimal St	Corrimal St	FEED ZONE 1 (Corrimal St)	12:28	12:23	12:17
85,0	180,9		Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	12:39	12:32	12:27
87,9	178,0	Ramah Ave	Ramah Ave	Mt Pleasant: 1.1km - 7.2% AVG, 14% MAX	12:41	12:35	12:29
95,9	171,0	Marine Dr	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 3 Across finish line	12:53	12:47	12:40
96,2	170,7		Corrimal St	FEED ZONE 1 (Corrimal St)	12:54	12:47	12:41
103,1	163,8	Dumfries Ave	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	13:04	12:57	12:50
105,0	161,9		Ramah Ave	Mt Pleasant: 1.1km - 7.2% AVG, 14% MAX	13:07	13:00	12:53
113,0	153,9	Marine Dr	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 4 Across finish line	13:19	13:11	13:04
113,3	153,6		Corrimal St	FEED ZONE 1 (Corrimal St)	13:19	13:11	13:04
120,2	146,7	Dumfries Ave	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	13:30	13:21	13:13
122,1	144,8		Ramah Ave	Mt Pleasant: 1.1km - 7.2% AVG, 14% MAX	13:33	13:24	13:16
130,1	136,8	Marine Dr	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 5 Across finish line	13:45	13:35	13:27
130,4	136,5		Corrimal St	FEED ZONE 1 (Corrimal St)	13:45	13:36	13:27
137,3	129,6	Dumfries Ave	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	13:55	13:46	13:37
139,2	127,7		Ramah Ave	Mt Pleasant: 1.1km - 7.2% AVG, 14% MAX	13:58	13:48	13:39
147,2	119,7	Marine Dr	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 6 Across finish line	14:10	14:00	13:50
147,5	119,4		Corrimal St	FEED ZONE 1 (Corrimal St)	14:11	14:00	13:51
154,4	112,5	Dumfries Ave	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	14:21	14:10	14:00
156,3	110,6		Ramah Ave	Mt Pleasant: 1.1km - 7.2% AVG, 14% MAX	14:24	14:13	14:03
164,3	102,6	Marine Dr	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 7 Across finish line	14:36	14:24	14:14
164,6	102,3		Corrimal St	FEED ZONE 1 (Corrimal St)	14:36	14:25	14:14
171,5	95,4	Dumfries Ave	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	14:47	14:35	14:23
173,4	93,5		Ramah Ave	Mt Pleasant: 1.1km - 7.2% AVG, 14% MAX	14:50	14:37	14:26
181,4	85,5	Marine Dr	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 8 Across finish line	15:02	14:49	14:37
181,7	85,2		Corrimal St	FEED ZONE 1 (Corrimal St)	15:02	14:49	14:37
188,6	78,3	Dumfries Ave	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	15:12	14:59	14:47
190,5	76,4		Ramah Ave	Mt Pleasant: 1.1km - 7.2% AVG, 14% MAX	15:15	15:02	14:49
198,5	68,4	Marine Dr	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 9 Across finish line	15:27	15:13	15:00
198,8	68,1		Corrimal St	FEED ZONE 1 (Corrimal St)	15:28	15:14	15:01
205,7	61,2	Dumfries Ave	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	15:38	15:23	15:10
207,6	59,3		Ramah Ave	Mt Pleasant: 1.1km - 7.2% AVG, 14% MAX	15:41	15:26	15:13
215,6	51,3	Marine Dr	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 10 Across finish line	15:53	15:38	15:24
215,9	51,0		Corrimal St	FEED ZONE 1 (Corrimal St)	15:53	15:38	15:24
222,8	44,1	Dumfries Ave	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	16:04	15:48	15:33
224,7	42,2		Ramah Ave	Mt Pleasant: 1.1km - 7.2% AVG, 14% MAX	16:07	15:51	15:36
232,7	34,2	Marine Dr	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 11 Across finish line	16:19	16:02	15:47
233,0	33,9		Corrimal St	FEED ZONE 1 (Corrimal St)	16:19	16:02	15:47
239,9	27,0	Dumfries Ave	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	16:29	16:12	15:57
241,8	25,1		Ramah Ave	Mt Pleasant: 1.1km - 7.2% AVG, 14% MAX	16:32	16:15	15:59
249,8	17,1	Marine Dr	Marine Dr	START WOLLONGONG CITY CIRCUIT LAP 12 Across finish line	16:44	16:26	16:10
250,1	16,8		Corrimal St	FEED ZONE 1 (Corrimal St)	16:45	16:27	16:11
257,0	9,9	Dumfries Ave	Dumfries Ave	FEED ZONE 2 (Dumfries Ave)	16:55	16:37	16:20
258,9	8,0		Ramah Ave	Mt Pleasant: 1.1km - 7.2% AVG, 14% MAX	16:58	16:39	16:23
266,9	0,0	Marine Dr	FINISH		17:10	16:51	16:33



WOLLONGONG. THE SOUTHERN HEMISPHERE'S ONLY UCI BIKE CITY.

