

2021 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 Velddrif. It is indeed an honour for us to be associated and involved with Western Province 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 Western Province 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

Officials

TO BE CONFIRMED BY CSA CLOSER TO THE TIME

Race Personnel

Race Organiser	Sue Kirk	083-578-9375
Race Director	Graham Ward	083-666-1551
Race Secretary	Sue Kirk	083-578-9375
Timing	Christhonie Geldenhuys	082-67-14099
Safety Officer	Mark Syce	083-318-9379 (TBC)
Think Bike	Az Henry	084-322-5194
Medical	Tygess Paramedics	082-492-2970
Traffic	Mr 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

General Provisions

The Western Cape Road and Time Trial Championships will be held at Riviera Hotel and Chalets in Velddrif on 9 and 10 January 2021

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:

8 January 2020 between 16h00 and 19h00
9 January 2020 between 06h00 and 07h30
9 January between 17h00 and 18h30
10 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, 10 January at 06h45 in the Riviera Hotel.

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-2021>

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 Riviera ca Hotel 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.



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 who's boards we receive back that have been defaced.

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

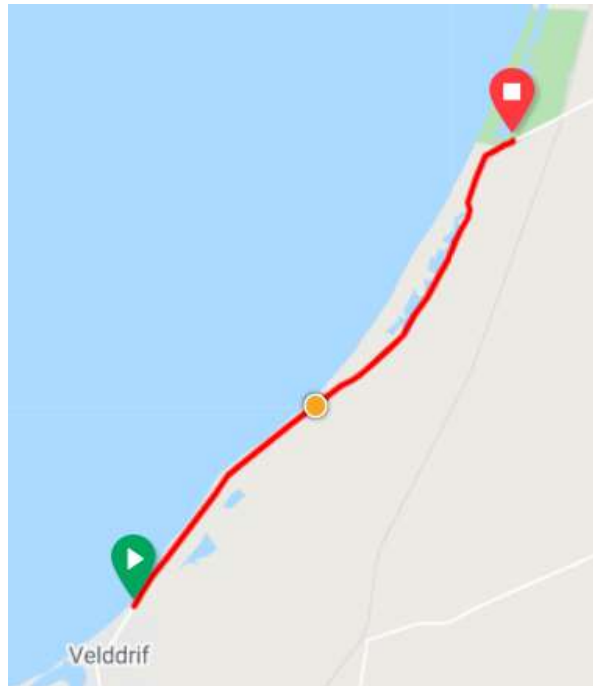
Riders may compete in their provincial, club, sponsors or plain jersey – NO EXCEPTIONS

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

Saturday 9 January: Individual Time Trial

The Time Trial is an individual event that takes an out and back route on the Dwarskersbos Road, starting and finishing at Atlantic Sands. 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 in the grounds of the Atlantic Sands residential development.

Sunday 10 January:

The Road Race on Sunday 10 January takes a combination of 2 different routes, viz a long loop of approximately 85km and a short loop of approximately 26km. The following distances will be completed:

2 x long loops – 168km
1 x long loop + 1 x short loop – 112km
1 x long loop – 88km
2 x short loops – 60km
1 x short loop – up to 30km

Road Race – Long Loop

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.

The 30 – 39 Men and the Elite and U23 Ladies will cross straight over and enter the small loop

The rest of the participants will complete one loop then head back towards Velddrif.



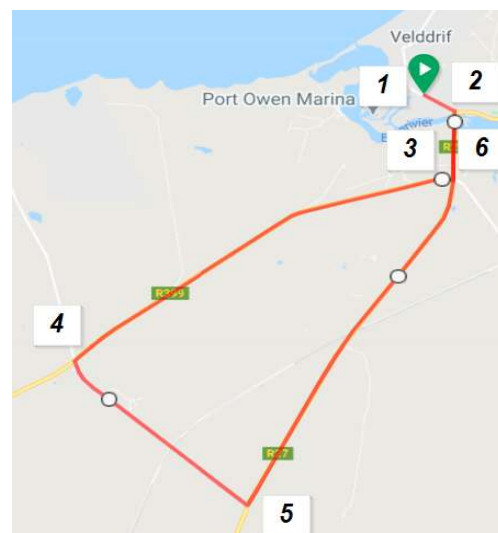
Road Race – Short Loop

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.

