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## Participating **ACADEMIES**

Central Coast Academy of Sport  
Hunter Academy of Sport  
Illawarra Academy of Sport  
Southern Sports Academy  
South East Sports Academy

Western Region Academy of Sport  
Northern Inland Academy of Sport  
North Coast Academy of Sport  
South West Sydney Academy of Sport

## CONTACT details

Host Academy contact details:  
Mark Calverley  
Southern Sports Academy  
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Regional Academy Cycling  
Convener:  
John Armstrong  
Illawarra Academy of Sport  
Tel: 0412 157990

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SOUTHERN SPORTS ACADEMY



# CYCLING

Inc. the Gwen French Junior Tour

21-23 APR | 2023 | WAGGA WAGGA | #AG2023



@yourlocalclubacademygames



www.academygames.com.au



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#AG2023

# FOREWORD

The Your Local Club Academy Games has been developed by the members of the Regional Academies of Sport Inc. as an exciting initiative that enables all our athletes to come together - not only to compete against other talented athletes in their chosen fields - but to celebrate sport and the skills and commitment of all our talented athletes.

PLEASE NOTE: RACING WILL BE ON YOUR **ROAD BIKE ONLY**

**NB. All riders must bring AusCycle licences for registration**

The Cycling competition will be conducted at the new Eurongilly Road Circuit on the Saturday and the recently built Pomingalarna Cycling Complex on the Sunday. Combining with the Wagga Wagga Cycling Club to conduct the inaugural **Gwen French Junior Tour** the event will incorporate both time-based outcome for the Junior Tour (with timing chips), as well as competing for points as part of your home Academy of Sport. With the Individual Time Trial and the Age Division Road Race occurring, it enables a Criterium and a series of team-based events to occur at the Pomingalarna complex on the Sunday to provide a comprehensive road program for the athletes that will represent the Regional Academies and vie for both Individual and team honours.

On behalf of all the Academies, I wish to extend my sincerest thanks to our major partner **Clubs NSW** whose continued support allows the Academies to do such great work not only for the Games, but also providing professional support to athletes, coaches and sports throughout the year. I would also like to thank the NSW Government and the Office of Sport; your longstanding support is vital in enabling the Academies to continue the development of athletes and coaches throughout the state. Last but not least we thank Qube for your support of the Cycling event.

Finally, and on behalf of all Academies, I wish to extend my thanks to the Southern Sports Academy for organising the Games and to all the supporters and volunteers who make the coordination and running of the Cycling event a possibility.

John Armstrong  
Convener – Road Cycling

## Special THANKS

On behalf of the RASi and Academy Games athletes, staff and volunteers, we wish to say a special thank you to the following people for planning and executing the Cycling Competition and enabling the inaugural event to be staged at the Academy Games.

- The Race Director, Chief Commissaire and Secretary of the Wagga Wagga Cycling Club, Fiona Fahy; the President of the Wagga Cycling Club Jeff Windsor, and the good people of the Eurongilly Primary School P & C and the Coolamon Rotary Club who have provided food and drinks.
- Mark Calverley and the staff at the Southern Sports Academy
- Visiting and supporting Academy coaches
- Active Health Riverina and medical students from UNSW (Wagga Campus)

# PRESENTATION

The Academy Games represents a gathering of the State's Regional Academies of Sport to celebrate the skill and development of their talented athletes.

The Academy Games Cycling Competition will recognise the top three pointscore finishers for each of the below categories:

- U/15 Male and Female
- U/17 Male and Female
- U/19 Male and Female
- Overall Academy Team (total pointscore)

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REGIONAL  
ACADEMIES  
OF SPORT



# Academy Squad **LISTS**

<b>Hunter Academy of Sport</b>	<b>Girls</b> - Hallie Boucher, Hayley Dell, Phoenix Julian, Caitlin Rose <b>Boys</b> - Caleb Ashpole, Anderson Dell, Jake Pajtl
<b>ias</b> illawarra academy of sport	<b>Girls</b> - Lucy Allen <b>Boys</b> - Charles Alcock, Hugo Alcock, Lucy Allen, Noah Brown, Cameron Harrison, Tom l'Ons, Harry Ludman, Hugh Vaughan, Jude Williams <b>Staff</b> - Mick Marshall, Lynne Vaughan, Sophie Alcock
<b>SOUTHERN SPORTS ACADEMY</b>	<b>Girls</b> - Chelsea Gillanders, Abby Henman, Sophia Owers, Lexie Phillips, Elsie Russell <b>Boys</b> - Angus Behnke, Hunter Behnke, Sydney Chittenden, Edward Corboy, Boston Gillanders, Titus Madeley, Patrick McRae, William Peace, Rhys Thomas, Edmund Thompson <b>Staff</b> - Cam Oke, Sophie Uden, Gethin Thomas, Ben Phillips
<b>WESTERN REGION ACADEMY OF SPORT</b>	<b>Girls</b> - Lara Allen, Charlotte Lovett <b>Boys</b> - Xavier Bland, Cameron Crump, Lachlan Crump, Cadel Lovett



