



Western Cape Road and Time Trial Championships 2026



17 and 18 January 2026

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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 Cape Town. It is indeed an honour for us to be associated and involved with Cape Metropole 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 Cape Metropole Cycling Association, City of Cape Town 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 Cape Metropole Cycling Association, are hosting the annual Western Cape Road and Time Trial Championships on 17 and 18 January 2026. 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, 2026, we are holding the event in Cape Town, a world class cycling destination that offers stunning scenery and a variety of routes for all cycling disciplines. It's on the back of this that Cape Town has been our choice of host city this year

Cyclists come from all over the province to participate in these championships. Cape Town is the main hub of cycling in the Western Cape, and 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.

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 17 January. This will be an "out and back" race in Slent Road, Durbanville Farms heading back towards Durbanville before turning 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, before heading back. Racing starts in Durbanville at Tela Fabrics, Bon Mella, Adderley Road and heads north towards the Philadelphia Road then does a circuit around Paarl Farms before heading back.

The Youth will do an out and back from the same venue with turn points at various distances.

Race Personnel

Race Organiser	Sue Kirk	083-578-9375
Race Director	Graham Ward	082-666-1551
Race Secretary	Sue Kirk	083-578-9375
Timing	Christhonia Geldenhuys	082-67-14099
Safety Officer	Mark Syce	083-318-9379
Medical	Tygress Medical	086-122-3344
Traffic (Provincial)	Nicolaas Matthyse	082-509-0866
Traffic (Local)	Gerald Khudunyane	084-250-7472

Traffic	Durbanville	0860-103-089
Private Hospital	Durbanville	022-719-1031
Provincial Hospital	Durbanville	022-709-7200
Fire Dept	Durbanville	022-713-3700
Police Dept	Durbanville	021-970-3800

Officials:

Commissaire	Road Race		
	Group	Deployment	Distance (km)
Bernard Linde Sammy Hardine	1	Elite Men U23 Men Junior Men	136
Denis Human Naaim Ismail	2	Vets Men 30-34 Vets Men 35-39 Vets Men 40-44 Vets Men 45-49	136
Stephan Aukamp	3	Elite Women U23 Women Junior Women Vets Women 30-34 Vets Women 35-39 Vets Women 40 +	87
Shumeez Dollie Adel Grobbelaar	4	Vets Men 50-54 Vets Men 55-59 Vets Men 60-64 Vets Men 65 +	87
Stephen Adonis	5	U17 Boys	87
Amanda Volschenk	6	U17 Girls U15 Boys	42
Wynand Kapp Shannon Green	7 8 9 10	Para C1 – C5 Para T1 – T2 Para H1 – H5 Blind Tandem	42 30 30 42
Rollin Rinquist	11	U13 Boys U11 Boys	20

General Provisions

The Western Cape Road and Time Trial Championships will be held at the Cape Town in Durbanville on 17 and 18 January 2026

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 NOT 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

You race numbers can be collected in advance:

Date: Friday, 16 January 2026

Venue: Tela Fabrics, Adderley Street, Durbanville

Time: 17h00- 18h00

Date: Saturday, 17 January 2026

Venue: Cnr of Slent Road and Vryguns Road, Paarl Farms

Time: 6h00- 8h00

Date: Sunday, 18 January 2026

Venue: Tela Fabrics, Adderley Street, Durbanville

Time: 6h00- 8h00

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, 18 January 2026 at 06h00 at Tela Fabrics

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-2026/>

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.

These rules and regulations can be obtained from the CSA web site at www.cyclingsa.com or by clicking on the link below

<https://www.wpcycling.com/wp-content/uploads/2019/11/Road-Cycling-Handbook-2026.pdf>

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 on the corner of Slent and Vryguns Road on Saturday and the Tela Fabrics 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 17 January:

Individual Time Trial

The Time Trial is an individual event that takes an out and back route on Slent Road, starting and finishing near the intersection with Vryguns 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; 7,5km and 10km

The different age categories will race different distances:

10km	U11 Boys, U11 and U13 Girls, U13 Boys and U15 Girls,
10km	Para T1 and T2, Para H1 – H5
15km	U17 Girls and U15 Boys, Para C5
20km	Men 65+, Women 40+; U17 Boys, Junior Women,
20km	Elite and U23 Men; Elite and U23 Women; Vets Men 30 – 64; Vets Women 30 - 39

Parking:

Parking for this event will be at the Slent Road / Vryguns Road intersection

Sunday 18 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:

136km	Elite and U23 Men; Vets Men 30 – 49, Junior Men
87km	Elite and U23 Women, Women 30 +, Junior Women, Men 50 + and U17 Boys
42km	U15 Boys, U 17 Girls and Para C1 – C5, Blind Tandem
30km	U13 Boys, U15 Girls and Para T1 and T2, Para H1 – H5
20km	U11 Boys, U13 and U11 Girls

All races start outside Tela Fabrics in Adderley Road, the cyclists will head north towards Philadelphia Road. Details of the different routes are contained in Annexure A - Traffic and Parking Plan

Parking:

The parking for the Road Race on Sunday 18 January will be at Tela Fabrics, Adderley Road, Durbanville

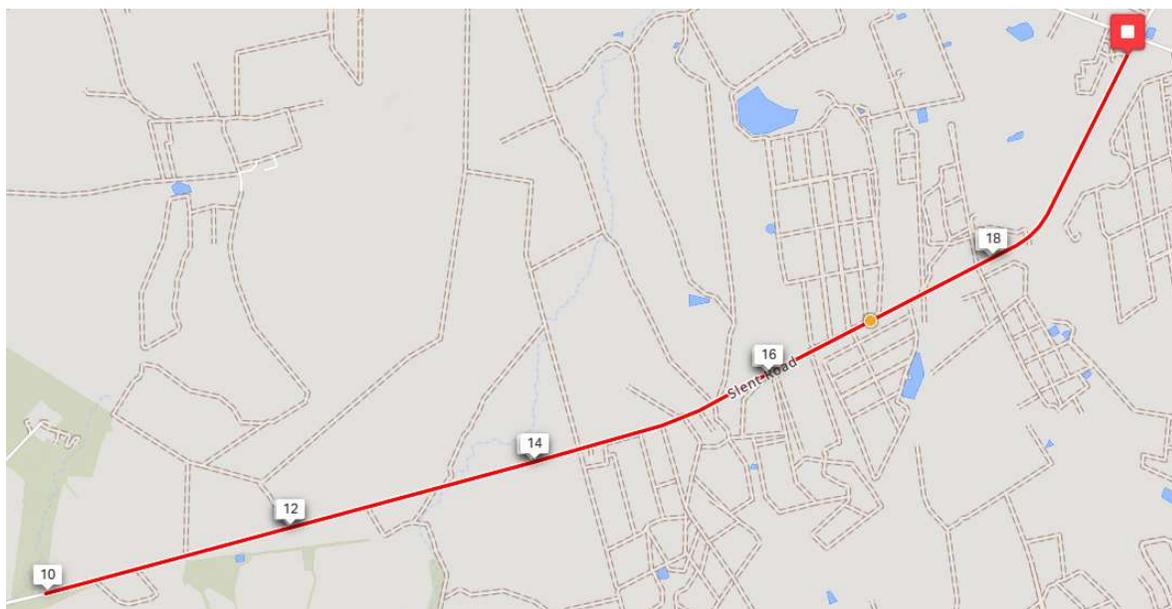


ROUTES

**Saturday 17 January:
Individual Time Trial**

All races start and end on Slent Road but are at different distances depending on the age categories. The maximum distance to be raced is 20km and is an out and back

20km Course:



The Time Trial is an individual event that takes an out and back route on Slent Road, starting and finishing near the intersection with Vryguns 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, 7,5km and 10km

10km U11 Boys, U11 and U13 Girls, U13 Boys and U15 Girls,

10km Para T1 and T2, Para H1 – H5

15km U17 Girls and U15 Boys

20km Men 65+, Women 40+; U17 Boys, Junior Women,

20km Elite and U23 Men; Elite and U23 Women; Vets Men 30 – 64; Vets Women 30 - 39

Parking:

Parking for this event will be corner of Slent and Vryguns Road

Sunday 18 January:

The Road Race on Sunday 18 January takes a combination of routes. The following distances will be completed:

136km Elite and U23 Men; Vets Men 30 – 49, Junior Men

87km Elite and U23 Women, Women 30 +, Junior Women, Men 50 + and U17 Boys

42km U15 Boys, U 17 Girls and Para C1 – C5, Blind Tandem

30km U13 Boys, U15 Girls and Para T1 and T2, Para H1 – H5

20km U11 Boys, U13 and U11 Girls

86km Route

The route leaves the race venue at Bon Mella / Tela Fabrics and heads north on Adderley Road. At the intersection with Philadelphia Road, we turn right and head towards the Klipheuwel intersection. Left at the Klipheuwel intersection, past the Silos, and a right onto the R304. The participants ride along here for almost 10km before turning left at the R312 (Fruit Sellers) intersection. At the R44 another left for a short section before a left into Vryguns road. At the Slent Road intersection, we do a left heading back to the R304. Straight over the R304 and back past the silos. Another right back into Philadelphia Road and along to Adderley where we take a left back to the start.