At the intersection with the R399, cyclists will turn right across the oncoming traffic.

Proceed along the R399 until the intersection with the St Helena Bay Road, approximately 10km away. Cyclists turn left here.

At the intersection with the R27, cyclists again turn left and head back towards Velddrif and the finish line.



Road Race – Long Loop and Short Loop Combined:

The Elite and U23 women as well as the vets categories Men 30-34 and Men 35-39 will be racing a combination of the two loops. On completion of the big loop, the cyclists will proceed directly across the R27 to enter the small loop. Traffic officials will be required at this point to control the vehicles travelling on the R27.

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 Atlantic Beach and all races go out and back towards Dwarskersbos on the coastal road. 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, just before the bridge on the outskirts of Velddrif.

Annexure A

COVID-19 OPERATIONAL PLAN

CAPE METROPOLE CYCLING ASSOCIATION

Referred hereunder as Western Province Cycling Association or WPCA

Developed by Myriad Events (Pty) Ltd

24 June 2020

PURPOSE OF THE OPERATIONAL PLAN:

To ensure that all athletes, support staff and officials who will be returning to events do so in a manner which minimizes any effects to their health from the Covid-19 virus outbreak.

APPLICATION OF THE OPERATIONAL PLAN FOR NON-CONTACT SPORTS:

The Government requires that a Covid-19 Operational Plan be developed prior to the reopening of a non-contact sporting code to the athletes. Cycling is one of the sports listed in Annexure A – Non-Contact Sporting Bodies as appended to the Amendment of directions issued in terms of Regulation 4(10) of the regulations made under Section 27(2) of the Disaster Management Act, 2002 (Act #57 of 2002): Suspension of Sport, Arts and Cultural Events as Measures to Prevent and Combat the Spread of Covid-19

OPERATIONAL PLAN FOR WESTERN PROVINCE CYCLING ASSOCIATION:

The Western Province Cycling Association are the event hosts of various road cycling events held in the greater Cape Town area and surrounds. Their races are typically held on Sunday mornings, starting at 8h00 and finished by 13h00. Racing groups of around 60 to 80 participants each would take part around a pre-determined course for a specified distance. However due to the Covid-19 outbreak, these races can no longer be held under Level 2 Regulations due to most of the cyclists not falling into the category of “professional athlete” as defined below:

“Professional Athlete” means an athlete who make a living by competing in a sport or receives payment for performance at international championships or related events including preparation for Olympics, a member of a training squad for a relevant sporting body.

We do however have athletes that are deemed semi-professional and are in possession of Full Racing Licenses issued by Cycling South Africa (CSA) who are members of sponsored teams and who compete

for a prize purse at our events. For this reason, we feel that we should be able to hold events catering for these athletes to compete at.

Other definitions that we need to take cognisance of are as follows:

“Official” means sporting venue manager, sporting venue employee, match or race official, journalist, television crew, radio commentator and security personnel.

“Support Staff” means a technical official, coach, assistant coach, kit manager, physiotherapist, medical officer, driver or physical trainer

WPCA ROAD COVID-19 OPERATIONAL PLAN:

The proposed resumption date for races to start is 1 August 2020.

There will be no “on the day” entries to races. All people attending the race need to go through the WPCA website online entry procedures at least 72 hours before the race is due to start or alternatively complete and return the pre-screening questionnaire that will be sent out once officials and race staff are confirmed .

Record Keeping

Prior to racing starting we will require all athletes, support staff and officials to register on the WPCA data base that will be created to address the items required by government. These include, but are not limited to:

1. Full names and ID numbers of the participants, be they athletes, support staff or officials, as defined above
2. Residential address
3. Cell phone number and email address
4. Contact details of a person or persons living in the same residence at the participants.
5. Last temperature reading and date (at a shopping centre or similar)
6. Tick boxes for any of the following symptoms:
 - a. Coughing
 - b. Tight Chest
 - c. Sore Throat
 - d. Loss of smell and taste
 - e. Conjunctivitis
 - f. Body pains
 - g. Fever
 - h. Severe headaches

This is to be done each time a participant enters a race. All support staff and officials are to also submit their details before each race.

