

## 2018 Western Cape Road Championships - President's Message



I would like to welcome all the competitors, officials and spectators to the 2018 Western Cape Road and Time Trial Championships. Our Cape Winelands region under the leadership of Ian Goetham has grown tremendously over the last few years and by hosting these Provincial Championships they once again confirm their status as a thriving cycling region. The Provincial Championships are an important stepping stone to the National Road Championships which are scheduled for the Eden region in the Western Cape next month.

The Cape Winelands has a rich history in cycling and it is therefore fitting that they are hosting these Provincial Championships. I look forward to a great Championship and know that the competition will be of the highest calibre as riders go in pursuit of the coveted titles and medals.

Having strong regional and provincial structures with active race programmes is key to the growth and development of our sport, so I am indeed very encouraged by the activity in the Cape Winelands region and Western Cape Province. Being crowned the Western Cape Provincial Champion is indeed a great honour to which all our riders aspire and which will set them on the path for higher honours nationally.

I would like to congratulate and thank all involved in making this event possible - the sponsors, service providers, provincial and regional partners and all those who are working tirelessly behind the scenes to deliver this important event for our riders.

To the riders I say go out there and do your best while enjoying the sport. I invite you all to enjoy the hospitality of the Cape Winelands community and take some time out to explore the region.

Yours in Cycling

A handwritten signature in black ink, which appears to read 'William Newman'. The signature is fluid and cursive, with a long horizontal stroke at the end.

**William Newman**  
President  
Cycling South Africa

# Welcome message from Western Cape Cycling Association

On behalf of the Western Cape Cycling Association, I would like to extend a warm welcome to all of the riders, spectators, managers, parents and officials attending the championships in Paarl. It is indeed an honour for us to be associated and involved with Cape Winelands, being the host of this event.

Without your dedication, commitment and sacrifice this event would certainly not have been possible. I would like to thank Cape Winelands Cycling and

other supporters within the community at large, without your support and input, things would certainly not be as successful as they are.

Wishing you all the best for the championships. May the wind always be at your backs and may you soar to new heights of achievement and excellence.

In conclusion, safe cycling and may the best man\woman win.

Corne Bence

President

Western Cape Cycling

WESTERN CAPE ROAD AND TT CHAMPS 20\21 JAN 2018  
INFORMATION PAGE.

RACE VENUE: WINDMEUL CELLAR, PAARDEBERG

SATURDAY 20<sup>TH</sup> TT START: FROM 8.00AM, TIMES TO BE  
POSTED ON THE WEBSITE.

SUNDAY ROAD RACE 21<sup>ST</sup>, START FROM 8.00AM, START  
TIMES AS FOLLOWS.

8.00AM	U\11 BOYS AND GIRLS\U13 GIRLS	20KM
8.15AM	ELITE MEN\U 23 MEN	150KM
8.30AM	ELITE LADIES\JUNIOR MEN\ LADIES 30-40\VET MEN 30-49	100KM
8.45AM	U\15 BOYS \U\17 GIRLS	50KM
9.30AM	JUNIOR LADIES\ VET LADIES 45+ U\17 BOYS\VET MEN 50+	75KM
10.00	U\13 BOYS\U\15 GIRLS	25KM

1. Pre- Registration will take place at the Windmeul Cellar from 15h00 to 18h30 Friday 19<sup>th</sup> on the stoep of the cellar. If you have a Mobi timing chip please bring it along to have it checked. Also please bring along your valid 2018 CSA LICENSE or MEMBERSHIP. Any proof of purchase will be sufficient.

2. MANAGERS MEETING. All managers must please report to the managers meeting that will take place at 7.30 on Sunday morning at the start line before the road race. Please bring along your valid CSA Managers license for check.
  
3. TIME TRIAL times will be posted on the website. Please make sure you print a copy of the times for yourself.

#### GENERAL INFORMATION.

1. ACCESS TO THE RACE VENUE WILL BE FROM THE R45 TOP ENTRANCE INTO THE CELLAR GROUNDS. NO ENTRY WILL BE ALLOWED FROM THE BOTTOM GATE ON THE VRYGUNS ROAD AS THIS IS THE CIRCUIT ROAD.
2. PLEASE ADHERE TO INSTRUCTION FROM THE PARKING OFFICIALS ON PARKING INDICATED AND ALLOWED.
3. ALL RIDERS PLEASE BE ON TIME FOR YOUR TT START. BE IN THE START CHUTE AT LEAST 15MINS BEFORE YOUR START TIME.
4. ALL YOUTH RIDERS NEED TO ROLL IN FOR GEAR CHECK. MAKE SURE YOU HAVE THE CORRECT GEARS \ EQUIPMENT AS PER CSA REGULATIONS.
5. RIDERS AT ALL TIMES NEED TO STAY ON THE LEFT SIDE OF THE WHITE LINE ON THE ROAD. DO NOT CROSS THE WHITE LINE. STAY ON THE INSIDE OF THE CONES ON THE R45.

