

2020 Western Cape Road and Time Trial Championships

Event Guide



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Message of Welcome from the 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, 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 Association 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 men and women win.

Corne Bence

President

Western Cape Cycling

Officials

Chief PC	Heinrich Gryffenberg	0723793814
Chief Judge	Amanda Volschenk	0826036628
Chief Time Keeper	Nici King	0824381313
Commissaires	Corne Botha	0742602871
	Elrick Kulsen	0810223970
	Harry Unthank	0834538341
	Wynand Kemp	0829266031
	Naaïm Ismail	0726329933
	Sammy Hardine	0825767141
	Rollin Renquis	0826612802
	Denis Human	0825259919
	Freddie Joubert	0721105277

Race Personnel

Race Organiser	Zanne Parsons	0837212380
Race Director	Ian Goetham	083949501
Race Secretary	Sue Kirk	0835789375
Timing	Christhonie Geldenhuys	0826714099
Safety Officer	Mark Syce	0833189379
Think Bike	Az	0843225194
Medical	Cyril Thomas	0723345167
Traffic	Mr Williams	0824159348
Medi Clinic	Paarl	021 8078000
Provincial Hospital	Paarl	021 8602500
Fire Dept	Paarl	021 8721404
Police Dept	Paarl	021 8074000

General Provisions

The Western Cape Road and Time Trial Championships and will be held at Perdeberg Cellars, Vryguns Road, Paarl on 11 and 12 January 2020

These 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 should this be necessary.

Entries and Registration

Eligibility

This event is open to South African citizens and permanent residents. All riders must be in possession of a valid Cycling SA membership. CSA Day Licenses will be allowed. Rider licenses have been verified before the time and there is no need to present them at registration.

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

Veterans will be judged in five-year age categories. The organisers reserve the right to combine categories if needed.

Registration

Registration will take place on:

10 January 2020 between 16h00 and 19h00

11 January 2020 between 06h00 and 07h30

12 January 2020 between 05h30 and 07h15

Here you will be able to:

- Confirm the events you have entered
- Verify your Cycling SA Racing License, where necessary
- Collect your race numbers and accreditation

All withdrawals must be done by 19h00 on the day preceding your race.

Managers meeting

Managers meeting on Sunday, 12 January at 06h45 in the Perdeberg Cellar.

Schedule

The program may be found on the events page on the WP Cycling webpage at

<https://www.wpcycling.com/event/western-cape-road-championships-2020>

Start times are approximate and are subject to change. Please see the website for the latest version of the program.

Regulations

General

The Western Cape Road and Time Trial Championships will be conducted in accordance with the General Regulations of Cycling South Africa (CSA) except where herein provided.

The following rules and regulations will be followed:

- "Part I: General organization of cycling as a sport" version on 19/02/2019
- "Part 3: Road Cycling Regulations" version on 25/02/2019
- "Part 7: Technical Regulations" version on 17/02/2018
- "Part 8: Code of Conduct"
- "Part XVI: Para-cycling" version 01/01/2019

These rules and regulations can be obtained from the CSA web site at www.cyclingsa.com

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 19h00 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 in the Perdeberg carpark 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.

Riders can use powermeters HR monitors and cycle computers. Do not need to be covered or put under saddle.

Only wheels with 5 (five) 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 road. They may not bear or use any music player, radio communication system or cell phone while racing.

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 to 1.3.020 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, dated 19 November 2016.

Restrictions pertaining to U/11, U/13 and U/15:

- Restricted to a standard bike, standard handlebars (not aerodynamic), wheels with a maximum rim depth of 50mm, a minimum of 16 spokes to a maximum of 40 spokes. Spokes could be round, flattened or oval to a maximum width of 10mm.
- All wheels must conform to the UCI's "List of Approved Wheels" Version on 22.02.2017.
- Standard frame and standard handlebars includes carbon fibre but it is important that the handlebars should not have an aerodynamic shape.
- The helmet must be a standard helmet without a visor.
- Youth riders U17 are only restricted to gear restrictions to a distance of equal to and not more than 6,897 metres.

Gearing - roll out distances

For the u/17 categories, male and female, the following maximum roll out distances shall apply:
6.897 metres (88")

If, for whatever reason, a junior 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 time trial competitions;

- Riders u17 will be allowed to use UCI Approved Time Trial bars or bolt on bars without modification for the Time Trial.

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

Riders Numbers

All riders will be issued with a bib number to be affixed to the left hand side of their cycling jersey and a bike frame board. The bike frame board contains your timing chip and is to be mounted horizontally as depicted below.



Anti-doping Control

The Anti-doping Commission of the UCI or Drug Free Sport may designate an Anti-doping Inspector and Doctor for the Western Cape Road and Time Trial 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.