Pre-Race Screening and Testing

All athletes, support staff and officials are to report to the medical screening facility to have their temperature taken and recorded. This will be done by the Myriad Events staff and reported to the appointed Covid-19 Compliance Officer. Should any person whose temperature is outside of the norms (35.7 to 37.7 Celsius) arrive on site, they will be directed to the closest screening station details of which will be available on a case by case basis. Records of all the temperatures recorded will be kept on file for the duration of the Covid-19 outbreak.

Preparation for a Race

The registration venue of WP races varies from race to race. However, the general guidelines listed below will be applied at all race registration points, as far as applicable.

1. Registration will, as far as possible, be conducted in the open air.
2. All equipment, work surfaces and surrounds will be sanitised before, during and after registration.
3. Riders will be issued with race numbers with a barcode. Support staff and officials will be issued with a name badge that includes a barcode. This is to be worn on a lanyard around his or her neck.
4. A register of those allowed to attend will be compiled 72 hours before the race and will be on hand.
5. A designated area will be set aside for the registration and temperature testing station. There will be a hand sanitiser station outside the area that participants are to use before entering. All participants will be directed to this station prior to registering for the race. Any person whose temperature is above 37.7 Celsius will be requested to leave the premises and return home.
6. After registration, participants will be directed to the race start area which will be cordoned off and will be checked onto the start line by officials / timing personnel.

During the Race

During racing, should an accident occur, medical personnel will be called to attend the scene.

After the Race

There will not be a podium or prize giving. Participants will be asked to leave the race area and head straight back to their cars. Provisional results will be posted within 5 hours of the end of the race, and final results 24 hours later. Prize winners will be contacted for their banking details.

Race Village Requirements

- 3 x Hand sanitiser units will be available – one at each registration point and one at the timing desk.
- Signage to be installed indicating that all people attending the race will be required to wear a face mask while on site.
- Eco-Viro Cleanse sanitiser will be provided for the regular washing down of tables, equipment and work surfaces at both the registration and timing desks.

Race Venue Regulations:

- All people present are to institute a 1,5metre social distance between themselves.

- If an athlete, support staff or official shows signs of and Covid-19 symptoms he will not be allowed to proceed and is to leave the race venue immediately and go to the nearest screening station.
- The registration personnel are to be informed should this happen so that they can phone the Covid-19 helpline if necessary.
- All personnel must wear something to cover their nose and mouth at all times, except cyclists who can remove them during the race.
- There must be easy access to the sanitiser provided by the events management team
- Workstations and equipment where necessary are to be disinfected regularly.
- Sub-Contractors, such as medical personnel, are to submit proof of their screening of employees on the same day. Names and ID numbers of staff, along with the results of that days screening must be emailed to the events management team 48 hours before the time.

Race Venue Amenities and Safety Measures Implemented:

The Race Venue amenities accessible to all occupants and visitors to the race are as follows:

- Car Park – no measures will be taken
- Registration and Screening Area – staff will wear the necessary PPE and regularly sanitise the work area and equipment
- Race Start and Finish Areas – will be cordoned off. Only Accredited Participants and officials will be allowed access.
- Timing Desk – no one other than staff will be allowed at the timing desk.

Steps to Take When Covid-19 Suspected:

- Prior to any race taking place, everyone involved will have their temperature taken and the results recorded.
- Should Covid-19 be suspected, the designated contact person of the person involved will be contacted and informed.
- Should immediate help be needed, the registration staff will call the Covid-19 help line – 0800-029-999 and request assistance.