6. ONCE THE RACE IS COMPLETED TOP 5 POSITIONS PLEASE COME FOR GEAR CHECK.
7. THERE IS NO FULL ROAD CLOSURE FOR THE EVENT, SO AT ALL TIMES BE AWARE OF THE TRAFFIC ON THE ROUTE.
8. NO PARENTS WILL BE PERMITTED TO FOLLOW ON THE ROUTE UNLESS PRE ARRANGED WITH THE CHIEF COMM. NO VEHICLE WILL BE ALLOWED TO FOLLOW WITHOUT THE CORRECT SIGNAGE ON THE VEHICLE INDICATING THAT YOU ARE PART OF THE EVENT.
9. ALL MANAGERS MUST COLLECT SIGNAGE FOR YOUR VEHICLES.
10. RIDERS PLEASE TAKE NOTE OF THE TURN-AROUND BOARDS FOR THE TT. YOUR AGE CAT AND DISTANCE WILL BE CLEARLY MARKED ON THE BOARDS. SURE YOU KNOW WHAT DISTANCE YOU ARE DOING.

YOU WILL APPROACH THE TURNING POINT AND TURN BEHIND THE BOARD. THERE WILL BE CONES IN THE ROAD AS WELL.

11. PLEASE BRING ALONG ENOUGH WATER FOR YOURSELF. WITH THE WATER RESTRICTIONS WE ARE RESTRICTED TO WATER AND CANNOT SUPPLY WATER.
12. PLEASE COME WELL PREPARED FOR VERY HOT CONDITIONS ON SATURDAY.
13. THE RACE VENUE OFFERS A DELI AND A RESTAURANT AT WHICH YOU CAN PURCHASE GOODS. THERE WILL BE WINE SALES ON SATURDAY ONLY. COFFEE WILL BE ON SALE.

14. PLEASE USE THE PORTABLE TOILETS. A KIND  
REQUEST FOR YOU TO PLEASE TAKE HOME ALL YOUR  
LITTER.

RACE ORGANISER. ZANNE PARSONS 0837212380

RACE DIRECTOR. IAN GOETHAM 0839494501

RACE MANAGER. ELRICK KULSEN 0835369096

RACE SECRETARY CHTISTONIE GELDENHYS 0826714099

EVENT SET UP LANS PEPLAR 0827872472

MARSHALS FRIKKIE ROMAN 0788265803

MEDICAL: SAKHISIZWE CYCRIL THOMAS 0723345167

TRAFFIC : MR WILLIAMS 0824159348

MEDI CLINIC : 021 807 8000

PAARL PROVINCIAL HOSPITAL : 021 860 2500

FIRE DEPARTMENT : 021 8721404

PAARL POLICE DEPT : 021 807 4000

CSA OFFICIALS.

CHIEF COMM SHUMEEZ DOLLIE 0835717233

FREDDIE JOUBERT 0721105277

HARRY UNTHANK	0834538341
WYNAND KEMP	0829266031
NAIM ISMAIL	0726329933
AMANDA VOLSHCENK	0813803384
SAMMY HARDINE	0825767141
ROLLIN RENQUIS	0826612802
DENIS HUMAN	0825259919
NICKY KING	0824381313

CAPE WINELANDS CYCLING WISHING EVERYONE A VERY SUCCESSFUL CHAMPS. BE SAFE ON THE ROAD AND GIVE IT YOUR BEST EFFORT. WE WOULD LIKE TO THANK EVERYONE WHO HAS MADE THIS EVENT POSSIBLE. SPONSORS, EXCO MEMBERS AND EVERYONE WHO HAD SOMETHING TO DO WITH THE ORGANISING OF THIS PRESTIGE EVENT. BEST OF LUCK TO EVERYONE.

CHAIRPERSON IAN GOETHAM.