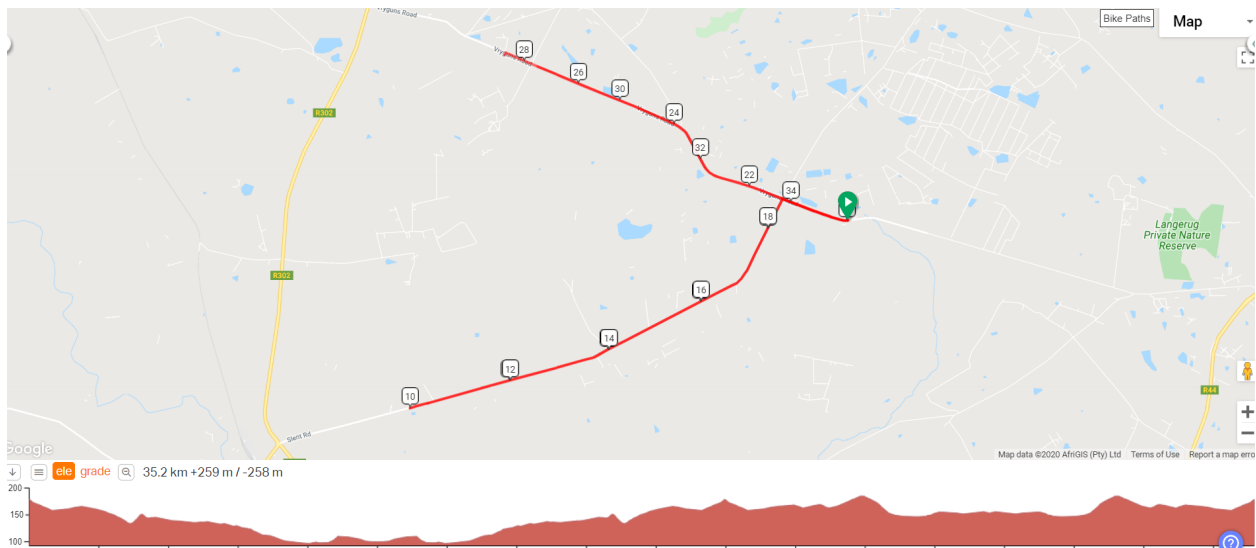
Event Specific Regulations

Time Trials

The Time Trials will be held on Saturday, 11 January. The courses and distances are listed below:

35km Course: Men – Elites, U/23, Vets 30-34 and Vets 35-39

Starts at Perdeberg Cellars and heads west on Vryguns Road for 1km. Left turn into Slent Road. U-turn at the 10km mark. Left at the stop street, back into Vryguns Road. U-turn at 26,5km and back to Perdeberg Cellars.

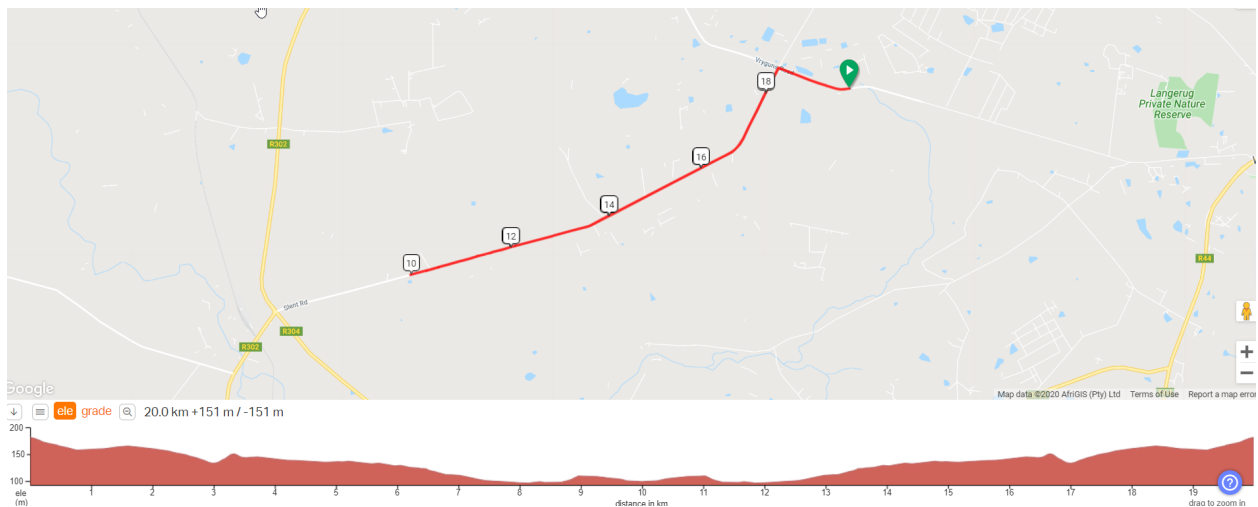


<https://ridewithgps.com/routes/31562367>

20km Course: Men – Juniors, Vets 40-44 and Vets 45-49

Women – Elite, U/23, Vets 30-34 and Vets 35-39

Starts at Perdeberg Cellars and heads west on Vryguns Road for 1km. Left turn into Slent Road. U-turn at the 10km mark. At stop street, right into Vryguns Road and back to Perdeberg Cellars.



