

26 - 27 Sept

STROMLO FOREST PARK, CANBERRA ACT

2026 AUSCYCLING MARATHON NATIONAL CHAMPIONSHIPS

TECHNICAL GUIDE



**National
Championships**
AusCycling

ROCKY TRAIL
ENTERTAINMENT

Welcome/Introduction

Welcome from Aus Cycling

Dear riders, supporters, and members of the Australian mountain bike community,

On behalf of AusCycling, it is my pleasure to welcome you to UC Stromlo Forest Park for the 2026 AusCycling Marathon Mountain Bike National Championships.

We are proud to partner with the team at Rocky Trail Entertainment to deliver the pinnacle of marathon mountain bike racing in Australia. Across all the categories, riders from around the country will line up to test themselves against the best and compete for the honour of wearing the green and gold National Champion jersey.

Stromlo Forest Park holds a special place in Australian cycling history. Rebuilt from the ashes of the 2003 Canberra bushfires, it has evolved into a world-class venue that continues to host major events and crown some of our sport's finest champions.

We acknowledge that UC Stromlo Forest Park is situated on Ngunnawal Country. We pay our respects to the Ngunnawal people as the Traditional Custodians of this land and recognise their continuing connection to Country. We also acknowledge and respect other Aboriginal and Torres Strait Islander peoples and families who maintain connections to the ACT region. We pay our respects to Elders past and present.

The Rocky Trail team has created a spectacular 29-kilometre circuit that showcases Stromlo's iconic flowing singletrack, demanding climbs, and technical features. It is a course that will reward tactical decision-making, technical skill, and endurance in equal measure. Whether your goal is to claim a National Championship title or conquer the legendary Shimano 100 distance, you will be sharing the trails with Australia's best riders on a truly world-class course.

Embrace the championship atmosphere, support one another, and enjoy this remarkable event.

Best of luck to all competitors.

Lukas Matys
Head of Events MTB | CX
AusCycling

Welcome from the Rocky Trail Team!

G'day Riders, Supporters, and the Rocky Trail Family,

Welcome to UC Stromlo Forest Park! Whether you've traveled across the country to hunt for the green and gold jersey, or you're a dirt-curious racer or one of our regulars lined up for a cheeky single lap with your mates, we are absolutely stoked to have you on the start line with us here in the Nation's Capital.

This year is a massive milestone for us. Welcome to the 17th edition of the marathon event you've grown to love as the Shimano 100. Since 2010, this race has been a staple of the Australian mountain bike calendar and this year we are proudly partnering with AusCycling to bring you the Marathon National Championships.

To the Elite and Pro riders: the stage is set for you.

To our Amateur and Junior racers: you are the heartbeat of this event, and we want you to soak up every drop of that high-stakes championship energy.

At Rocky Trail, our philosophy has always been that every single rider is the hero of their own story. You all share the same start line, the same buzz, and the same epic trails.

Speaking of trails - our team has poured an incredible amount of heart, care, and trail-side wisdom into this year's track selection. Stromlo is iconic, but we've curated this "giant monster circuit" to showcase the absolute best singletrack the mountain has to offer. It is a technically demanding, physically rewarding course designed to test the country's premier talent, while still being a whole lot of fun for our one- and two-lap weekend warriors.

Behind the scenes, the Rocky Trail crew has been working around the clock. We are leveraging almost two decades of logistical expertise at Stromlo to ensure that every detail, from the live timing to the operations and medical crews, is seamless, and executed professionally. We'll be focusing on the heavy lifting so that you can focus entirely on your race, your goals, and your adventure.

Our mission is to deliver a world-class racing environment, but more importantly, we're here to deliver an experience. The event hub will be buzzing with families cheering and the community connecting. Have fun out there, look after one another on the singletrack, and let's leave our mark on the trails that define Australian mountain biking.

Thank you for being part of our story, and for letting us be part of yours.

