

2024 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 the riders, spectators, managers, parents and officials attending the championships in Velddrif. It is indeed an honour for us to be associated and involved with West Coast Cycling Association, the host of this event.

Without your dedication, commitment and sacrifice, this event would certainly not have been possible. I would like to thank West Coast Cycling Association, Berg River Municipality 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

Introduction

The Western Cape Cycling Association, in conjunction with West Coast Cycling Association, are hosting the annual Western Cape Road and Time Trial Championships on 20 and 21 January 2024. Each year we rotate this event through the different regions of our province so we can expose our cyclists to different areas, different routes and different challenges. To this end, we also bring cycling as a sport to inhabitants of these areas. There is a mutual benefit to the participants as well as the locals.

This year, 2024, we are holding the event in Velddrif, a small fishing town in the Berg River Municipality. It is located on the estuary where the Berg River flows into St Helena Bay.

Cyclists come from all over the province to participate in these championships. As the town is approximately 150km from Cape Town, the main hub of cycling in the Western Cape, there is a strong likelihood that participants will make a weekend of the event and bring their families along to enjoy their stay in local accommodation, eat at local restaurants and visit local art galleries, for which Velddrif is renowned.

About the Race

The Time Trial (TT) is a race where participants set off individually and race against the clock. The TT will take place on Saturday 20 January. This will be an “out and back” race starting in Velddrif and heading out towards Piketberg and back again. Racing will start at 7h00 with the cyclists going off at 1-minute intervals. Racing is expected to be complete by 11h00.

The Road Race is a group start for the different categories. We have identified 2 routes – one for the adults which take place on a looped circuit. Racing starts in Velddrif outside the municipal buildings and heads south, over the bridge crossing the Berg River. The cyclists head towards Langebaanweg, turn left towards Hopefield and left again back to Velddrif. The scholars and age category riders head out in the same direction but turn onto the R399 just outside of Velddrif, then left opposite the St Helena Bay Road, the left onto R27 back to Velddrif.

Race Personnel

Race Organiser	Sue Kirk	083-578-9375
Race Director	Jan Faro	078-854-9867
Race Secretary	Sue Kirk	083-578-9375
Timing	Christhonia Geldenhuys	082-67-14099
Safety Officer	Mark Syce	083-318-9379
Medical	Western Cape EMS	082-925-8646
Traffic (Provincial)	Nicolaas Matthyse	082-509-0866
Traffic (Local)	Jerome Pedro	022-783-1112
Private Hospital	Vredenberg	022-719-1031
Provincial Hospital	Vredenberg	022-709-7200
Fire Dept	Velddrif	022-713-3700
Police Dept	Velddrif	022-783-8020

Officials:

Commissaire	Time Trial	Road Race		
	Deployment	Group	Deployment	Distance (km)
Sammy Hardine	Route	1	Elite Men U23 Men	169
Denis Human	PC	2	Vets Men 30-34 Vets Men 35-39	114
Harry Unthank	Turn Point	3	Junior Men	114
Adel Grobbelaar	Turn Point	4	Elite Women U23 Women	114
Naa'im Ismail	Turn Point	5	Vets Men 40-44 Vets Men 45-49	114
Wynand Kapp	Route	6	Vets Women 30-34 Vets Women 35-39 Vets Men 50-54 Vets Men 55-59 U17 Boys	87
Stephen Adonis	Starter	6	Vets Women 30-34 Vets Women 35-39 Vets Men 50-54 Vets Men 55-59 U17 Boys	87
Shumeez Dollie	Turn Point	7	Vets Men 60-64 Junior Women U17 Girls U15 Boys Para C5	57
Stephen Aucamp	Bike Check	7	Vets Men 60-64 Junior Women U17 Girls U15 Boys Para C5	57
Amanda Volschenk	Chief TK			
John Symons	Bike Check	8	U15 Girls U13 Boys Para T2	30
Kenny Hock	Time Keeper	9	U13 Girls U11 Boys U11 Girls	20
Shannon Green	Chief Judge		Chief Judge	

General Provisions

The Western Cape Road and Time Trial Championships will be held at the Velddrif Town Hall in Velddrif on 20 and 21 January 2024