Rules on Social Distancing:

- Stay at least 1,5 meters away from any other person
- Maintain physical separation at all times. Try not to come into physical contact with anyone.
- Cover your coughs and sneezes.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissues in a lined trash can.
- Wash your hands often with soap and water for at least 20 seconds . This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Use hand sanitizer if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

- Avoid touching your eyes, nose, and mouth with unwashed hands . Avoid sharing personal household items.
- Do not share dishes, drinking glasses, cups or water bottles

Pre-Screening Questionnaire:

All participants are to complete the questionnaire below when entering events online:

		Name & Surname
Examination	NAME & SURNAME OF PERSONS INTENDING TO ENTER RACE	
	1 Have you tested positive for Covid-19 or had a test for COVID-19 in the past month? If yes , Have you completed the prescribed self-isolation for 14 days after last symptoms?	
	2 Temperature reading	
Symptoms	3 Have you experienced any symptoms of Covid-19 in the past month:	
	Loss of smell and/or taste	
	Sore throat	
	Coughing	
	Difficulty breathing	
	Conjunctivitis (eye infection)	
	Body pains	
Movement	Fever	
	Severe headaches	
	7 Do you use public transport where 1.5 metre social distancing is not possible?	
	8 Does anyone in your household work in the Essential Services - Medical Field, Law Enforcement etc	
	10 Have you traveled in the past 14 days?	
	11 Estimated number of people you have been in contact with over the past 14 days	
	12 Do you make use of any protective wear in public / work places? (mask, gloves, etc)	
	13 In which suburb do you live?	
Date		
Score		#DIV/0!
APPROVAL		

Important Contact Details:

Public Officer	Sharief Peters	082-926-9402
Race Director	Graham Ward	082-449-7424
Covid-19 Compliance Officer	Mark Syce	083-318-9379
Events Manager	Sue Kirk	083-578-9375
Event Coordinator	Mike Aaron	082-578-0414

COVID - 19 PANDEMIC CALL CENTRES AND HOTLINES



Coronavirus Hotline: 0800 029 999	National Crisis Line: 0861 322 322	South African Police Service: 08600 10111	Reporting undue price increases: 0800 141 880	Child Line: 0800 055 555	Department of Home Affairs: 0800 601 190
Persons with Disabilities: SMS 'help' to 31531	Support to SMMEs in distress: 0860 663 7867	AIDS Helpline: 0800 012 322	Department of Trade and Industry: 080 000 6543	Suicide Helpline: 0800 567 567 or 0800 456 789	Department of Water and Sanitation: 0800 200 200
GBV - Related service complaints: 0800 333 177	PostBank Call Centre: 0800 53 54 55	Gender-based Violence Command centre: 0800 428 428 OR *120*7867# (free)	Department of Trade and Industry: 080 000 6543	Family Violence, Child Protection and Sexual Offences Unit: 0800 150 150	Department of Tourism: 0860 868 747
National Institute for Communicable Diseases: 0800 029 999	Women Abuse Helpline: 0800 150 150	National Human Trafficking Helpline: 0800 222 777	SASSA Call Centre: 0800 60 10 11	Presidential Hotline: 17737	WE ARE HERE TO HELP

WHATSAPP SUPPORT
0600 123 456
EMERGENCY NUMBER
0800 029 999
sacoronavirus.co.za



Annexure B

TRAFFIC AND PARKING PLAN

Saturday 9 January: Individual Time Trial

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

5km

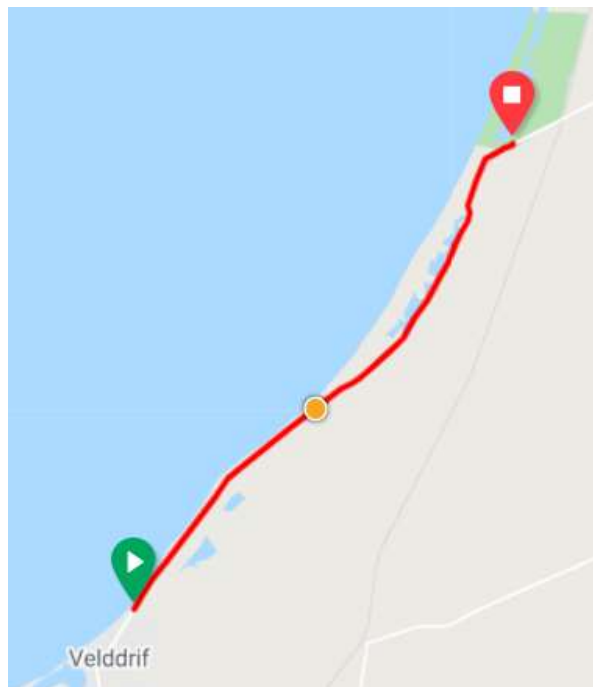
6km

7,5km

10km

15km and

20km



Parking:

Parking for this event will be in the grounds of the Atlantic Sands residential development.