Your Rocky Trail Entertainment Team

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- 3 Day Bike & Gear Expo
- 200+ Leading Brands
- Expo Deals & Special Offers
- Demo Latest Bikes & Gear
- Athlete Meet & Greet
- Skills Coaching & Airbag!
- Bar & Food Trucks



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Welcome to Canberra!

From the Chief Minister

A warm welcome to all riders, support crews, families and fans for the 2026 AusCycling MTB Marathon National Championships and the iconic Shimano 100 Marathon.

We're proud to host this event and welcome Australia's premier off-road cycling talent to Canberra.

You've got a great weekend in store. Elite riders chasing the coveted green and gold national jerseys will share the stage with hundreds of passionate amateur racers, creating a great celebration of community, health and sport.

There's no better venue for a national championship than Stromlo Forest Park, renowned for its exceptional singletrack, challenging terrain and stunning views.

Events like this highlight the growing importance of adventure tourism to our region, drawing visitors from across the country to experience Canberra's trails and natural landscapes, while showcasing our city as a genuine destination for outdoor sport and recreation.

I know you're here for the cycling, but I hope you'll find time to experience what Canberra has to offer off the trails too. There are some great spots for a post-race meal or drink, and you're within easy reach of our national institutions and the beautiful nature that surrounds the capital.

To all competitors: thank you for the determination, hard work and commitment that's brought you to the start line. Whether you're chasing a national title or your own personal best, that effort is what makes this event such a great showcase of the sport.

Thank you for being part of this milestone event, and a special thank you to the volunteers and organisers making it happen. I'd also like to acknowledge AusCycling for sanctioning the event, and the team at Rocky Trail Entertainment for their dedication to delivering a seamless experience for you all.

Best of luck to all competitors out on the trails - ride hard, stay safe, and enjoy your time in Canberra!

Andrew Barr MLA
ACT Chief Minister

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A close-up, low-angle shot of a Shimano XTR bicycle's rear derailleur and cassette. The components are black and metallic, with the 'XTR' logo visible on the derailleur. The background is a blurred, rocky landscape with a stream or waterfall, suggesting a rugged, off-road environment. The image is split diagonally, with the top right portion showing the bike parts and the bottom left portion being a white background with a fine dot pattern.

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XTR

1.0 Event Details

1.1 Event Description

This event represents the pinnacle of mountain bike marathon racing in Australia, bringing together the nation's elite, junior, and master fields to compete for the prestigious green-and-gold National Champion jerseys. Held alongside the long-standing Shimano 100 event, the 2026 Aus Cycling Marathon National Championships are contested on a challenging, purpose-built circuit demanding elite technical competence, calculated tactical execution, and sheer cardiovascular endurance.

This National Championship is an open event conducted under the guidance of the [AusCycling and UCI Technical Regulations](#). We welcome riders from any nationality to compete, however, only Australians will be eligible to win the champions jersey.

1.2 Event Hosts and Key Contacts

- **Event Host:** Rocky Trail Entertainment
- **Sanctioning Body:** AusCycling

Position	Name	Phone	Email
Event Director	Martin Wisata	0403090952	martin@rockytrailentertainment.com
AusCycling Representative	Harry Fortune	0466 433 426	harry.fortune@auscycling.org.au
Head of Events	Jo Parker	0424955332	jo@rockytrailentertainment.com
Race Director	Bob Morris	0458299558	bob@rockytrailentertainment.com
President of Commissaire Panel	Jeff Hughes	0427885112	jeff@corc.asn.au
Comms & Commercial Lead	Juliane Wisata	0416737972	juliane@rockytrailentertainment.com
Medical Lead	Alison Deale	0488949489	Operations@getfirstaid.net.au

1.2 Event Location

UC Stromlo Forest Park, ACT

- **Event Village:** UC Stromlo Forest Park (On the grass below The Handlebar Café)
- **Address:** [Stromlo Forest Park](#)- Dave McInnes Road, Wright ACT 2611
- **Parking:** On-site parking is available within the designated Stromlo Forest Park main parking bays. This paid parking with the funds raised returning to the maintenance of the park. For more information see: [UC Stromlo Forest Park Visitor Parking](#)

1.3 Competition Schedule & Information

Registration/Event Sign-on:

Event registrations will be onsite at the race village. Registrations will be available between;

- Saturday 26th September 2026, 10:00am – 3:00 pm
- Sunday 27th September 2026, 7:00am to 8:30am

Official Practice:

UC Stromlo is a public bike park and as such the course is available to ride at any time the park is open.

