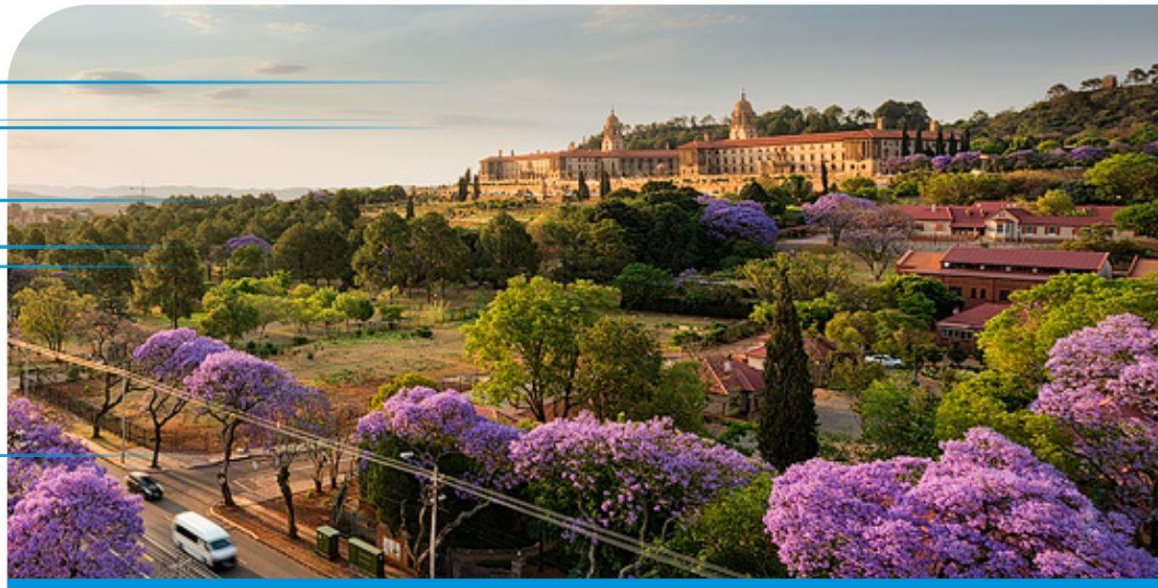
2019

Gauteng Provincial

Road & Time Trial Championships

Time Trial Saturday 19 January @ Grootvlei Church, Rooiwal

Road Race Sunday 20 January @ Rietondale Park, Pretoria



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For more info, contact: Alida (secretary@gncycling.co.za)

Version 1 - (2018/12/03)

2019 Gauteng Provincial Road & TT Champs

The 2019 Gauteng Provincial Time Trial Championships will take place on Saturday, 19 January 2019 from 06:00 at the Grootvlei Nederduitsch Hervormde Church (Rooiwal Church).

The 2019 Gauteng Provincial Road Championships will take place Sunday, 20 January 2019 from 06:00 and start and finish at Rietondale Park, off Soutpansberg Road, Rietondale, Pretoria

PLEASE NOTE:
This event is a closed Provincial Championship for Gauteng riders only.

The championship will be run in accordance with **UCI Rules**, as well as **CSA Rules**. Please ensure that you are familiar with these rules. In accordance to UCI Rules, the U23 category may race with the Elites. However, there will be separate category medals for the Elites and U23 riders (i.e. if an U23 rider takes the win, he will only be the U23 Champion, and the first Elite rider will be the Elite Champion.)

Contact Details: Race Organisers

Event Director:	**Charles Krös**	**0823334801**
Secretary:	**Alida Naudé**	**secretary@gncycling.co.za**

Food & Refreshments

On Saturday at Rooiwal Church there will be food and refreshments on sale. Please support the church.

On Sunday at Rietondale Park there will be food and refreshments on sale from the Rietondale Lodge across the street from the start/finish area. A menu will be distributed.

Licences

The Championship is a closed Provincial Championship for Gauteng riders only who have applied for and were issued with a **Cycling SA Full Racing License for 2019**.

The U/11 – U/17 categories require only Cycling SA membership.

Para Cyclists

The Championships will include categories for Para Cyclists – please indicate your classification when entering.

Medals

Medals will be awarded to the category winners provided that there are enough entries for that category. NO JERSEYS will be made available for 2019.

Timing

Racetec will do the timing for the Road Race – please ensure that you have **YOUR OWN** chip on your bike!

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Restrictions on gears and equipment

Restricted gears will be applicable for the Junior and younger categories and roll-in will take place before start of the Road Race as well as the Time Trial.

Under 11:	Equal to and not more than 6,227 metres.
Under 13:	Equal to and not more than 6,227 metres.
Under 15:	Equal to and not more than 6,626 metres.
Under 17:	Equal to and not more than 6,897 metres.
Junior:	Equal to and not more than 7,93 metres

CSA restriction pertaining to bicycles and equipment for youth, U15, U13 and U11 applies.

No blocked gears will be allowed.

Entries

Entry is done via a portal which can be accessed here: ENTER HERE

You will receive a confirmation of your entry by e-mail.

Payment details will be in the e-mail. Please forward proof of payment of entry fees to the e-mail provided.

Pre-entries close on 14 January 2019 at midnight.