Sunday 10 January:

The Road Race on Sunday 10 January takes a combination of 2 different routes, viz a long loop of approximately 85km and a short loop of approximately 26km. The following distances will be completed:

2 x long loops – 168km

1 x long loop + 1 x short loop – 112km

1 x long loop – 88km

2 x short loops – 60km

1 x short loop – up to 30km

Road Race – Long Loop

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.

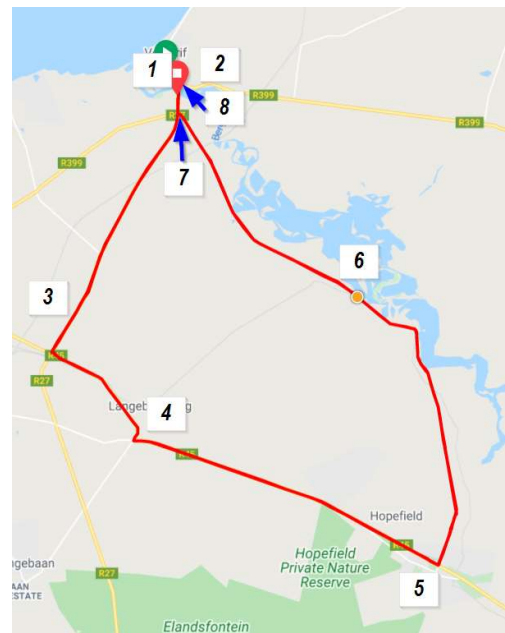
The route then travels 18,7km where the cyclists will turn left towards Langebaanweg. After 8,2km the route takes the left-hand turn towards Hopefield. At Hopefield (21km) another left turn to take the cyclists back towards Velddrif.

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.

The 30 – 39 Men and the Elite and U23 Ladies will cross straight over and enter the small loop

The rest of the participants will complete one loop then head back towards Velddrif.

There are various points that we need to consider



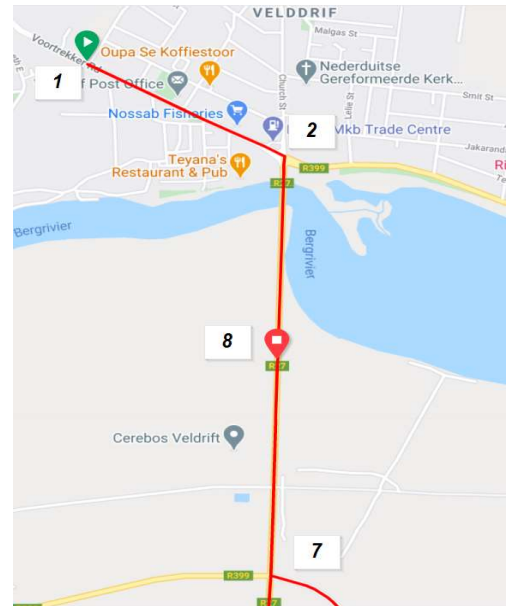
Start Point:

The race starts outside the municipal buildings in Voortrekker Street and finished just before the bridge into town. There are a few issues we need to address here:

Point 1: Start Point:

There will be a lot of congestion around the start area as the cyclists get themselves ready to race. The parking area at the back of the municipal buildings will be used as well as the parking lot over the road from here – see parking plan at the end of this document.

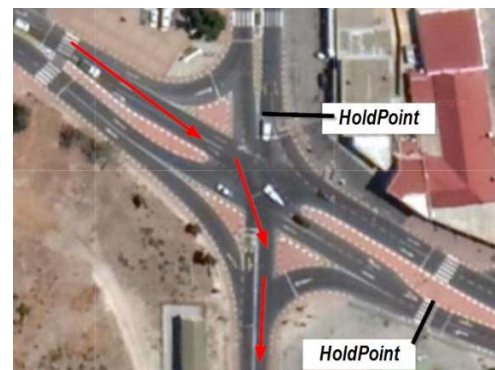
Traffic assistance will be required to ensure that motorists are aware of the cyclists and pedestrians that will be in the area. Event staff and marshals will be on hand to control the participants.