Course marking will be from Wednesday 23rd September to 12:00pm Saturday 26th September. Riders are asked to be additionally cautious at this time and respect course crews.

Riders may ride the marked course 12:00pm – 4:00pm Saturday 26th September.

Competition Schedule*

Saturday 26 th September, 2026		
Time	Activity	Categories
10:00 – 15:00	Rider Registration	All
12:00 – 16:00	Course Practice	All

Sunday 27th September, 2026

Time	Activity	Categories
07:00 – 08:30	Rider Registration	All
08:45 - 09:00	Rider Call Up	All
09:00	Race Start Wave 1 (3Laps)	Men and Women Elite, U23 & U19 Men, Men M1-8, Women M1-4
09:15	Race Start Wave 2 (2 Laps)	U19 Women, Men and Women U17, Men M9+, Women M5+, SHIMANO Adventure Racers (2 Laps)
09:15	Race Start Wave 3 (1 Lap)	Men and Women U15, SHIMANO 100 Challenge Racers (1 Lap)
11:00	Presentations	SHIMANO 100 Challengem(1 Lap)
13:30	Cutoff Time to start last lap	All
13:30	Presentations	SHIMANO 100 Adventure (2 Laps)
15:00	Presentations	2026 XCM National Championship

**Subject to change*

Rider Call Ups

Rider marshalling will be located near the Start / Finish line. Riders failing to marshal may be asked to start at the end of their designated start wave or in subsequent start waves.

Cut Off Times

Please note that riders will not be permitted to start a lap after **13:30** Sunday 27th September. Riders withdrawn from the race because of not making the cut off time will be marked as "Did Not Finish" in results.

1.4 Event Entry

Riders may register [here](#). Early Bird pricing applies until 31 July 2026. Standard pricing applies from 1 August 2026 onwards (All prices inclusive of 10% GST).

- **AusCycling XCM Nationals – Elite:** Early Bird: \$130.00 | Standard: \$163.00
- **AusCycling XCM Nationals – Open/Masters:**
Early Bird: \$110.00 | Standard: \$143.00
- **AusCycling XCM Nationals – U17:**
Early Bird: \$75.00 | Standard: \$97.50
- **AusCycling XCM Nationals – U15:**
Early Bird: \$65.00 | Standard: \$84.50
- **Shimano 100 Adventure (2 Laps):**
Open: \$90.00 / \$117.00 | Junior: \$75.00 / \$97.50

- **Shimano 100 Challenge (1 Lap):**
Open: \$80.00 / \$104.00 | Junior: \$65.00 / \$84.50

1.5 Membership Requirements

Riders must hold a current & valid AusCycling All-Discipline Racing membership or Off-Road Racing membership to compete in the XCM National Championships. Proof of membership may be requested for verification purposes.

To update, purchase or upgrade your AusCycling membership, please visit the [AusCycling Membership](#).