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 at the Velddrif Town Hall on:

19 January 2024 between 17h00 and 18h00

20 January 2024 between 06h00 and 07h30

20 January 2024 between 17h00 and 18h00

21 January 2024 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 18h00 on the day preceding your race.

Managers meeting

Managers meeting on Sunday, 21 January 2024 at 06h00 in the Velddrif Town Hall

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-2024/>

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 UCI Rules and Regulations and 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 01/01/2024
- “Part 2: Road Cycling Regulations” version on 01/01/2024
- “Part 8: Code of Conduct”
- “Part 12: Discipline and Procedures
- “Part XVI: Para-cycling” version 01/01/2023

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 18h00 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 Bird Watching Point Carpark on Saturday and the Town Hall carpark on Sunday, where bicycles will be checked for compliance to UCI regulations. Spot checks may also be done from time to time.

Riders can use power meters, HR monitors and cycle computers. These do not need to be covered or put under saddle.

Only wheels with 12 (twelve) 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."

Riders Numbers

All riders will be issued with a bib number that is 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. All bike boards will be collected by race staff at the end of the race.



Please use the holes provided to mount your frame board. Please do not deface the board in ANY way whatsoever. We will not issue results for persons whose boards we receive back that have been defaced and a fee of R50 per board will be payable.

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.

Saturday 20 January:

Individual Time Trial

The Time Trial is an individual event that takes an out and back route on the Piketberg Road, starting and finishing at the Bird Watching area on Voortrekker Road. There are various distances that the participants do, depending on their age category. There will be turn around points at the following distances:

5km; 6km; 7,5km; 10km; 15km and 20km

The different age categories will race different distances:

10km	U11 Boys, U11 and U13 Girls
12km	U13 Boys and U15 Girls,
15km	Women 40 +, Men 65 +, Para T2, Para T1 and Para C3
20km	Men 50 – 64, Women 30 – 39, U17 Boys, Junior Women, U17 Girls and U15 Boys
30km	Men 30 – 49, Junior Men, Elite Women U23 Women
40km	Elite and U23 Men

Parking:

Parking for this event will be at the Bird Watching Point

Sunday 21 January:

The Road Race on Sunday 21 January takes a combination of routes, viz a long loop of approximately 87km and a short loop of approximately 30km. The following distances will be completed:

169km	Elite and U23 Men
114km	Men 30 – 49, Junior Men, Elite and U23 Women,
87km	Women 30 – 39, Men 50 – 59 and U17 Boys
57km	Men 60+, Women 40 – 64, Junior Women, U15 Boys, U 17 Girls and Para C3
30km	Women 65 +, U13 Boys, U15 Girls and Para T1 and T2
20km	U11 Boys, U13 and U11 Girls do 20km of this route – so start 6km down the road – neutral zone to start point.

All races start outside the municipal offices in Voortrekker Road, the cyclists will head south-east towards the R27 West Coast Road where they will turn right. This is a neutral zone and racing will only commence once the cyclists have cleared the bridge. The routes then split depending on the distance being raced. The finish line will be just outside town before the bridge. Details of the different routes are contained in Annexure A - Traffic and Parking Plan

Parking:

The parking for the Road Race on Sunday 10 January will be at the municipal parking ground behind the library as well as in the parking lot over the road from the municipal buildings on Voortrekker Street.



ROUTES

Saturday 20 January: Individual Time Trial



The Time Trial is an individual event that takes an out and back route on the Piketberg Road, starting and finishing at the Bird Watching point in Voortrekker Road. There are various distances that the participants do, depending on their age category. There will be turn around points at the following distances:

5km

6km

7,5km

10km

15km and

20km

Parking:

Parking for this event will be at the Bird Watching point and surrounding roads

Sunday 21 January:

The Road Race on Sunday 21 January takes a combination of routes. The following distances will be completed:

Road Race – 169km

Starting outside the municipal offices in Voortrekker Road, the cyclists will head south east towards the R27 West Coast Road where they will turn right. This is a neutral zone and racing will only commence once the cyclists have cleared the bridge.