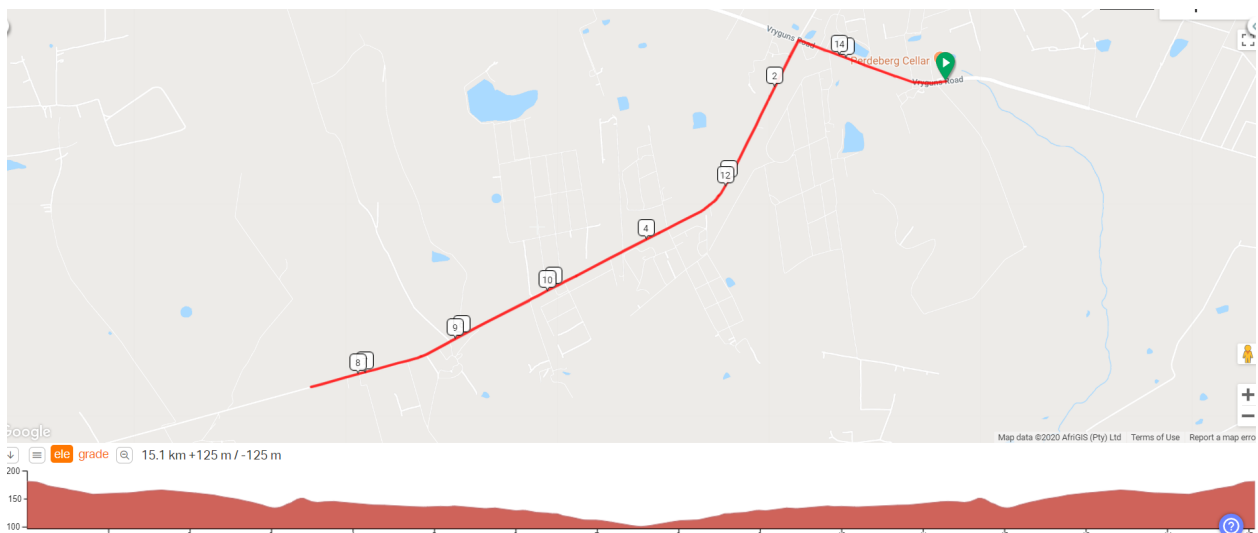
<https://ridewithgps.com/routes/31482248>

15km Course: Men –Vets 50 +, U/17 and U/15boys

Women – Juniors, Vets 40-44, Vets 45-49, Vets 50-54; Vets 55-59, U/17girls

Para – all para categories

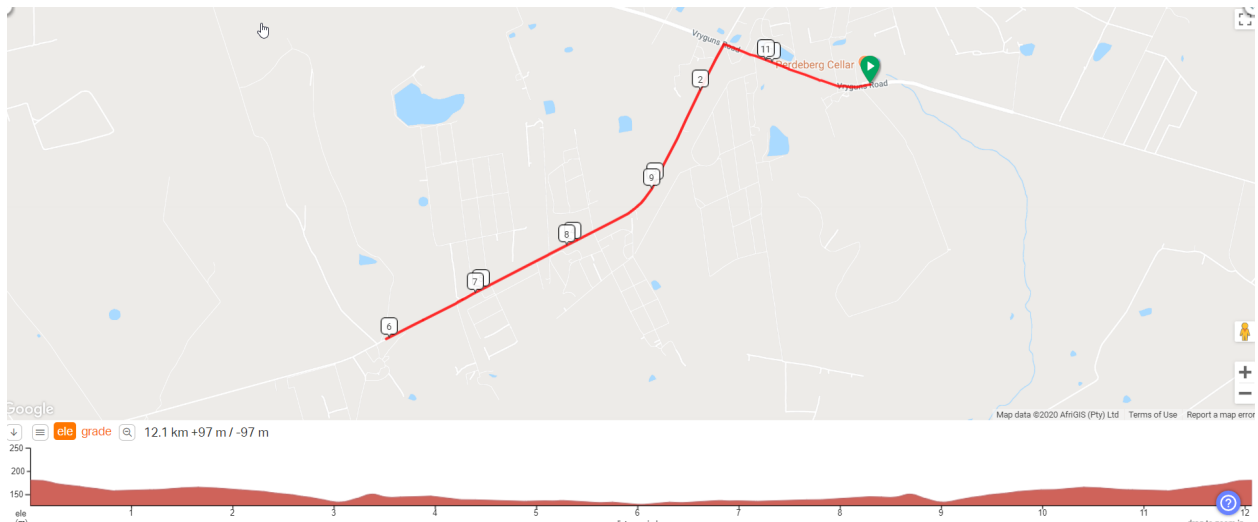
Starts at Perdeberg Cellars and heads west on Vryguns Road for 1km. Left turn into Slent Road. U-turn at the 7.5km mark. At stop street, right into Vryguns Road and back to Perdeberg Cellars.