1.6 Categories

Eligible categories as part of this year's XCM National Championships are;

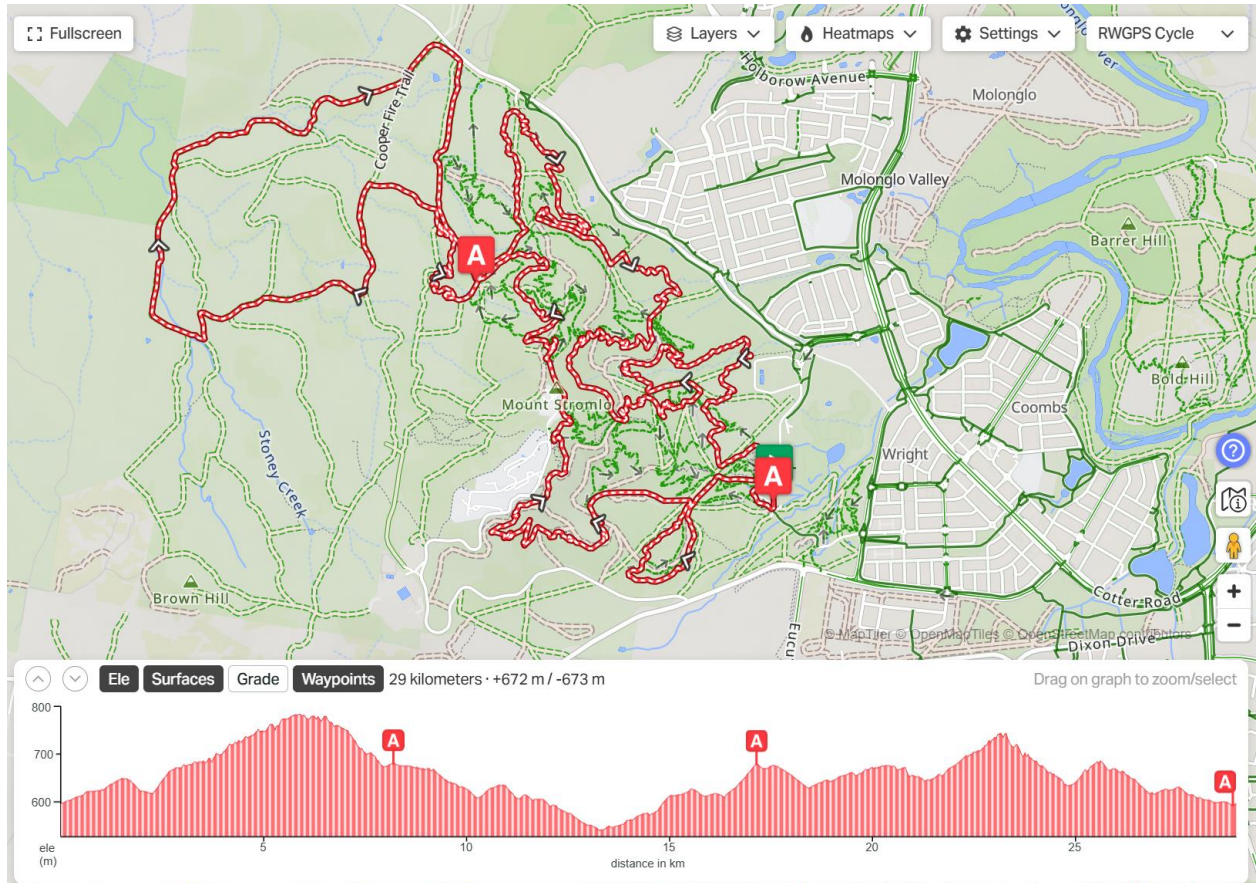
Category	Code	Years	Laps Number M/F
Elite (19 yrs & over)	ME; WE	2007 and older	3/3
U23 (19-22 yrs)	M23, W23	2004 to 2007	3/3
Expert (19-29 yrs)	MX; WX	1997 to 2007	3/3
Masters 1 (30-34 yrs)	M1, W1	1992 to 1996	3/3
Masters 2 (35-39 yrs)	M2, W2	1987 to 1991	3/3
Masters 3 (40-44 yrs)	M3, W3	1982 to 1986	3/3
Masters 4 (45-49 yrs)	M4, W4	1977 to 1981	3/3
Masters 5 (50-54 yrs)	M5, W5	1972 to 1976	3/2
Masters 6 (55-59 yrs)	M6, W6	1967 to 1971	3/2
Masters 7 (60-64 yrs)	M7, W7	1962 to 1966	3/2
Masters 8 (65-69 yrs)	M8, W8	1957 to 1961	3/2
Masters 9 (70-74 yrs)	M9, W9	1952 to 1956	2/2
Masters 10 (75+ yrs)	M10, W10	1951 or Older	2/2
Junior U19 (18 yrs & under)	MJ, WJ	2008, 2009	3/2
U17 (16 yrs & under)	M17, W17	2010, 2011	2/2
U15 (14 yrs & under)	M15, W15	2012, 2013	1/1