The route then travels 18,7km where the cyclists will turn left towards Langebaanweg. After 8,2km the route takes the left-hand turn towards Hopefield. At Hopefield (21km) another left turn to take the cyclists back towards Velddrif.

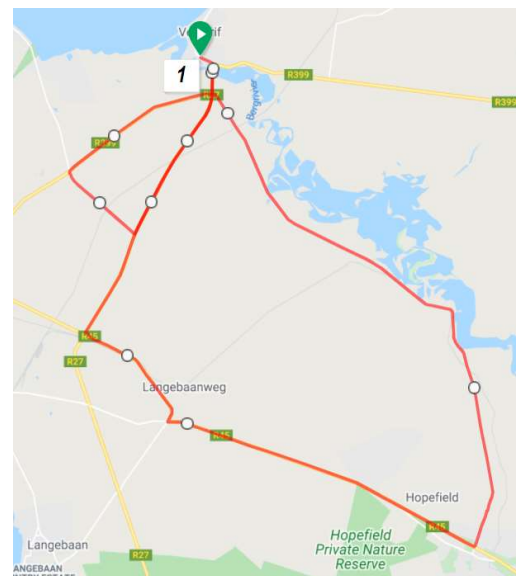
The Elites and U23 Men do this loop twice thus when they arrive at the West Coast Road intersection, they do a left-hand turn to go around again. When they arrive at this intersection for the second time, the cyclists will turn right to head back towards Velddrif and the finish line which will be just outside town before the bridge.

There are various points that we need to consider:



Road Race – 114km

Starting outside the municipal offices in Voortrekker Road, the cyclists will head south east towards the R27 West Coast Road where they will turn right. This is a neutral zone and racing will only commence once the cyclists have cleared the bridge.



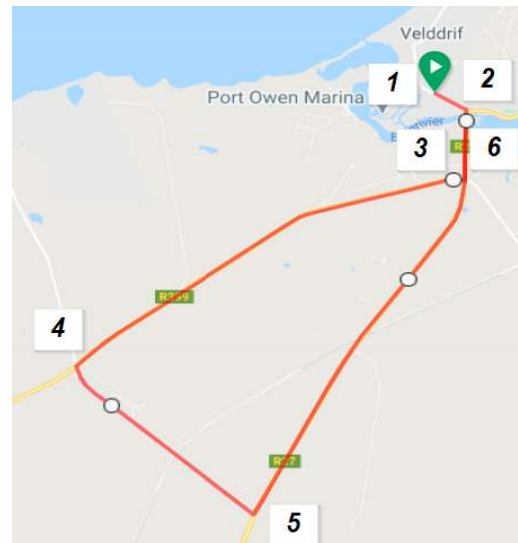
Road Race – 87km

Starting outside the municipal offices in Voortrekker Road, the cyclists will head south east towards the R27 West Coast Road where they will turn right. This is a neutral zone and racing will only commence once the cyclists have cleared the bridge. The route then follows exactly the same route as the 164km but instead of turning left back onto the R27, they turn right and head to the finish.



Road Race – 57km

Starting outside the municipal offices in Voortrekker Road, the cyclists will head south east towards the R27 West Coast Road where they will turn right. This is a neutral zone and racing will only commence once the cyclists have cleared the bridge.



back to the municipality car park or their accommodation.

The 20km and 30km will follow the same route

Parking:

The parking for the Road Race on Sunday 10 January will be at the municipal parking ground behind the library as well as in the parking lot over the road from the municipal buildings on Voortrekker Street.

**Summary:**

Day 1 is straight forward. Parking at the Bird Watching point in Voortrekker Road and all races go out and back towards Piketberg. Turn around points are at different places with the closest one being 5km from the start and the furthest one being 20km from the start. This is an individual Time Trial and at no point in the race will there be participants amassed.

On completion of the race at approximately 12h00 all participants, spectators, officials and events staff will leave the area.

Day 2 is a little more complicated. Parking will be at the municipal buildings in Voortrekker Road as well as in the parking lot over the road from same. Start of all the races will be outside the municipality buildings.

Participants race over a combination of 2 circular loops depending on the distance they are to cover, as detailed above.

The Finish Line is the same for all races, outside the Velddrif Town Hall.