WESTERN CAPE CYCLING

Western Cape Track & Para-Cycling Championships 2025

CYCLING SOUTH AFRICA

UCI

WESTERN CAPE CYCLING

Western Cape Government

BETTER TOGETHER.

NATIONAL LOTTERIES COMMISSION

LOTTO FUNDED

Officials (TO BE CONFIRMED)

Race Director	Nigel Isaacs
President Commissaire	
Judge Referee	
Starter	
Assistant Starter	
Commissaire 1	
Commissaire 2	
Chief Judge	
Judge 1	
Judge 2	
Judge 3	
Chief Timekeeper	
Timekeeper 1	
Timekeeper 2	
Camera Results	
Lap Score Board 1	
Lap Score Board 2	
Start Block / Bike Check	
Race Secretary / Registration	Sue Kirk
Results	Myriad Events
Machine Inspector	

General Provisions

The Western Cape Track and Para Cycling Championships will be held at the Faure Stadium, Faure Street, Paarl on the 15th and 16th November 2025.

The Championships will be held in accordance with the Regulations of the Union Cycliste Internationale (UCI) and Cycling South Africa, except where herein provided. Racing format may also be modified at the discretion of the chief commissaries in response to prolonged stoppages with the possibility of events being cancelled due to insufficient time to complete them.

Entries and Registration

This event is open to South African citizens and permanent residents.

All riders must be in possession of a valid Cycling SA Track Racing License (Cycling SA Membership is not sufficient for Juniors and older).

Rider licenses have been verified before the time and there is no need to present them at registration.

Entries close 10 November 2025 **at midnight**

Riders are not considered registered until all administrative requirements have been fulfilled:

- Entry form has been completed.
- Entry fee has been paid in full.

Age Categories

In all cases, the age of the competitor shall be determined by the actual age on December 31st of the current year.

Where appropriate categories have been combined in line with the current Cycling South Africa records categories.

Masters will be judged in five-year age categories for the individual pursuit and the time trial events only.

The following masters bunch events will have a 35-49 race and a separate 50+ race:

- 1500m
- Scratch
- Points

There will be one set of medals for each race for each of these categories namely a set for 35-49 and a set for 50+. There will be no five-year splits. The masters match sprint will be split into a 35-49 race category and a 50+ plus race category. The fastest 4 in each of these categories go to the medal ride offs. 1 set of medals for each for 35-49 and 1 set of medals for 50+ (no five-year splits)

The masters keirin will be split into a max of 6 riders per race. Each race has its own set of medals. Here are the splits:

- 35-44
- 45-49
- 50-54
- 55 plus

A suitable distance as determined by the President Commissaire will be ridden for bunch races.

Entry Fees

Elite Men/Women, Masters Men/Women, Junior Men/Women	R450
All Para/youth/scholar categories	R400

Registration

Registration will take place on Saturday 15 November between 7h30 and 8h45 and again on Sunday 16 November between 07h30 and 08h45 at the Faure Stadium, Paarl

Here you will be able to:

- Confirm the events you have entered
- Hand in the signed indemnity form
- Verify your Cycling SA Racing License, where necessary
- Collect your race numbers and accreditation
- Collect your parking ticket
- Collect Team Manager accreditation (must have valid team managers license)

All riders taking part in team events are to pre-enter and teams are to be declared before 12h00 on Wednesday 12 November 2025. Team names are to be sent to track@wpcycling.com

All withdrawals/additions to individual events must be done by 17h00 on the day preceding your race.

Managers meeting

Managers meeting on Saturday 15 November at 8h00 on the inside of the stadium.

Schedule

The program will be published once entries have closed.
A full race program will be available closer to the time. Please see the website for the latest version of the program.

Regulations - General

The Western Cape Track & Para Cycling Championships will be conducted in accordance with the General Regulations of the Union Cycliste Internationale (UCI) except where herein provided.
The following rules and regulations will be followed:

- "Part I: General organization of cycling as a sport" Version on: 16.06.2025
- "Part III: Track Races" Version on: 23.06.2025

These rules and regulations can be obtained from the UCI web site at www.uci.ch.
The track rules and regulations have been posted on the events page for convenience.
We will also adhere to the Cycling SA Track Cycling Handbook published on 1 January 2025 and any update to this document. Once a rider is registered and on the official start list, they will be fined R250 should they not appear on the start line unless they have officially withdrawn by 17h00 the previous day. Fines will not be levied if a medical certificate is provided upon withdrawal. Riders who arrive late for their start will not be allowed to start and will be fined R250.
No rider under the influence of alcohol or any performance enhancing or non-prescriptive drugs will be allowed to ride.