1.7 Course Maps

Latest course is available online. [2026 XCM National Championships Course](#).

- Course length 29km.
- Climbing 670m per lap.

Course is subject to change as trail conditions are assessed nearer the event day.



Sectors

The start is located directly in front of the Handle Bar Café. Start → Blue Gums FT → Climb to Mt Stromlo Observatories → Tall Trees → Western Wedgetail (Descent) → Pork Barrel → Slick Rock → Brindabella → [Neutral Hydration / Feed Station] → Forest Trail Fire Road → Deep Creek → Coopers FT → Stevens Break → Browns Trig FT → Bennett FT → Deep Creek FT → Stromlo Pipeline Rd → Mountain View Track → [Neutral Hydration / Feed Station] → Forest Trail → Double Dissolution → Crim Track → After Party → White Gums → Bluetongue → Skyline → Luge → Slant Six → Breakout → Muckraker → Old Duffy Descent → Village Green → DH Tunnel → Paparazzi → Feed/Tech Zone and Finish Straight.

Note: To begin subsequent laps (Laps 2 and 3), riders transition backwards up the Downhill finish bowl to join *Fenceline*, complete the *Evolution Loop*, and feed back onto the course via Blue Gums Fire Road

1.8 Number of Laps by Category

Category	Laps Number Male/Female	Approximate Distance Male/Female
Elite (19 yrs & over)	3/3	89km/ 89km
U23 (19-22 yrs)	3/3	89km/ 89km
Expert (19-29 yrs)	3/3	89km/ 89km
Masters 1 (30-34 yrs)	3/3	89km/ 89km
Masters 2 (35-39 yrs)	3/3	89km/ 89km
Masters 3 (40-44 yrs)	3/3	89km/ 89km
Masters 4 (45-49 yrs)	3/3	89km/ 89km
Masters 5 (50-54 yrs)	3/2	89km/ 60km
Masters 6 (55-59 yrs)	3/2	89km/ 60km
Masters 7 (60-64 yrs)	3/2	89km/ 60km
Masters 8 (65-69 yrs)	3/2	89km/ 60km
Masters 9 (70-74 yrs)	2/2	60km/ 60km
Masters 10 (75+ yrs)	2/2	60km/ 60km
Junior U19 (18 yrs & under)	3/2	89km/ 60km
U17 (16 yrs & under)	2/2	60km/ 60km
U15 (14 yrs & under)	1/1	29km/ 29km

1.9 Medical and First Aid

A medic tent will be in the event hub. Medic responders will be stationed at the Neutral Feed Hydration station on Forest Trail and at the event hub.

1.10 Hospitals & Emergency

Medical emergencies will be handled by the onsite medical team in conjunction with the event team.

Hospital	Weston Creek Walk-in Centre 24 Parkinson St Weston ACT 2611 Canberra Hospital Yamba Dr, Garran ACT 2605 15minutes
Ambulance	Molonglo Ambulance and Emergency Tourist Drive 5, Duffy ACT 2611 5minutes
Other Emergency Services	Woden Police Station 35 Callam St, Phillip ACT 2606 Molonglo Fire and Emergency Tourist Drive 5, Duffy ACT 2611

1.11 Rider Emergency Procedure

In the event of an emergency, it is crucial that riders follow these steps to ensure their own safety, that of other riders, event staff, and first aid providers.