# Athlete **INFORMATION**

## Participating Academies and Squads

Hunter Academy of Sport

Illawarra Academy of Sport

Southern Sports Academy

Western Region Academy of Sport

## ITINERARY

### Saturday 22nd April 2023—DRAFT Program dependent upon registrations

8:30—10:30 am	Registration and Roll-out—Eurongilly Community Hall—Dollar Vale Rd
9:30am	U/9, U/11, U/13 ITT
10:30am	ITT Start — U/15 W and M (8 km) 1 min gap
11:45 am	ITT Start — U/17 Women (10 km) 1 min gap
11:00 am	ITT Start — U/17 Men (10km) 1 min gap
11:15am	ITT Start— U/19 Women and & Men (10km) 1 min gap

#### NOTE:

Road Race U/9-11 Start at Eurongilly Community Hall

12:00 —1:00 pm U/9, U/11, U/13 Road Races

Road Races—start at Eurongilly Primary School—**NOTE DRAFT PROGRAM ONLY**

**ALL Riders must be ready to start at 1:30pm**

1:30 pm	U/17M Road Race— 2 laps 70km
1:40pm	U/19W Road Race—2 laps 70 km
1:50pm	U/15M Road Race—1 lap, 35km
2:10 pm	U/19M Road Race—2 laps 70km
2:15pm	U/17W Road Race—2 lap, 70Km
2:40pm	U/15W Road Race—1 laps 35km

4:30 (approx.) Presentation of overall Winners and Age Group winners

### Sunday 23rd April 2023

8:30 – 11:00am	U/15 – U/19 M & W Criteriums (15-20 min + 2 laps)
11:00 – 12:30pm	Team Relay events – short circuit (800m)

#### Teams Relay

- Individual times included for overall time
- Teams of 4 per Academy / Club
- Sealed handicap identified for each team
- Teams ride off for placings (1v2; 3v4; 5v6, etc)
- Placings determine points for Academy trophy

12:30—1:00 pm

Presentation and Awards



# Athlete INFORMATION

## Preparation

- All riders must bring AusCycle licences for registration
- Athletes are encouraged to ensure sufficient fluid intake prior to, during and post competition.
- All athletes are required to wear their relevant Academy uniform and appropriate racing suit during the competition.
- All racing rules are in accordance with AusCycling Competition Rules.
- The Gwen French Junior Tour will be determined on an accumulative time basis over all events.

## VENUE

- Sat 22 April: Township of Eurongilly (TT—Community Hall; RR—Primary School)
- Sun 23 April: Pomingalarna Cycling Complex, Wagga Wagga

## RAS Points Allocation

The Cycling Program will be conducted on a point-score basis with multiple events over 2 days.

<b>Event 1</b>	<b>Individual Time Trial</b>
Points:	Category (M / F / U15 / U17 / U19)
	1 <sup>st</sup> RAS 5      2 <sup>nd</sup> RAS 4      3 <sup>rd</sup> RAS 3
<b>Event 2</b>	<b>Age Group Road Races</b>
Points:	Category (M / F / U15 / U17 / U19)
	1 <sup>st</sup> RAS 5      2 <sup>nd</sup> RAS 4      3 <sup>rd</sup> RAS 3
<b>Event 3</b>	<b>Age Group Criterium</b>
Points:	Category (M / F / U15 / U17 / U19)
	1 <sup>st</sup> RAS 5      2 <sup>nd</sup> RAS 4      3 <sup>rd</sup> RAS 3
<b>Event 4</b>	<b>Teams event to include;</b>
	Teams relay      Teams of 4
	1 <sup>st</sup> RAS 5      2 <sup>nd</sup> RAS 4      3 <sup>rd</sup> RAS 3

# Athlete INFORMATION

## Registration and Race Numbers

### SATURDAY:

- Registration & collection of your race numbers and timing chip will occur from 9:30am - 10:30am at Eurongilly Community Hall
- The race number and timing chip will remain with you for the duration of the weekend and used for all events.
- Please return items at the end of the last race.

## Briefing

- Race briefing will occur on the start line 15mins before the Individual Time Trial, and prior to the Road Race.
- Team allocation for Sunday events will occur prior to racing on Sunday

## Spirit of Sport

- All athletes and officials are expected to observe the “spirit of sport” requirements when participating in the Games, and adhere to the Academies’ Code of Conduct.

## Officials

- Persons officiating during the Academy Games are doing so as Volunteers and are committed to assisting our athletes enjoy their participation in the Games. Officials are to be treated at all times with courtesy and respect.
- Abuse of officials or volunteers **will not be tolerated** at any time.

## Injuries

- Academy Squads are advised to **bring their own supplies of ICE, strapping, bandages etc.**
- All injuries should be reported by athletes to the Race Organiser. Team officials are responsible for the transport, treatment and care of their injured athletes.