Point 2: Right Turn onto R27:

There is a right turn from Voortrekker Street onto the R27 West Coast Road. There is the potential for a lot of traffic in this area as the registration point for cyclists is at the Riviera Hotel. We will need traffic assistance at the HoldPoints as indicated in the photo to prevent oncoming traffic from entering the intersection while the cyclists are crossing.

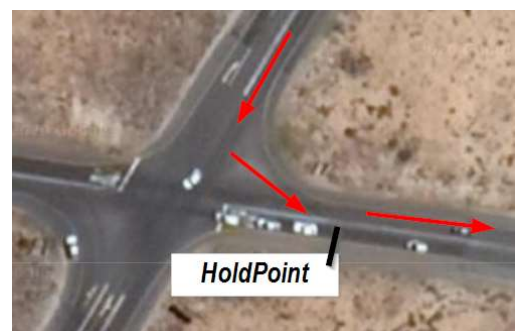
There is also an abundance of traffic islands at this intersection which the cyclists will be made aware of as these could cause accidents to happen.



Point 3: Left Turn towards Langebaanweg:

After travelling on the R27 for approximately 18,7km the cyclists take a left-hand turn towards Langebaanweg. This is a fairly acute angle which will mean that the cyclists will swing wide into the lane of oncoming traffic. We will need a HoldPoint approximately 50 metres from the intersection and warning signage needed further down the road, alerting motorists to the cyclists ahead.

Traffic officials required here.

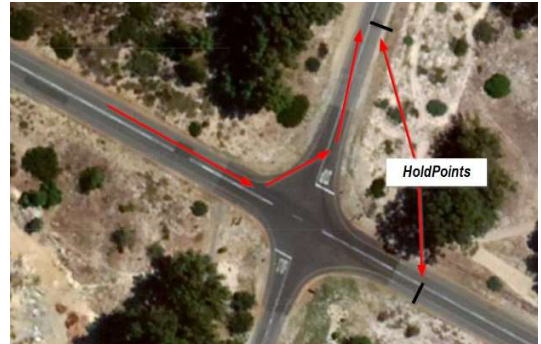


Point 4: Left Turn towards Hopefield:

Cyclists proceed through Langebaanweg heading to Hopefield. After approximately 8,2km they turn left. There is little risk in this area, and we suggest that 2 race marshals are sufficient to man this point.

Point 5: Left Turn at Hopefield:

This left turn comes at the bottom of long downhill section. The cyclists are going to be hitting speeds of 60km + before having to brake sharply to take the corner. We will need warning signs and distance markers informing the cyclists of this corner. The corner is acute so the cyclists will swing wide into the oncoming lane. Holding points are needed as indicated on the photograph and warning signage needed further down the road, alerting motorists to the cyclists ahead.



Point 6: Railway Crossing on R399:

About 11.5km from the Hopefield corner there is a railway crossing. The rails run at around 45 degs across the road and pose a potential risk to cyclists.

If possible, rubber mats will be placed over these rails to mitigate the risk, however if mats aren't available, cyclists need to be warned well in advance of a railway crossing. Marshals needed at this point to help warn the cyclists.

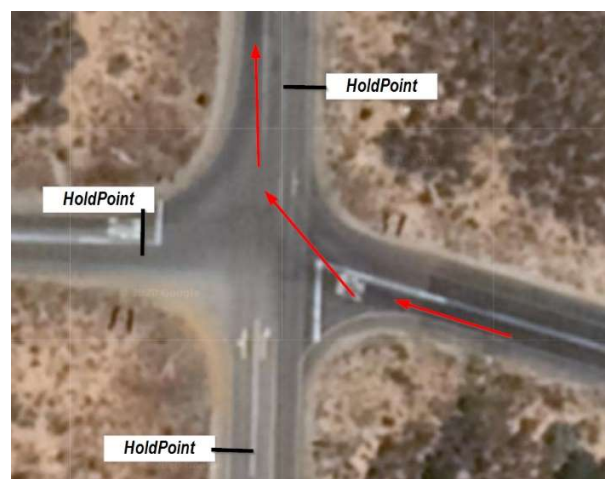


Point 7: Intersection of R399 and R27:

On completion of the first loop, the Elite and U23 participants will turn left here and repeat the loop.

On the completion of the second loop, the cyclists will be turning right to head back towards Velddrif. As this is a major road, we will need Holding Points in 3 places to prevent oncoming traffic colliding with the cyclists.

Traffic officials will be required to assist at this point



Point 8: Finish Line:

The finish line will be situated just before the second bridge heading back into Velddrif. Traffic control will be needed on the Velddrif side of the bridge when the main peloton arrives at the finish line. Thereafter the cyclists will make their own way back to the municipality car park or their accommodation.



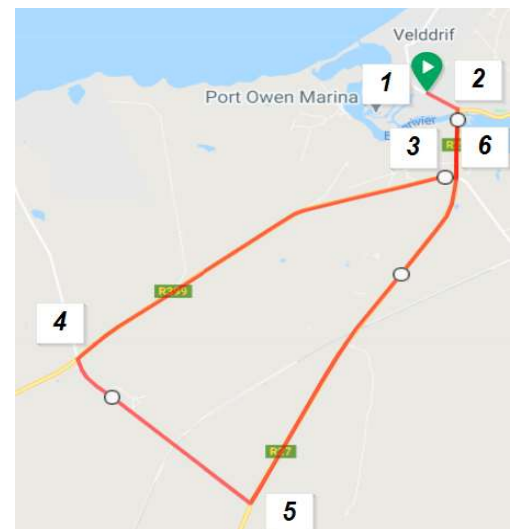
Road Race – Short Loop

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.

At the intersection with the R399, cyclists will turn right across the oncoming traffic.

Proceed along the R399 until the intersection with the St Helena Bay Road, approximately 10km away. Cyclists turn left here.

At the intersection with the R27, cyclists again turn left and head back towards Velddrif and the finish line.



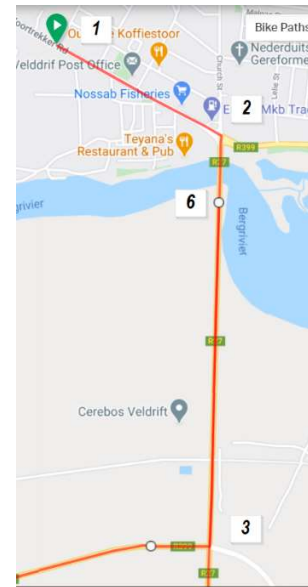
Start Point:

The race starts outside the municipal buildings in Voortrekker Street and finished just before the bridge into town. There are a few issues we need to address here:

Point 1: Start Point:

There will be a lot of congestion around the start area as the cyclists get themselves ready to race. The parking area at the back of the municipal buildings will be used as well as the parking lot over the road from here – see parking plan at the end of this document.

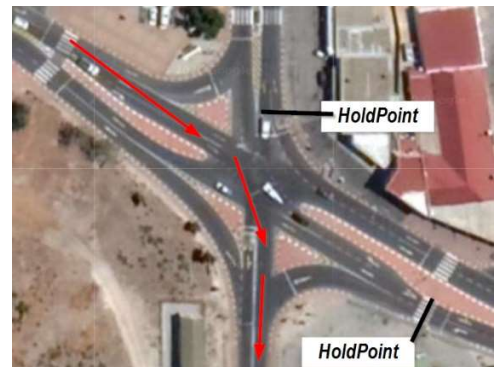
Traffic assistance will be required to ensure that motorists are aware of the cyclists and pedestrians that will be in the area. Event staff and marshals will be on hand to control the participants.



Point 2: Right Turn onto R27:

There is a right turn from Voortrekker Street onto the R27 West Coast Road. There is the potential for a lot of traffic in this area as the registration point for cyclists is at the Riviera Hotel. We will need traffic assistance at the HoldPoints as indicated in the photo to prevent oncoming traffic from entering the intersection while the cyclists are crossing.