Better cycling for all

Wollongong is one of only 20 UCI Bike Cities and Regions around the world.

We're planning for a future in cycling. We want to see more people riding bikes, and support our city's health and environment.

Our investment in safe, sustainable cycling infrastructure includes a target of over 200km of shared paths and cycling routes, a new Criterium Track and the city's first Mountain Bike Park at Cringila Hills.

[WOLLONGONG.NSW.GOV.AU/BIKE-CITY](https://www.wollongong.nsw.gov.au/bike-city)





**WOLLONGONG
AUSTRALIA**

WOLLONGONG WAS AWARDED THE UCI BIKE CITY LABEL IN FEBRUARY 2021

Wollongong's Cycling Strategy 2030 sets out a 10-year vision where cycling is a preferred transport option.

In the past decade, Wollongong has built, renewed and upgraded 27km of shared paths and new cycling routes; by 2030 it seeks to provide an additional 85km of cycling routes. Wollongong continues to invest in local bike tracks, is building a new Criterium Track and recently opened the city's first Mountain Bike Park at Cringila Hills.

In partnership with AusCycling's Ride Nation programme, Wollongong's cycling skills and education programme will see over 10,000 students trained in riding and 100+ teachers undertaking bike instructor training.

This is all part Wollongong's commitment to deliver a safe cycling network for all levels of skill and confidence.



MORE INFORMATION

www.uci.org

CONTACT

cyclingforall@uci.ch



UCI BIKE CITY LABEL

The UCI's mission is to develop and promote cycling as a competitive sport, as a healthy recreational activity and as a sustainable means of transport, accessible to all.

The **UCI Bike City label** recognises cities and regions that not only host major UCI cycling events but also demonstrate outstanding commitment to cycling for all.

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UCI JUNIOR CONFERENCE CONFÉRENCE JUNIORS UCI

21.09.2022 | 15:00 - 16:00

GRAND HALL
UNIVERSITY OF WOLLONGONG

SAFE DRIVING

Safety for all of the riders, race support personnel and spectators during the race is the number one priority when operating a motor vehicle in the race convoy. Here is a summary of the main driving guidelines and regulations to follow and respect during the UCI Road World Championships in Wollongong.

- Have a **valid a UCI license for the 2022 season** (including third-party liability insurance)
- It is mandatory to have **an international driving license** to drive any vehicle in Australia.
- Obligation to respect **UCI Regulations** and **Guidelines for vehicle circulation in the race convoy**
- Each driver must focus on one thing: driving the vehicle in a responsible manner! It is recommended that the Team Manager or the National Team Coach in charge considers being the passenger and an experienced driver focuses on driving the vehicle exclusively.



For additional information please consult the UCI regulations and the Guidelines for vehicle circulation in the race convoy on the UCI website www.uci.org



Belmore Falls, Morton National Park - © Dee Kramer

RE✓EAL HELP PROTECT CLEAN CYCLING

SEEN OR HEARD ANYTHING
SUSPICIOUS ABOUT DOPING?



REPORT IT ON
WWW.REVEAL.SPORT

REVEAL is the doping reporting platform managed by
the International Testing Agency (ITA).

REVEAL is supported by the Union Cycliste Internationale
in its bid to protect cycling's integrity.



WOLLONGONG. THE PLACE TO RIDE.

Whether you're an elite athlete or a recreational rider, Wollongong has something for everyone. Make the most of our great outdoors and explore:

- 130km of shared pathways and cycling routes
- Spectacular ocean hugging rides on gentle terrain
- Challenging hill climbs into escarpment rainforests
- New multi-use Criterium Track
- New Cringila Hills Mountain Bike Park