<https://ridewithgps.com/routes/31702854>

12km Course: U/13boys and U/15girls

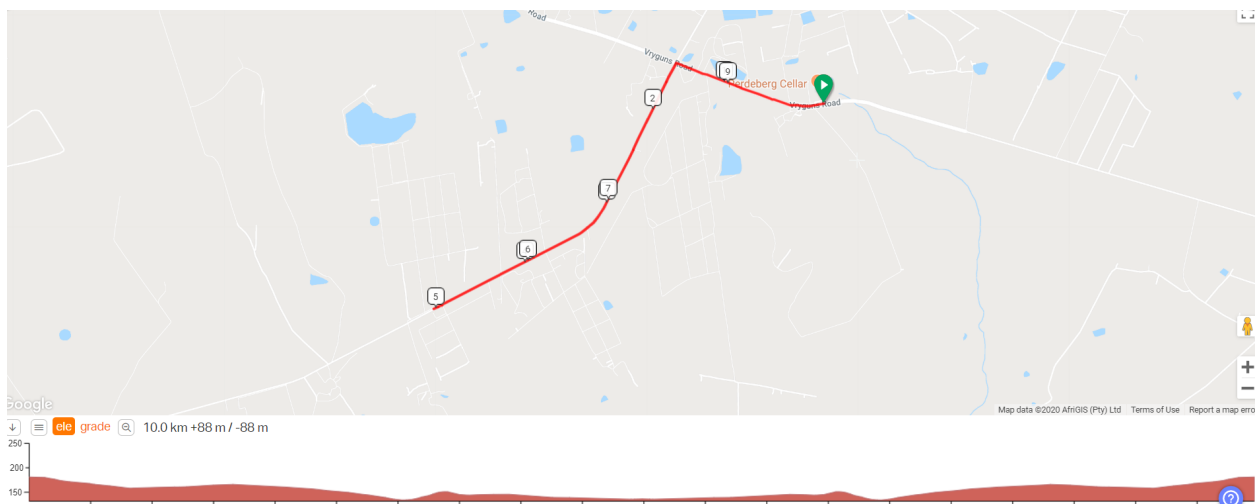
Starts at Perdeberg Cellars and heads west on Vryguns Road for 1km. Left turn into Slent Road. U-turn at the 6km mark. At stop street, right into Vryguns Road and back to Perdeberg Cellars.



<https://ridewithgps.com/routes/31702832>

10km Course: Vet Women 60+, U/11boys, U/13girls and U/11girls

Starts at Perdeberg Cellars and heads west on Vryguns Road for 1km. Left turn into Slent Road. U-turn at the 5km mark. At stop street, right into Vryguns Road and back to Perdeberg Cellars.



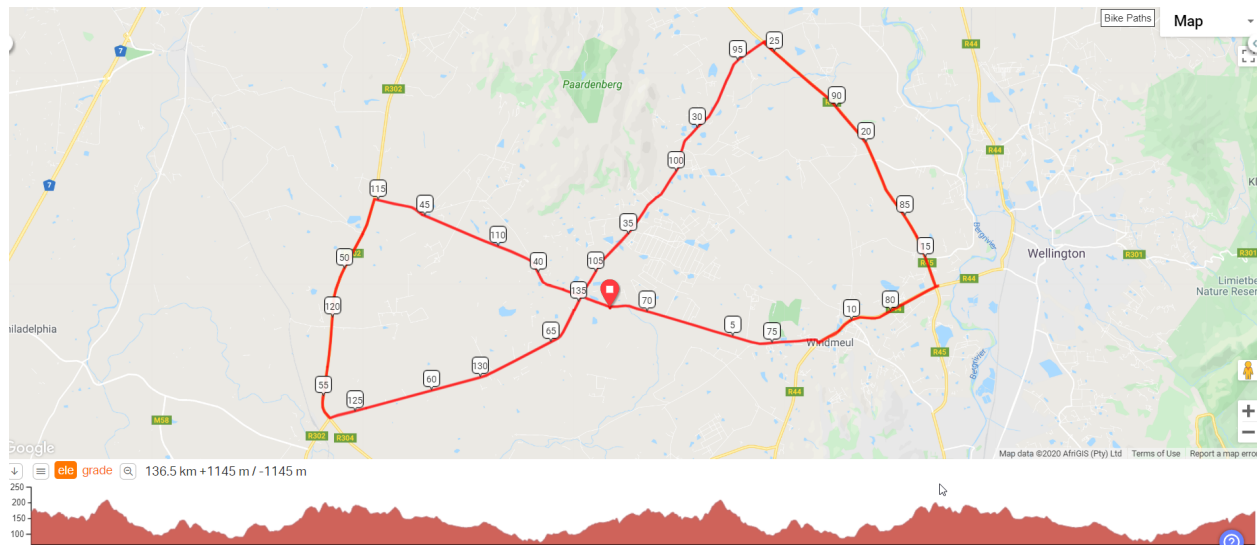
<https://ridewithgps.com/routes/31702810>

Road Race

The Road Race will be held on Sunday, 12 January. The courses and distances are listed below:

138km Course: Elite and U/23 Men

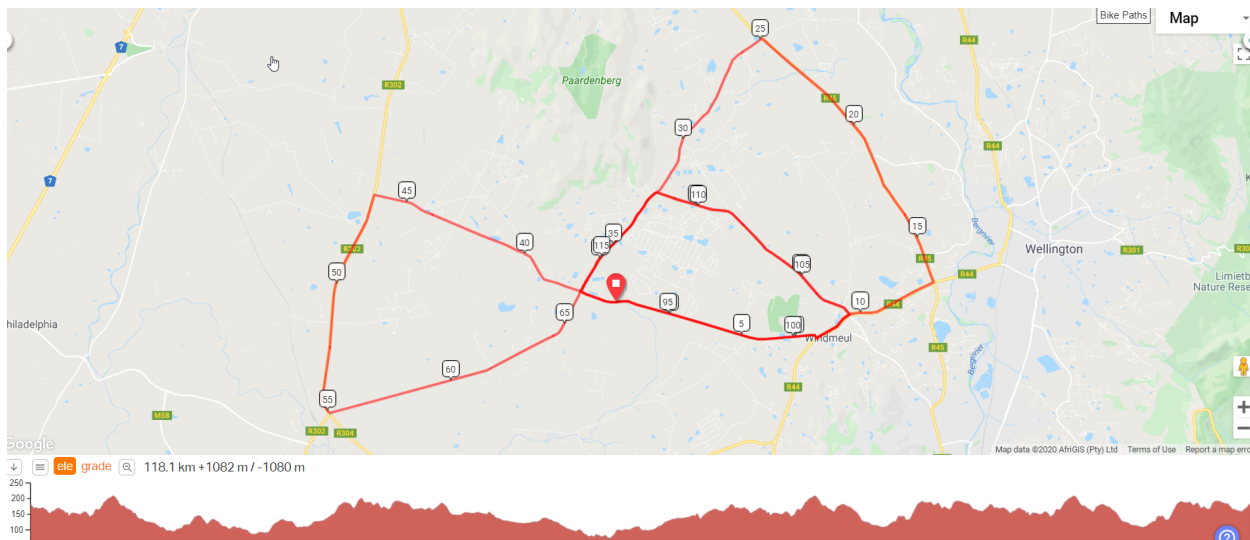
Starts at Perdeberg Cellars, heads east on Vryguns Road to the R44. Left onto the R44, the left at the R45 intersection. Please be careful at this point as the road narrows from 2 lanes to 1 and the road surface is distorted. At the Slent Road intersection, cyclists turn left. Where Slent and Vryguns Roads intersect, turn right and head towards to the Malmesbury Road where cyclists turn left. Proceed along until the silos where they turn left back into Slent Road. At the stop street, a right turn takes them back past the start venue. The Elite and U/23 Men do this loop twice.



<https://ridewithgps.com/routes/31482129>

118km Course: Men - Junior, Vets 30-34, Vets 35-39, Vets 40-44 and Vets 45-49

Starts at Perdeberg Cellars, heads east on Vryguns Road to the R44. Left onto the R44, the left at the R45 intersection. Please be careful at this point as the road narrows from 2 lanes to 1 and the road surface is distorted. At the Slent Road intersection, cyclists turn left. Where Slent and Vryguns Roads intersect, turn right and head towards to the Malmesbury Road where cyclists turn left. Proceed along until the silos where they turn left back into Slent Road. At the stop street, a right turn takes them back past the start venue. Cyclists then proceed along Vryguns to the R44 again and take a left turn. At the Voorpaardeberg intersection, cyclists turn left. At the T-junction with Slent Road, another left turn, and finally another left at Vryguns to again take the cyclists to the start venue. Participants complete this smaller loop twice.