Equipment

A bike check station will be set up on the inside of the track where gear restrictions will be checked and all bicycles will be checked for compliance to UCI regulations. Spot checks may also be done from time to time.

Power meters and cycle computers will be allowed on the rider's bicycles, but the reading must not be visible or audible. They can either be securely placed under the saddle or covered over with tape and not be able to be dislodged.

Wheels with 3, 4, 5 or more spokes will be allowed for mass start events.

Riders may carry NO object on them or on their bicycles that could drop on to the track. They may not bear or use any music player, radio communication system or cell phone while on the track.

Please note that in addition to the normal equipment compliance checks in terms of UCI regulations special attention will be paid adherence of rules 1.3.013 and 1.3.022 at this event. As per UCI Rule 3.2.014 "In the event that bicycles are checked on conformity with articles 1.3.006 to1.3.020 with dedicated measuring devices, commissaires are entitled to double check positions after the race on a random basis. Should the bicycle or positions have been modified in infringement with this regulation, the rider will be disqualified."

Youth restrictions

As per CSA regulations.

Gearing - roll out distances

For the u/17 categories, male and female, the following maximum roll out distances shall apply:
7.488metres (93.6") 52X15
If, for whatever reason, a rider has been granted approval to compete in a higher age division event, the maximum roll-out distance applicable to the rider's age division must be maintained.

The following equipment restrictions will also apply for track competitions;

- Riders u17 will be allowed to use UCI Approved Time Trial bars or bolt on bars without modification for the Time Trial, Individual and Team Pursuit

Please note changes to the acceptable equipment specifications over the different age categories.

Riders Numbers

Riders are issued one number. This needs to be visible from the inside of the track in line with the commissaires requirements. The number may be placed on the lower back of the cyclist for the following specialties:

- Time Trial
- Individual Pursuit
- Team Pursuit
- Team Sprint

Anti-doping Control

The Anti-doping Commission of the UCI or Drug Free Sport may designate an Anti-doping Inspector and Doctor for the WC Track Championships.

Riders required to submit to anti-doping control shall be determined by Anti-doping Regulations, the Track Commission, UCI Anti-doping Inspector and Doctor or otherwise.

It is advised that you make yourself aware of anti-doping rules, regulations and procedures. This can be done at http://www.drugfreesport.org.za/education/

Clothing

Riders may compete in their provincial, club, sponsors or plain jersey – NO EXCEPTIONS

Defending Provincial Champions relinquish their title 24 hours before their event and may not ride in the Champions Jersey.

Previous champions may ride with the Champions stripes on their collar and cuffs in the events and disciplines in which they held the title.

Event Specific Regulations

Scratch Race

Individual race over a specific distance
Should the number of entrants exceed 24, heats will be held.

Sprint Qualifiers

A “200 metres Time Trial” shall take a flying start from the 200 metres line and shall be used to select the participants and rankings for the sprint and Kierin competitions.

1500m

Should the number of entrants exceed 18 for each age category, heats will be held.

Individual Pursuit

One cyclist competes in a fixed distance. The rider starts on station A of the track. The winner is determined by rider recording the fastest time.

Team Pursuit

The team pursuit is a race with 4 riders, starting on station A side of the track. The winner is determined by the team recording the fastest time. The men’s and women’s events are run over

four kilometers by teams of 4 riders. 4 riders must start.
The first rider needs to complete at least 1 lap. Three riders need to finish and the time is stopped on the 3rd rider crossing the finish line.

Teams will be made up of riders as follows, in order of priority:

1. Region
2. Club
3. Riders who have not been selected for Province, region or club may form a mixed team

Where possible, teams will be seeded according to the slowest individual's pursuit or time trial time. Substitutions will only be allowed due to injury or illness. Substitutions must be by riders who are already pre-registered for the Championships. The open category is open to juniors and elites who may combine to form a team. Masters will all race in one category namely masters 35+

The Team Pursuit Event will be run for the following age categories:

- Open men: Teams may comprise of junior and elite riders
- Open women: Teams may comprise of junior and elite riders
- Master men 35+: One category. Riders to be 35 and older.