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press play



PROGRAMME OF EVENTS

SATURDAY 17 SEPTEMBER

INDIVIDUAL TIME TRIAL

Training.....09:00-11:00

SUNDAY 18 SEPTEMBER

INDIVIDUAL TIME TRIAL

Women Elite Individual Time Trial
(Wollongong).....09:35-12:30

Men Elite Individual Time Trial
(Wollongong).....13:40-17:00

MONDAY 19 SEPTEMBER

INDIVIDUAL TIME TRIAL

Men Under 23 Individual Time Trial
(Wollongong).....13:20-17:00

TUESDAY 20 SEPTEMBER

INDIVIDUAL TIME TRIAL

Women Junior Individual Time Trial
(Wollongong).....09:30-11:05

TEAM TIME TRIAL MIXED RELAY

Training (Wollongong).....11:30-13:00

INDIVIDUAL TIME TRIAL

Men Junior Individual Time Trial
(Wollongong).....13:20-17:00

WEDNESDAY 21 SEPTEMBER

TEAM TIME TRIAL MIXED RELAY

Team Time Trial Mixed Relay
(Wollongong).....14:20-17:05

UCI Junior Conference
(University of Wollongong Grand Hall).....15:00-16:00

THURSDAY 22 SEPTEMBER

ROAD RACE

UCI Congress
(University of Wollongong Grand Hall).....09:00-18:00

Training
(Wollongong City Circuit only).....09:30-12:30

FRIDAY 23 SEPTEMBER

ROAD RACE

Men Junior Road Race
(Wollongong City Circuit).....08:15-11:35

UCI Seminar for National Federations
(University of Wollongong Grand Hall).....09:00-12:00

Men Under 23 Road Race
(Wollongong City Circuit).....13:00-17:10

2023 UCI Cycling World Championships
Presentation
(City Beach Function Centre,
1 Marine Drive, Wollongong).....19:00-21:00

SATURDAY 24 SEPTEMBER

ROAD RACE

Women Junior Road Race
(Wollongong City Circuit).....08:00-09:50

Women Elite Road Race
(Helensburgh, Mount Keira,
Wollongong City Circuit).....12:25-17:00

Gala
(Novotel Northbeach, Wollongong).....19:30-23:00

SUNDAY 25 SEPTEMBER

ROAD RACE

Men Elite Road Race
(Helensburgh, Mount Keira,
Wollongong City Circuit).....10:15-16:50

SCHEDULE

	UCI HEADQUARTERS	ACCREDITATION CENTRE	MEDIA CENTRE	UCI VIP LOUNGE	VEHICLE DELIVERY OFFICE
MONDAY 12	Closed	Closed	Closed	Closed	14:00 – 18:00
TUESDAY 13	Closed	Closed	Closed	Closed	09:00 – 18:00
WEDNESDAY 14	Closed	Closed	Closed	Closed	09:00 – 18:00
THURSDAY 15	Closed	14:00 – 19:00	14:00 – 21:00	Closed	09:00 – 18:00
FRIDAY 16	14:00 – 18:30	09:00 – 19:00	10:00 – 21:00	Closed	09:00 – 18:00
SATURDAY 17	09:00 – 17:30	09:00 – 18:00	08:00 – 21:00	Closed	09:00 – 18:00
SUNDAY 18	09:30 – 18:30	08:30 – 18:00	08:30 – 22:00	09:30 – 17:30	08:30 – 18:00
MONDAY 19	10:00 – 18:30	09:00 – 18:00	08:30 – 22:00	12:00 – 17:30	09:00 – 18:00
TUESDAY 20	09:30 – 18:30	09:00 – 18:00	08:30 – 22:00	09:30 – 17:30	09:00 – 18:00
WEDNESDAY 21	10:00 – 18:30	09:00 – 17:00	10:00 – 22:00	12:00 – 17:30	09:00 – 18:00
THURSDAY 22	10:00 – 17:30	10:00 – 18:00	08:30 – 21:00	Closed	09:00 – 18:00
FRIDAY 23	08:00 – 18:30	09:00 – 18:00	07:30 – 22:00	09:00 – 18:00	09:00 – 18:00
SATURDAY 24	08:00 – 18:30	09:00 – 18:00	07:00 – 22:00	08:30 – 19:00	09:00 – 18:00
SUNDAY 25	09:00 – 11:00	08:00 – 10:00	09:00 – 22:00	10:00 – 18:00	08:00 – 20:30
MONDAY 26	Closed	Closed	Closed	Closed	08:00 – 17:00

Accreditation Centre

Win Entertainment Centre
Corner Crown & Harbour Streets,
Wollongong
NSW 2500, Australia

Vehicle Delivery Office

Port Kembla
Corner of Darcy Rd & Gloucester Bd
left hand side at the end of Darcy Rd.
NSW 2505, Australia

UCI Headquarter and Media Centre

Win Entertainment Centre
Corner Crown & Harbour Streets,
Wollongong
NSW 2500, Australia