136km Route

The route follows the same as above, however, when the cyclists get to the Slent Road / R304 intersection, they turn left and complete the loop a second time, before crossing over the R304 and continuing to the finish venue.



Route for Under 15 Boys and U17 Girls

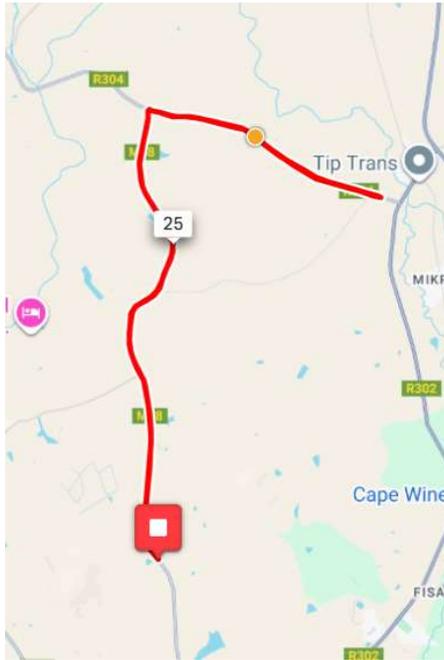


The route starts at Bon Mella and heads towards Durbanville, around the traffic circle at Protea Road, then back past the venue. We would like to request road closure for the time it would take for these cyclists to circumnavigate the intersection.

At the T-junction with Philadelphia Road, we take a right turn. Traffic assistance is required here.

Just before the intersection with Klipheuwel Road, the cyclists will do a U-turn and head back to the venue. A total of approximately 45km

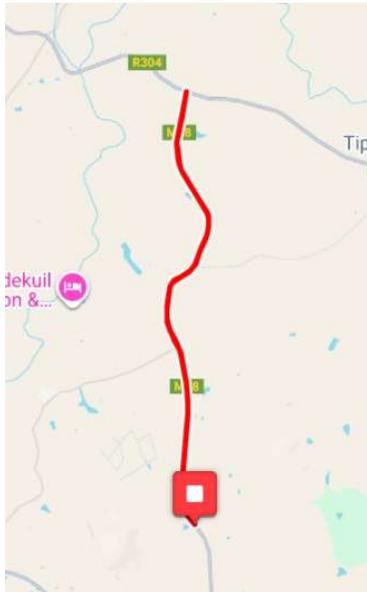
Route for Under 13 Boys and Under 15 Girls



This route is almost identical to the one above, except it does not head into Durbanville, just straight out towards Philadelphia Road.

Turn around point is in the same place as the previous route

Route for Under 11 Boys and Girls and Under 13 Girls



Again, this is the same as above however we turn just before the intersection with Philadelphia Road

Summary:

Day 1 is straight forward. Parking at the intersection of Slent and Vryguns Roads and all races go out and back towards Durbanville. Turn around points are at different places with the closest one being 5km from the start and the furthest one being 10,5km 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 Tela Fabrics premises on Adderley Road Start of all the races will be outside the Tela Fabrics premises

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

The Finish Line is the same for all races, outside the Tela Fabrics

Programme

Day 0: 17h00	Friday 16 January: Registration opens at Tela Fabrics
Day 1: 6h00	Saturday 17 January Registration opens at Slent Road
6h30	First rider goes off for the Individual Time Trial – Elite, Junior and U23 Men – 20km
6h50	Vets Men – 20km
7h30	U17 Boys – 20km
7h50	Women Categories – Elite, Junior, 40-49, 50-59 – 20km
8h00	Prize Giving - Men
8h10	U17 Girls, Para C 1 – 5 and U15 Boys – 15km
8h40	U15 Girls, U13 Boys and Girls, U11 Boys and Girls, Para T and H – 10km
9h45	Prize Giving – Women, Para Riders and Scholars

Day 2:	Sunday 18 January
5h30	Registration Opens
6h00	Managers Meeting at Tela Fabrics
6h30	Group 1 departs (136km)
6h40	Group 2 (136km)
6h50	Group 3 (136km)
6h55	Group 4 (87km)
7h00	Group 5 (87km)
7h02	Group 6 (42km)
7h10	Group 7 (42km)
7h15	Group 8 (30k)
7h20	Group 9 (30k)
7h25	Group 10 (42km)
7h30	Group 11 (20km)
9h30	Prize Giving – Groups 6 – 11
10h30	Prize Giving – Groups 3 – 5
11h00	Prize Giving – Groups 1 and 2