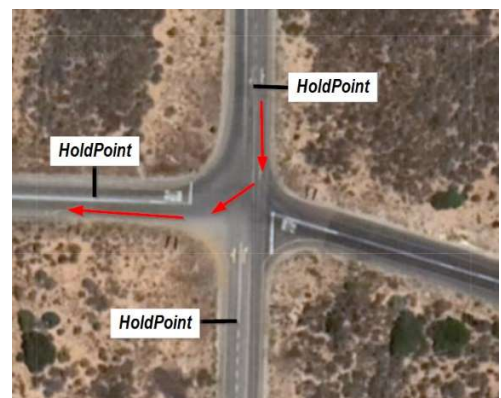
There is also an abundance of traffic islands at this intersection which the cyclists will be made aware of as these could cause accidents to happen.



Point 3: Right Turn onto R399:

Cyclists will be turning right onto the R399 towards St Helena Bay. Traffic officials will be required to halt the oncoming traffic to allow the cyclists to safely negotiate the turn. Holding points will be required in 3 directions as indicated on the image.

Traffic officials to be on duty here at peak times.

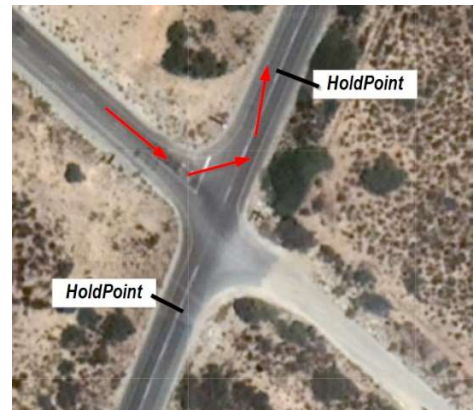


Point 4: Left Turn onto the St Helena Road:

Cyclists will turn left onto the St Helena Road, heading towards the R27. Race marshals will be positioned here.

Point 5: Left Turn onto R27:

Cyclists will turn left onto the R27. This corner has an acute angle and will require a HoldPoint for oncoming traffic. Traffic heading in a northerly direction will also need to be controlled.



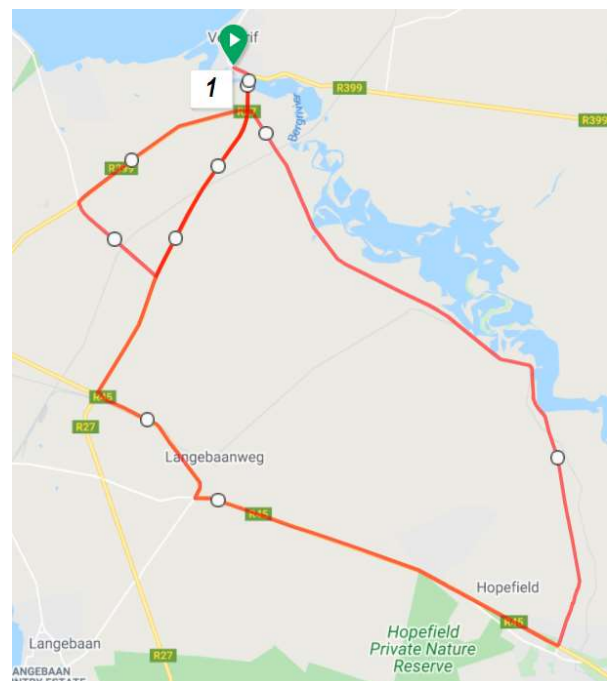
Point 6: Finish Line:

The finish line will be situated just before the second bridge heading back into Velddrif. Traffic control will be needed on the Velddrif side of the bridge when the main peloton arrives at the finish line. Thereafter the cyclists will make their own way back to the municipality car park or their accommodation.



Road Race – Long Loop and Short Loop Combined:

The Elite and U23 women as well as the vets categories Men 30-34 and Men 35-39 will be racing a combination of the two loops. On completion of the big loop, the cyclists will proceed directly across the R27 to enter the small loop. Traffic officials will be required at this point to control the vehicles travelling on the R27.



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 Atlantic Beach and all races go out and back towards Dwarskersbos on the coastal road. 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, just before the bridge on the outskirts of Velddrif.