To be eligible for a National Record, and championship jersey, all riders in the team must be in the same UCI age grouping.

Points Race

The points race is a specialty in which the final placings are determined according to accumulated points won by riders during the sprints and by taking laps. Should the number of entrants exceed 24, heats will be held.

Elimination

The Elimination Race is an individual race in which the last rider in each intermediate sprint is eliminated. Sprint will be on each lap.

Match Sprint

The sprint is a race between 2 to 4 riders over 2 or 3 laps. The structure of the sprint competition will be determined by the number of entries in each category.

Team Sprint

The Team Sprint is a race with 3 riders, each of whose riders shall lead for one lap.
Both men's and women's events run over 1 and half lap of the track by
teams of 3 riders.

Teams will be made up of riders as follows, in order of priority:

1. Region
2. Sponsored team
3. Club

Where possible, teams will be seeded according to the slowest individual's time trial or sprint time. Substitutions will only be allowed due to injury or illness. Substitutions must be by riders who are already pre-registered for the Championship.

Teams must register three riders.

The Team Sprint Event will be run for the following age categories:

- Open men: Teams may comprise of junior and elite riders
- Open women: Teams may comprise of junior and elite riders
- Master men 35+: One category. Riders to be 35 and older.

To be eligible for a National Record, and championship jersey, all riders in the team must be in the same UCI age grouping.

Keirin

As per UCI Rule 3.2.135

Open Madison

The Madison is open to riders in the Junior Men, Elite Men and Master Men and will be ridden according to an appropriate distance as decided by the commissaires. It will be one race with one set of medals. It will be a Points Madison.

Substitutions will only be allowed due to injury or illness. Substitutions must be by riders who are already pre-registered for the Championship.

Awards Ceremony

The awards ceremony will be held after the event, as per the program. Riders who cannot attend the awards ceremony must advise the Chief Commissaire or the Technical Delegate with a valid reason.

As per UCI rule 9.1.046, riders going up for the Awards Ceremony shall be dressed in their cycling kit and shall not wear glasses or headwear.

Awards

Championship winner(s) shall be awarded a gold medal and jersey as per their age category. The second and third placed riders shall receive a silver and bronze medal respectively.

Track

The track will be open for riding between 7am and 8h30am each day of the event and during all intervals (including lunch). The track will be closed during awards ceremonies.
The Commissaires are in control whenever the track is open for riding.

Riders wanting to practice standing starts must do so in the home straight under the control of the Commissaires - the start gates will not be available.
Riders are not permitted to stop on the track (against the rail) when the track is open for riding. Riders must observe track etiquette whenever the track is open for riding.
The sprinter's lane (section between the white line and the yellow line) is reserved for pacelines and hard efforts. Slow riders must keep well above the stayers (red) line.



Trackside Warm-up Protocol

The following protocols will be in force during warm-up sessions.

1. Understand that there are many riders focused on getting ready for their specific event. Be courteous and patient when entering and exiting the track racing surface. It may take you a lap or two on the apron before you find a gap to enter the trace surface safely.
2. Make sure you "head check" by looking over your shoulder before making a lateral (sideways) move on the track.
3. Use the words "Stick", "Stay" or "Rail" to tell other riders what your intention is when approaching them from behind.
4. Keep the rail clear for those riders doing flying 200m efforts.
5. Slower riders not performing ¾ pace effort or higher must ride above the Stayers line, especially when riding side by side or cooling down. Let riders doing faster efforts have priority over the lower portion of the racing surface.
6. No motor-pacing or standing starts to be conducted during "Open Track Sessions" within one hour of a scheduled race session. There are too many people using the track for these efforts to be conducted safely.
7. Any riders using foul language or gesturing in a rude manner will be sanctioned and potentially disqualified.

Parking

Only officials, organizers, service providers may park inside the grounds.

Outside Parking

Parking at own risk.

GOOD LUCK TO ALL COMPETITORS