The Race Director's mobile number is on every rider's race plate. When you call you will be asked 3 key questions:

- Where are you? Knowing the distance on the course or geographic landmarks will help speed up the response time.
- What's happened? Having an idea of what has happened helps determine urgency of the response.
- What do you need? Generally speaking you will work together with the Race Director to determine the level of the response.

Rider down procedure:

- If you come to an accident out on the track you MUST stop and make sure the rider is ok.
- If he/she is not, stay with him/her and if you are carrying a mobile phone contact the Race Director and answer the three questions above.
- If you or the injured rider do not have a mobile phone, ask the next rider. If they do not have a phone, have them ride through to the next marshal point and report the incident. Then keep asking the passing riders for a mobile phone.
- Stay with the injured rider until support arrives. Your time will be credited based on the time you call to the time the support responder arrives.

1.12 Results

Results for this event can be found on [Rocky Trail Entertainment Results](#) and on [AusCycling Event Results](#).

1.13 Event Hub



1.14 Event HQ and Registrations

Event HQ will be easy to find immediately in front of the Handlebar café. It will consist of the Stage, and Registrations tent.

1.15 Team Tents

Team Tents can be set up within the designated area of the event hub. If vehicles are required to support team tents, they will need to be in before 6am Sunday and will not be able to leave until after the last riders at approximately 4pm.

1.16 Event EXPO

We will be welcoming several major brands possibly including SHIMANO, LAZER and FOX Racing. Riders and visitors will be welcome to discuss the latest technology, learn what's new in the industry and maybe even find a bargain.



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2.0 Competitor Information

2.1 Technical Regulations

The event will be conducted under the guidance of the UCI and AusCycling Technical Regulations, both General and Mountain Bike specific. Please take the time to review these technical regulations.

- [UCI CYCLING REGULATIONA - Part I - General](#)
- [UCI CYCLING REGULATIONS - Part IV - Mountain Bike](#)
- [AusCycling General Technical Regulations](#)
- [AusCycling MTB Technical Regulations](#)

2.2 Competitor Responsibilities

Participants shall:

- Obey instructions from the Event Organisers, Commissaires and event marshals/officials.
- Employ correct etiquette and ride safely in all situations.
- Be required to wear minimum safety gear including an appropriately approved helmet.
- Ensure that their bicycle is in good working order.
- Ensure they have adequate supply of water, sports drink and nutrition as required for the activity they are to participate in.
- Be responsible for ensuring they are fit enough for the activity.

2.3 Awards and Prizing

Riders who place 1st, 2nd or 3rd for all XCM National Championship categories will receive a medal, and all riders who place first on their podium will also receive a national championship jersey.

Riders who place 1st, 2nd or 3rd in Elite Men and Elite Women will receive prize money.

2.4 Awards Presentations

XCM National Championships presentation will be on the main stage at 15:00 on Sunday 27th September. Categories where riders competing for podiums are yet to finish will be presented when the final rider on that podium has completed.

2.5 Race Plates & Timing Chips

For all races in the XCM National Championships, riders will be issued a race plate with a timing chip and a back plate at registration. Plates must be clearly visible and unaltered in any way. This race plate must be fixed to the riders bike prior to commencing any practice or racing. The body plate must be attached for racing only in the centre of the back.

Race numbers must be visible to any official or rider whilst on track in either race or course practice. This means that the race plate cannot be obscured in any way. The race plate must be:

- Displayed flat, not curved.
- Free from visible obstructions such as cables or any other hardware.
- Displayed as provided, not cut, folded or altered in any way.
- Perpendicular to the ground with a slight upwards slant.