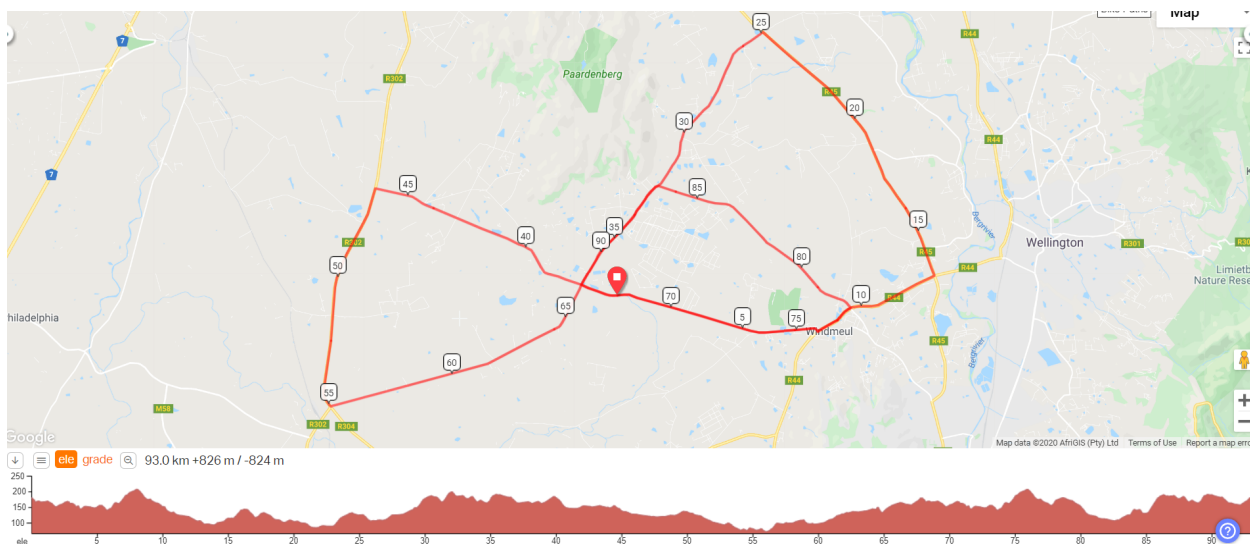


<https://ridewithgps.com/routes/31482144>

93km Course: Men – Vets 50-54 and Vets 55-59

Women – Elite and U/23

Starts at Perdeberg Cellars, heads east on Vryguns Road to the R44. Left onto the R44, the left at the R45 intersection. Please be careful at this point as the road narrows from 2 lanes to 1 and the road surface is distorted. At the Slent Road intersection, cyclists turn left. Where Slent and Vryguns Roads intersect, turn right and head towards to the Malmesbury Road where cyclists turn left. Proceed along until the silos where they turn left back into Slent Road. At the stop street, a right turn takes them back past the start venue. Cyclists then proceed along Vryguns to the R44 again and take a left turn. At the Voorpaardeberg intersection, cyclists turn left. At the T-junction with Slent Road, another left turn, and finally another left at Vryguns to again take the cyclists to the start venue. Participants complete this smaller loop once.

