



UCI MECHANIC COURSE LEVEL 1

27TH - 30TH JUNE 2019

EMPRESS HOTEL NILAI, SEPANG

MALAYSIA



PREPARED BY:

ALIF AL HAFIZ BAHARUM

MALAYSIAN NATIONAL CYCLING FEDERATION

1. INSTRUCTOR/EXPERT

Mr Enrique Guerrero is an International Mechanic who has been appointed by UCI and he was working for Specialized Team two years back in Switzerland

2. PARTICIPANTS

2.1.	Mr Myo Lin Aung	Myanmar
2.2.	Mr Ravi Shankar	India
2.3.	Mr Muhammad Muin	Brunei
2.4.	Mr Natthapon Jeebthawornthawit	Thailand
2.5.	Mr Dane Steve Nugera	Sri Lanka
2.6.	Mr Toni Yuli Kurnia	Indonesia
2.7.	Mr Takahiro Ichikawa	Japan
2.8.	Mr Majid Pezeshkian	Iran
2.9.	Mr Wilfrid Michel	Laos
2.10.	Mr Faizal Abd Wahab	Singapore
2.11.	Mr Shahrul Azman Abdullah	Malaysia
2.12.	Mr Muhammad Fatzil Muhi	Malaysia
2.13.	Mr Mohd Zaki Abd Aziz	Malaysia
2.14.	Mr Mohammad Bin Othman	Malaysia
2.15.	Mr Mohd Najib Zainul Azman	Malaysia

3. COURSE SCHEDULE

3.1. As attached Appendix 1

4. ACCOMODATION

4.1. MNCF choose for this course at Empress Hotel which is located at Sepang Selangor

4.2. Hotel provided internet, conference room and it also provided breakfast, lunch and dinner for this course

4.3. Hotel also provided place to wash bike for Instructor show how to wash bike properly

4.4. Kuala Lumpur International Airport is about 8km to Empress Hotel

5. OVERALL SUMMARY FOR THE COURSE

- 5.1.** All participant arrived according to our booking flight ticket except for Thailand participants late to departure (Gate Close) and need to buy a new ticket
- 5.2.** On the first day, MNCf president Abu Samah Wahab came and do opening ceremony for an opening UCI Mechanic Course Level 1, President also give some souvenir to UCI Instructor and to all participant that involve in this course
- 5.3.** Second day Mr Enrique teach how to repair headset, rear derailleur and how to correctly repair for gearing system and the most important thing how to fix braking system as smooth as possible
- 5.4.** Third day all of the participant do some practice such as in the races to fix all the tires front and rear as fast as can. Mr Enrique also teach them how to install bar tape follow the UCI rules. On the evening the experts shows how to wash bike properly in the hotel lobby
- 5.5.** Fourth day is the Examination Day and the exam is only practical exam such as fix the bike as smooth as can for example from Brake, Front Derailleur, Rear Derailleur and Head Set.

6. FINANCIAL IMPLICATION

- 6.1.** Appendix 2

7. PICTURE

- 7.1.** As attached Appendix 3

Appendix 1:

MECHANIC COURSE UCI/WCC | LEVEL 1

Hour	Day 1	Day 2	Day 3	Day 4
8:00	Preparation - Establishment of the course	Preparation - Establishment of the course	Preparation - Establishment of the course	Preparation - Establishment of the course
8:30				
9:00	Reception of the trainees Presentation & visit	Course / Building Road Bike for World <i>Goal</i> : Cockpit - Rim brakes settings	Course / Building Road Bike for World <i>Goal</i> : Vocabulary Wheel-Hubs	
9:30	Theory / Tools <i>Goal</i> : Basic mechanical skills			
10:00				
10:30	Exam			
11:00	Course / Building Road Bike for World <i>Goal</i> : Vocabulary - Frame preparation	Course / Building Road Bike for World <i>Goal</i> : Derailleur Systems Chains and Cassette settings	Course / Building Road Bike for World <i>Goal</i> : Vocabulary clinchers & Tubulars	
11:30				
12:00				
12:30				
13:00		Course / Building Road Bike for World <i>Goal</i> : Derailleur Systems Chains and Cassette settings	Course / Building Road Bike for World <i>Goal</i> : Vocabulary Saddle & Seat post, pedals and handelbar tape	Reserve time 2h
13:30	Course / Building Road Bike for World <i>Goal</i> : Vocabulary - Headset			
14:00			Theory Bike-Fitting Basic	
14:30				
15:00	Course / Building Road Bike for World <i>Goal</i> : Vocabulary - Stem and handlebar	Emergency repares	Course / Practice Maintenance - Washing	
15:30				
16:00	Course / Building Road Bike for World <i>Goal</i> : Vocabulary - Bottom bracket		Reserve time (Doubts of the day)	
16:30				
17:00				
17:30				
18:00				

Appendix 2:

MALAYSIAN NATIONAL CYCLING FEDERATION

NO 3-24, JALAN PM 9, PLAZA MAHKOTA

75000 MELAKA, MALAYSIA

TEL: +6062830150, FAX: +6062836786

ACTUAL EXPENSES

Name of the Course : UCI Level I Mechanic Course
Date : 27th – 30th June 2019
Place : Empress Hotel, Sepang, Malaysia
Total Participants : 15 participants
Name of the Instructor: Mr Enrique Guerrero

NO	PARTICULARS	TOTAL (RM)	TOTAL (EUR)	REMARKS
1	<u>Allowance</u> i. UCI Instructor ii. Officer/ Staff (6 persons)	4,200.00	903.23	*Paid by UCI Attachment 1
2	<u>Accommodation</u> Hotel including F&B and Lecture Room	21,415.00	4,605.38	Attachment 2
3	<u>Air Flight Fare</u> i. Instructor* ii. Participants (10 internationals)	19,226.00	4,134.62	*Paid by UCI Attachment 3
4	<u>Transportation</u> i. Van and Car Rental ii. Petrol & Toll	1,200.00 825.75	258.06 177.58	Attachment 4
5	<u>Operation Expenses</u> i. Printing ii. Stationery ii. Official Attire	5,855.00 2,023.1 1,440.00	1,259.14 435.08 309.68	Attachment 5
	GRAND TOTAL	56,184.85	12,082.76	

**Rate EUR 1 = MYR 4.65*

Prepared by:
Mrs Mimi Kartini Razak
Finance Department

Confirmed by:
Mr Wahab, Ab Samah
President of MNCF

Appendix 3:





