

# 2021 WESTERN CAPE ROAD & TIME TRIAL CHAMPIONSHIPS

(including the WC Inter District Youth Championships)

**VENUE: GRAND HOTEL, LAINGSBURG WESTERN CAPE**

**DATE: 24 – 25 APRIL 2021**

**CLOSING DATE FOR ENTRIES: 19 APRIL 2021**



**Jakhals Events**



**Venue:**

**GRAND HOTEL, LAINGSBURG, WESTERN CAPE**

**Date:**

**24 – 25 APRIL 2021**

**Entry Fees:**

**Children up to U/16 & Para cyclists:**

Road Race R 200.

Time Trail R 200.

*Enter Both for R350*

**Juniors and older:**

Road Race R 300.

Time Trail R 300.

*Enter Both for R500*



**Jakhals Events**





#### Welcome by Western Cape Cycling President:

Welcome Message from Western Cape Cycling Association On behalf of Western Cape Cycling Association, I would like to extend a warm welcome to all of the riders, spectators, managers and officials attending our prestigious Western Cape Road and Time Trial Championships. It is indeed an honour for us to be associated with and involved in organising such a prestigious event. Without your dedication, commitment and sacrifice, this event would certainly not have been possible. I would also like to thank our sponsors and other supporters within the community and cycling industry at large – without your much-needed dedication, support and input this event would certainly not be as success. Wishing you all the best for this championships! May the wind always be at your backs and may you soar to new heights of achievement and excellence! Safe cycling and may the best riders win!

Corné Bence President:  
Western Cape Cycling Association





# Jakhals Events

[www.jakhalsevents.co.za](http://www.jakhalsevents.co.za)

## TIME SCHEDULES:

### Friday 23 April 2021:

13h00: Race Registration opens Grand Hotel Laingsburg

18h00 Race Registration closes

### Saturday 24 April 2021:

06h00 Race Registration opens (Karoo Battle of the Bikes)

07h00: Start Karoo Battle of the Bikes – Epic battle

07h05: Start Karoo Battle of the Bikes – Light battle

07h15: Start Karoo Battle of the Bikes – Road battle

07h20: Start Karoo Battle of the Bikes – Fun battle

11h00 to 15h00: Registration Western Cape Road Champs

12h00: Bike Check Stations Opens

13h00: ITT Starts

17h00 to 19h00: Registration Western Cape Road Champs

## NO LATE ENTRIES - ITT !! ONLY ONLINE ENTRIES!!



## INDIVIDUAL TIME TRIAL

Time	Category	Distance (km)	Turn Around (km)
13h00	Elite Men	26	13
	U/23 Men		
	Junior Men		
	Vet 30 - 34 Men		
	Vet 35 - 39 Men		
	Vet 40 - 44 Men		
	Vet 45 - 49 Men		
	Vet 50 - 54 Men		
	U/17 Boys		
	Elite & U/23 Women		
	Junior Ladies		
	Vet 30 - 34 Women		
	Vet 35 - 39 Women		
	Vet 40 - 44 Women		
	Vet 55 - 59 Men	14	7
	Vet 60 + Men		
	U/15 Boys		
	Vet 45 - 49 Women		
	Vet 50 - 54 Women		
	Vet 55 - 59 Women		
	Vet 60 + Women		
	U/17 Girls		
	U/11 Boys	10	5
	U/11 Girls		
	U/13 Boys		
	U/13 Girls		
	U/15 Girls		
	Para T1-2, H1-5, C1-5		

14h00: Prize Giving Karoo Battle of the Bikes – Grand Hotel Laingsburg

Prize Giving ITT – 30 min after last rider finished - Grand Hotel Laingsburg

### Sunday 25 April 2021:

07h30 - 09h00 Race Registration opens

07h30 Bike Check opens

07h30 Sign on opens

08h00 Start 26 km Road Race

08h30 Start 59 km Road Race

11h00 Start 119km Road Race

11h00 Start of number returns



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## ROAD RACE

Time	Category	Distance (km)
08h00	U/11 Boys	26
	U/11 Girls	
	U/13 Boys	
	U/13 Girls	
	U/15 Girls	
	Vet 60 + Women	
08h05	Para T1-2, H1-5, C1-5	26
08h30	U/15 Boys	59
	U/17 Boys	
	Vet 50 - 54 Men	
	Vet 55 - 59 Men	
	Vet 60 + Men	
08h35	U/17 Girls	59
	Junior Ladies	
	Vet 40 - 44 Women	
	Vet 45 - 49 Women	
	Vet 50 - 54 Women	
	Vet 55 - 59 Women	
11h00	Junior Men	119
	Elite Men	
	U/23 Men	
11h10	Vet 30 - 34 Men	119
	Vet 35 - 39 Men	
	Vet 40 - 44 Men	
	Vet 45 - 49 Men	
11h15	Elite & U/23 Women	119
	Vet 30 - 34 Women	
	Vet 35 - 39 Women	

15h00 Prize Giving – Grand Hotel Laingsburg





## MAPS:

### 2021 WC TT Champs 10km



10.07km  
Distance

119m  
Elevation Gain

Road  
Ride Type

<https://www.strava.com/routes/2806440580509739672>

### 2021 WC TT 14 Km Champs



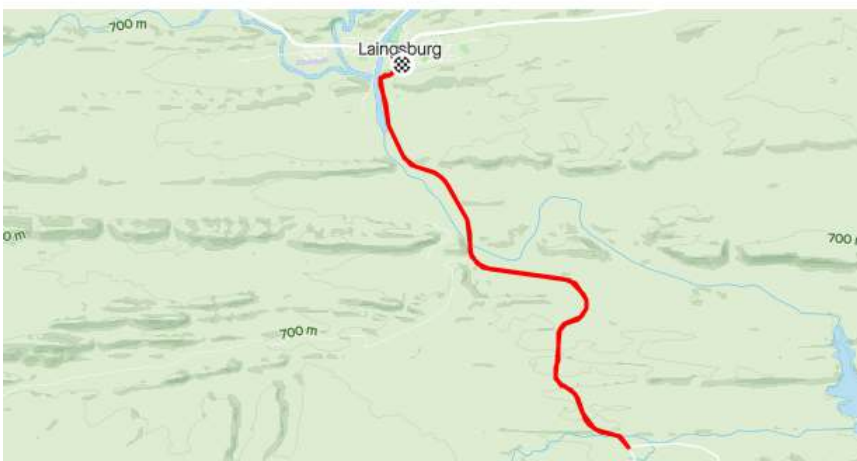
13.91km  
Distance

191m  
Elevation Gain

Road  
Ride Type

<https://www.strava.com/routes/2806446728645963422>

### 2021 WC TT 26 Km Champs



25.88km  
Distance

422m  
Elevation Gain

Road  
Ride Type

<https://www.strava.com/routes/2806470029014125208>

## MAPS:

### 2021 WC 60 Km Road Champs



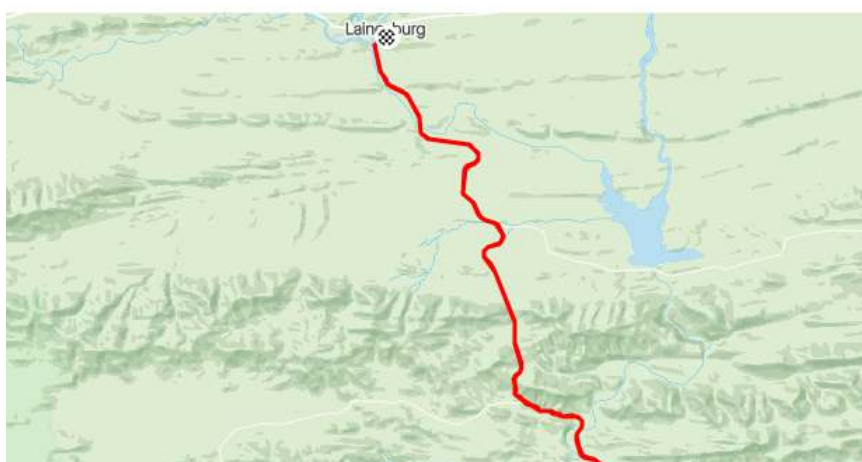
59.27km  
Distance

1,322m  
Elevation Gain

Road  
Ride Type

<https://www.strava.com/routes/2808731830475478006>

### 2021 WC 119 km Road Race



118.95km  
Distance

2,650m  
Elevation Gain

Road  
Ride Type

<https://www.strava.com/routes/2806795522203687546>





# MAPS:

## Aerial Map Grand Hotel / Start Finish Area



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**ARTICLE 1: ORGANISATION** The Western Cape Road & Individual Time Trial Championships will take place in accordance with the Rules and Regulations of the UCI (International Cycling Union) and Cycling South Africa. Any infringements will be disposed of in terms of Chapter 12 of the UCI Rules and Regulations and by participating in the event, riders and managers acknowledge and subject themselves to all relevant UCI and Event Special Rules and Regulations.

**Distances:** as per the Start list: The final start list will be posted on the Jakhals Events website.

### **Article 2: Participation**

All riders participating in the Western Cape Championship must be in possession of a 2021 valid membership issued by Cycling SA.

### **Article 3: Type of Races & Points Awarded**

- a) All races conducted will be Western Cape Championships;
- b) Each cyclist must ensure they understand the layout for the particular route of his/her age group inclusive of the in/out routing scheduled and the circuit;
- c) All races will be Closed Championships.

### **Article 4: Permanence (Race Meeting office and Head Quarters)**

Race permanence is at **Grand Hotel, Laingsburg**

**Race Registration / Number Collection:** The number collection is as follows:

- Friday 23 April 2021: **13h00 – 18h00: Grand Hotel, Laingsburg**
- Saturday 24 April 2021: **11h00 – 15h00: Grand Hotel, Laingsburg**  
**17h00 – 19h00: Grand Hotel, Laingsburg**

A **Managers meeting** will take place on Friday 23 April 2021 – 18h00, Saturday 24 April 2021 – 11h00, to be held at the Race Permanence – **Grand Hotel, Laingsburg**

### **Article 5: Radio-Tour**

- a) No radios are permitted for riders in the road race;
- b) Commissaires & Neutral Vehicles will have a radio;
- c) The Organisation / Teams / Commissaires will also make use of Cellular phones communication (Whatsapp Communication). This is because of some signal challenges.



## **Article 6: Neutral Service**

- a) A neutral service vehicle shall be arranged for each distance;
- b) Team Vehicles are also encouraged to assist where possible, even if riders are not of their team. SAFETY is a very important aspect.
- c) Riders withdrawing from the race must report their withdrawals to the President Commissaire or Chief Judge at the Finish Line.**

## **Article 7: Following vehicles**

### **Time Trials**

This will be communicated by the President Commissaire at the managers meeting.

### **Road Races**

This will be communicated by the President Commissaire at the managers meeting.

## **Article 8: Prize Giving & Protocol**

- a) Medal winners must be on time for Prize Giving and need to adhere to the Covid 19 regulations. Time slots for the prize giving will be published on social media & the Jakhals Events website.
- b) Riders must adhere to the UCI rules with regards to the PODIUM PROTOCOL

## **Article 9: Anti-Doping / Medical Control**

- a) The Anti-Doping Protocol and Rules of the UCI, SAIDS and Cycling SA will apply.
- b) Riders in the U19 (Junior) category must be accompanied by an adult (team manager or parent) with the necessary identifications.
- c) The Anti-Doping premises will be clearly marked and will be at the **START / FINISH** area.

## **Article 10: Bicycles & Equipment**

### **a) Road Races**

- i. No bicycles should be left unattended.
- ii. It will be each rider's individual responsibility to ensure that all wheels and equipment given to Neutral service vehicles will be marked and collected after each event.
- iii. The first five riders from the U19 (Junior) Category must do a gear check immediately after the race has been completed.
- iv. All riders must sign on after successful bicycle inspection and not leave the waiting area.

### **b) Time Trial**

- i. Each rider has to have his/her bicycle inspected and weighed in before the start of the TT and cannot leave the starting area again.
- ii. Each rider has to have the bicycle inspected and rolled-in at least 30 minutes prior to his/her starting time.
- iii. Strict Rules will apply as per the new regulations of the UCI.
- iv. Riders must know and adhere to the UCI rules pertaining to catching another rider.
- v. Elites, U23, U19 (Junior), Vets/Masters, please check the Cycling SA or UCI website for the Time Trial Bike Specifications.

### **c) Race Numbers**

You will receive 2 x back numbers and a frame number in your race pack.

One back number to be used for the Time Trial.

Two back numbers will be used for the Road Race. Please make sure that your number(s) is clearly visible at all times for the officials.



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**A deposit of R200.00 will be required for the numbers.**  
**When numbers are returned undamaged, deposits will be refunded**

**NB: District Team Manager of youth riders will have to pay R 500 as a number deposit per district**

**IMPORTANT: AT REGISTRATION ALL COVID 19 PROTOCOLS WILL BE FOLLOWED.**  
**NO MASK – NO ENTRY**

**Article 11: STARTS OF TIME TRIAL & ROAD RACES:**

- **Individual Time Trials:** Riders must adhere to the Covid 19 protocols. All riders must keep social distancing and riders must wear their masks until just before their starts.

**NO CROWDING WILL BE ALLOWED.**

- **Road Races:** The various bunches / groups will line up as indicated by the Commissaires / Organisers in charge.

At all times riders will wear a mask, until just before the start of their race.

- **NO SPECTATORS WILL BE ALLOWED AT THE START / FINISH VENUES**

**SCREENING:**

- Screening will be done before the Individual Time Trial and the Road Races.
- Temperature check / Q & A for symptoms
- If you were in contact with any persons tested positive for Covid 19, please DO NOT attend the event.
- The wear of masks at all times at the START / FINISH venues are compulsory.
- We are responsible to keep ourselves and others safe!

**For any enquiries:**

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