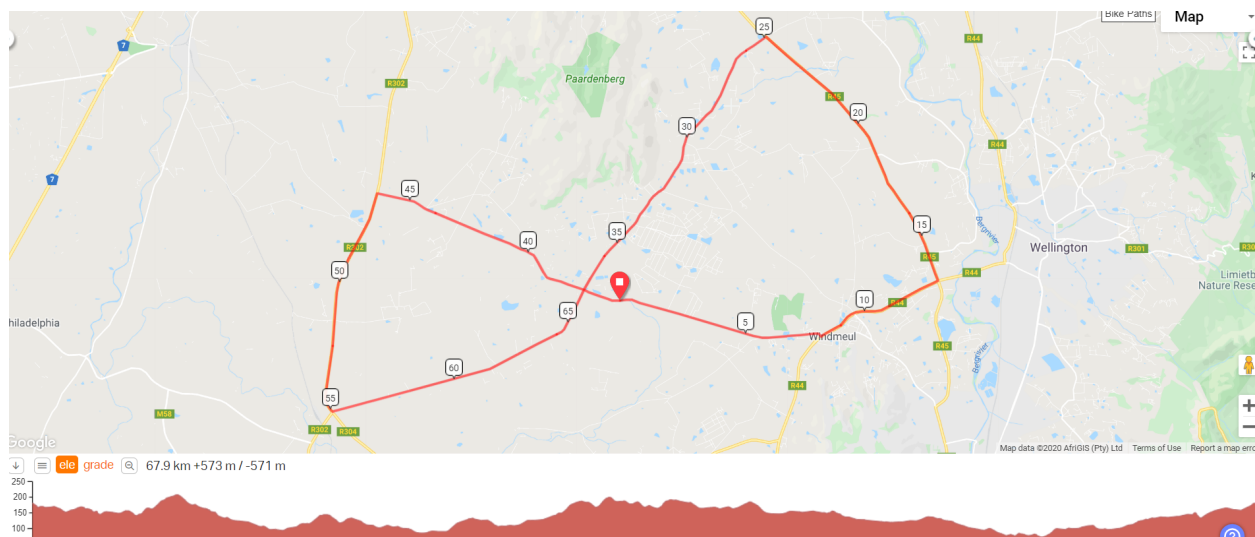


<https://ridewithgps.com/routes/31514921>

69km Course: Men - Vets 60+ and U/17boys

Women – Vets 30-34; Vets 35-39, Vets 40-44 and Vets 45-49

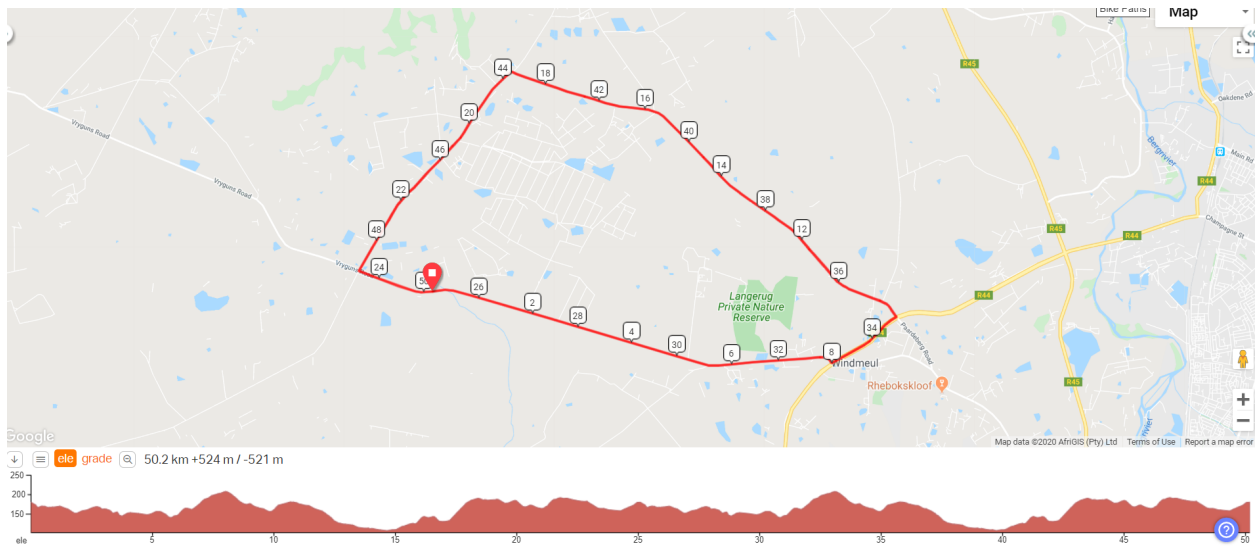
Starts at Perdeberg Cellars, heads east on Vryguns Road to the R44. Left onto the R44, the left at the R45 intersection. Please be careful at this point as the road narrows from 2 lanes to 1 and the road surface is distorted. At the Slent Road intersection, cyclists turn left. Where Slent and Vryguns Roads intersect, turn right and head towards to the Malmesbury Road where cyclists turn left. Proceed along until the silos where they turn left back into Slent Road. At the stop street, a right turn takes them back past the start venue.



<https://ridewithgps.com/routes/31514935>

50km Course: U/15boys, Para C1-C5 and Para H3-H5

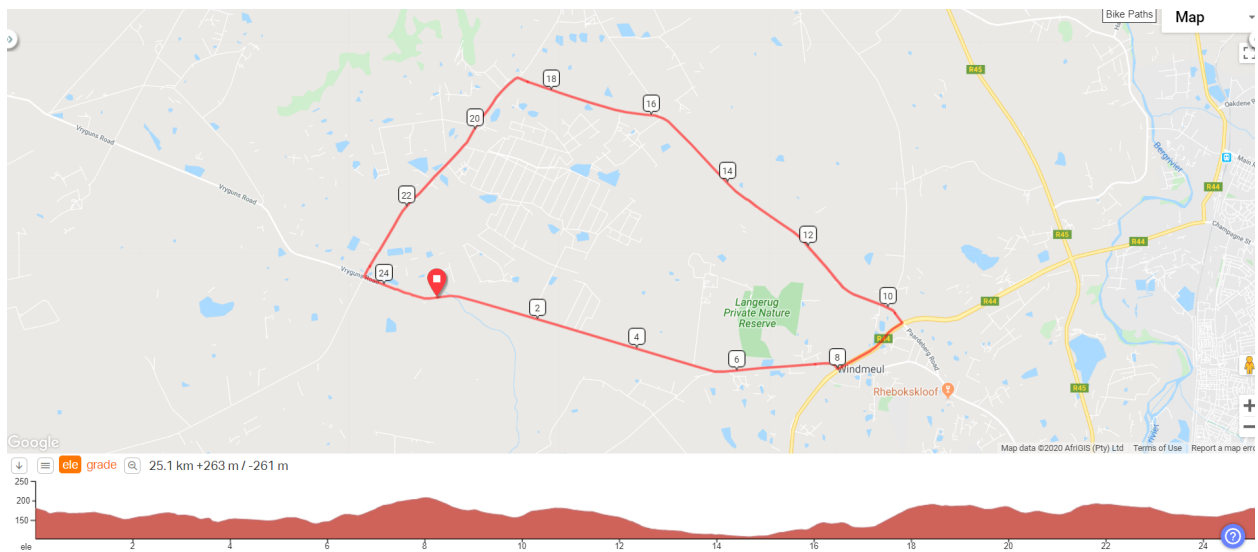
Cyclists proceed along Vryguns in an easterly direction to the R44 and take a left turn. At the Voorpaardeberg intersection, cyclists turn left. At the T-junction with Slent Road, another left turn, and finally another left at Vryguns to again take the cyclists to the start venue. Participants in the 50km race complete this loop twice.