2.6 Safety Equipment

As per the 2026 AusCycling Mountain Bike Technical Regulations;

All riders are required to wear a helmet fitted correctly meeting AS2063/NZ 2063 or equivalent. Helmets must have a manufacturers mark stating its compliance with the Standard. Helmets may be inspected at any time by a Commissaire

The following are also accepted as an international equivalent to the Australian/New Zealand Standard 2063:

- ANSI Z90.4
- SNELL B or N Series
- ASTM F-1447
- US CPSC standard for bicycle helmets
- European CEN standard EN107



- CAN/CSA-D113.2-M

2.7 Rider Seeding

Seeding and plate order for the 2026 XCM National Championships will be determined by;

Elite, U23 & U19	Masters
1. 2025 AusCycling XCM National Champion 2. 2025 UCI XCM World Champion 3. Any rider ranked in the top 200 UCI world XCM ranking, in ranking order 4. Order of Entry	1. 2025 AusCycling XCM National Champion 2. Order of Entry
J15, J17	Expert
1. 2025 AusCycling XCM National Champion 2. Order of Entry.	3. 2025 AusCycling XCM National Champion 4. Order of Entry

2.8 Technical Assistance & Feed Zone

There will be dedicated Technical Assistance Zones as a pit straight near the finish area. Feeding and Technical support may only be provided within this Zone.

A rubbish drop area will be available in the TAZ.

Riders must not receive food or technical assistance outside of the TAZ.

2.9 Neutral Race Support

A Neutral Feed Zone will be located on Forest Trail. Riders will pass this station at approximately 8km and 17km of the lap distance.

Vehicle access to this Feed Zone is **restricted to race officials only**.

The Neutral Feed Zone will have bulk hydration liquid, water, and a selection of lollies, and fruit.

Riders wanting to utilize the Neutral Feed Zone will need to stop to refill bottles or grab food etc. A rubbish drop area will be available in this zone.

4.0 Policies and Sport Integrity

3.1 Sport Integrity Reminder

A reminder this is a National level AusCycling event. Sport Integrity Australia can conduct anti-doping testing at any event or competition. It is your responsibility to ensure you are aware of your obligations and have completed clean sport education.

All riders over 13 are strongly encouraged to complete Anti-Doping Fundamentals and the 2026 Annual Update online courses through the Sport Integrity Australia eLearning page: [Sport Integrity Australia eLearning: Log in to the site.](#)

It is recommended you also download the Sport Integrity app which can assist you to check medications, supplements and complete your education.

3.2 Therapeutic Use Exemption

All competitors may be subject to anti-doping testing under AusCycling and Sport Integrity Australia regulations. If you are currently taking any medication (including supplements), please check whether this substance is banned in or out of competition via www.globaldro.com/AU/search

A TUE is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance). TUE approval may protect athletes from receiving a sanction if a prohibited substance is found in their sample.

Who needs to complete a TUE in-advance for Cycling? Athletes who are taking, considering taking, or being prescribed any banned or prohibited substances.

Further information on the TUE process can be found on the Sport Integrity Australia (SIA) website <https://www.sportintegrity.gov.au/resources/therapeutic-use-exemption> or by calling 1300 027 23.

3.3 Sport Integrity Australia App

Any athlete and official can download the SIA app.

The SIA App has been designed with athletes in mind. The App gives a complete list of all supplements sold in Australia that have been screened for prohibited substances by an independent laboratory.

The testing and certification of sports supplements cannot provide athletes a 100% safety guarantee but does significantly lower the risk of a positive test. For non-tested supplements the App gives athletes access to a quiz to assess the risk posed by highlighting key risk factors. The App can also be used to report doping, check if a medication is banned in sport, give SIA feedback on testing missions, and complete online education module.

3.4 Policy Notice

By entering this event you agree to the following:

- [AusCycling General Technical Regulations](#)
- [AusCycling Discipline-Specific Regulations](#)
- [National Integrity Framework](#)
- [Australian Concussion Guidelines for Youth and Community Sport](#)
- [AusCycling Event Entry Policy](#)

- [Rocky Trail Entertainment Refund Policy](#)
- [Rocky Trail Entertainment Race Waiver and Liability Release](#)

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