<https://ridewithgps.com/routes/31721363>

25km Course: U/13Boys, U/15girls, Para T1 and T2

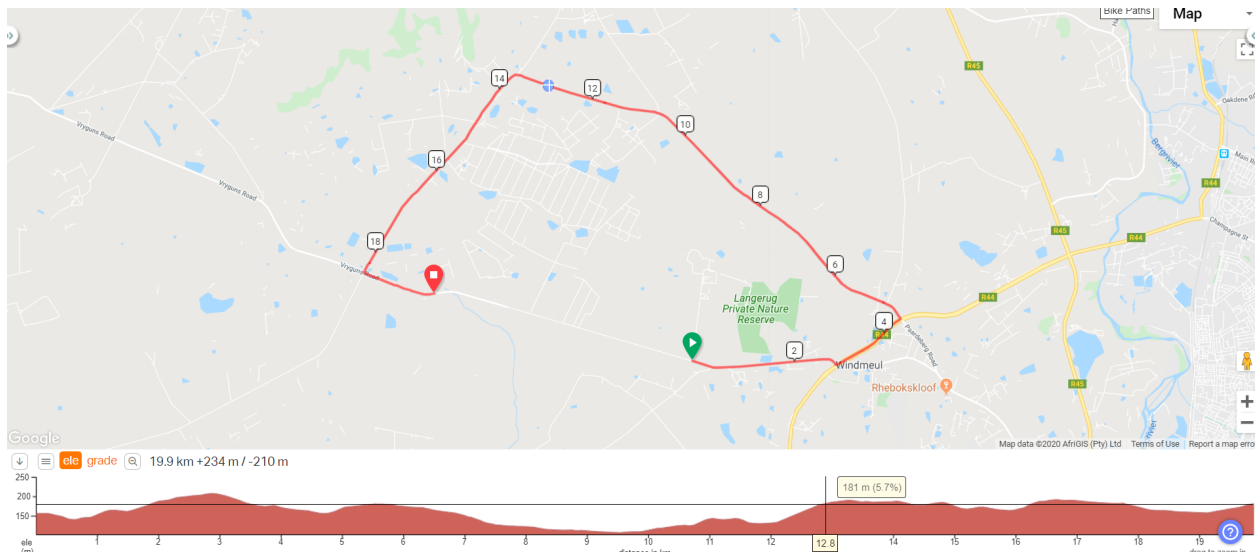
Cyclists proceed along Vryguns in an easterly direction to the R44 and take a left turn. At the Voorpaardeberg intersection, cyclists turn left. At the T-junction with Slent Road, another left turn, and finally another left at Vryguns to again take the cyclists to the start venue.



<https://ridewithgps.com/routes/31684983>

20km Course: U/13girls, U/11boys and U/11girls

Cyclists start at Boland College and proceed along Vryguns in an easterly direction to the R44 and take a left turn. At the Voorpaardeberg intersection, cyclists turn left. At the T-junction with Slent Road, another left turn, and finally another left at Vryguns to again take the cyclists to the finish line.

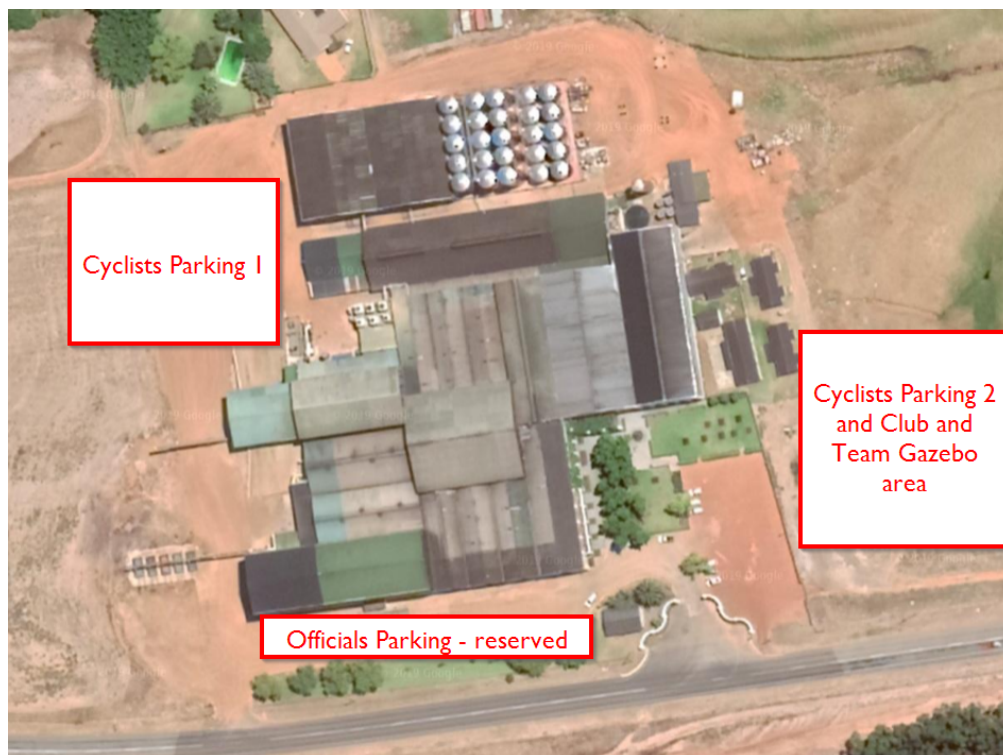


<https://ridewithgps.com/routes/31684989>

Parking

Only officials, organizers, service providers and emergency vehicles may park inside the Cellars grounds. Parking disks will be issued before the time.

Parking on the fields to the right hand side will be allowed. Club and Team gazebo's will also be allowed here



Directions

The venue is situated at Perdeberg Cellars, Vryguns Road, Paarl.

From Cape Town, take the N2 towards Paarl. Take the R44 off ramp to Stellenbosch / Wellington. Turn left towards Wellington. After 15km take the left turn at Windmeul Winery. Proceed along Vryguns road for 8km and Perdeberg Cellars is on the right hand side.

GPS Co-ordinates: **33°39'30.8"S 18°49'37.4"E**