Strictly no late entries for the **Time Trial and Para Cycling categories** after 14 January.

Late entries for the **Road Race** until 17 January, subject to a R30 penalty.

Entry Fees

ENTRY FEE for TIME TRIAL:			**ENTRY FEE for ROAD RACE:**		
U15 and younger	**:**	**R150**	**U15 and younger**	**:**	**R250**
U17 and older	**:**	**R300**	**U17 and older**	**:**	**R400**
Para Cyclists	**:**	**R300**	**Para Cyclists**	**:**	**R400**

ENTRY FEE for BOTH EVENTS:

Save 15% if entering for both events (Pre-entries only)

U15 and younger	:	R340
U17 and older	:	R595
Para Cyclists	:	R595

Registration & Number Collection

Registration will take place

- Saturday 19 January, up to 1 hour before the start of own TT starting time, and
- Sunday 20 January, up to 2 hours before the start of your category race.

A deposit of R50 will be levied at registration for race numbers – which will be refunded on return of the number.

Sign on will be conducted for each category of the Road Race.

Sign on will start 30 minutes before the start of the category and close 10 minutes before the start of each category. If a rider has not signed on, he/she will be disqualified.

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Support Vehicles & Radios

2019 Team Manager's accreditation is required for a support vehicle to be allowed on the route. Accreditation to be obtained at Team Manager's meeting – date and time to be confirmed

There will be one clearly marked feeding station for the Road Race.

- This is only applicable to races longer than 70km.
- No feeding is allowed within the first 30km and the last 20km of any race subject to extreme weather protocols and decision during the Team Managers Meeting
- No feeding will be allowed from support vehicles.
- Feeding station will be demarcated.
- The position of the feeding station will be confirmed.
- No feeding will be allowed during any of the Time Trial events

Radio communication between following vehicles and riders will be permitted during the Time Trial. Only Commissaires, registered team managers and neutral service personnel will be permitted to use radios to communicate among themselves.

Anti-Doping / Medical Control

The Anti-Doping Protocol and Rules of the UCI and Cycling SA will apply.

Riders in the Junior Age Category must be accompanied by an adult (team manager or parent) with the necessary identification.

Race Numbers

Each rider will receive 2 x back numbers and 1 x frame number in the race pack.

Road Race: Two back numbers and frame number will be used for the Road Race

Time Trial: One back number will be used for the Time Trial event.

Riders must ensure that their back numbers and frame numbers are clearly visible at all times. Frame numbers are to be placed horizontally above the back wheel and NOT under the saddle.

Medical

Each rider entering this event confirms that he/she is healthy and able to compete at the Provincial Championships.

It is the responsibility of each rider to ensure that necessary provision has been made for adequate medical and personal liability insurance as stipulated and required by the UCI.

In the event of any accident, injury or medical emergency the injured person concerned will be taken to the nearest hospital and all accounts will be for the injured.

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TIME TRIAL INFORMATION

Directions to Rooiwal Church:

From Johannesburg, travel on the N1 North and take the Wallmansthal off ramp. Turn left after the toll gate and proceed until you arrive at a T-junction. This is the Old Warmbaths Road (R101). Turn right and proceed 1km until the turn-off before the bridge. Turn right and the church is on the right hand side about 500m up the road.

From Pretoria, travel on to the N1 North and follow the directions above.

Parking at Rooiwal Church:

There is ample parking at the church.

Bicycles & Equipment: Time Trial

Time Trial entrants to ensure that they provide their correct e-mail addresses when entering, in order to receive the individual starting times.

Ladies participating in the Time Trial should indicate at the starting line if they DO NOT want assistance with a standing start (shoes clipped-in).

All bicycles will be checked, weighed and measured. In the case of the Junior age category and younger, participants will be rolled in for gear ratios, before the start of the Time Trial. This will be undertaken in a clearly marked designated area before the Start Line and once done, the rider cannot leave the starting area.

A rider who arrives late for his/her start will not be permitted to start until such time as his/her bicycle has been checked, weighed and measured and in the case of the Junior age category and younger, rolled in for gear ratios.

Strict rules will apply with regard to the UCI technical regulations including the diameters and length of Time Trial Bars (1:3 ratios).

Riders will not be allowed to use the TT circuit to warm up.

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Route Description: Time Trial

The Time Trials will **all** start at the Church.

10km route

- Start at the Church,
- After 2km right at first T-junction to Bultfontein A/H,
- The 10km turnaround is at the second gravel road joining this tar road (Keurboom lane).

15km route

- Start at the Church,
- After 2km turn right at first T-junction to Bultfontein A/H,
- After 5km turn left at next T-junction,
- The 15km turnaround is 400m on, just before the narrowing of the road.

20km route

- Start at the Church,
- After 2km turn right at first T-junction to Bultfontein A/H,
- After 5km turn left at next T-junction,
- The 20km turnaround is in the vicinity of Baba's Lodge.

30km route

- Start at the Church,
- After 2km turn right at first T-junction to Bultfontein A/H,
- After 5km turn left at next T-junction,
- After 5.8km the road makes a 90º left turn,
- The 30km turnaround is 2km further on this road (before Sekelbos road).

40km route

- Start at the Church,
- After 2km turn right at first T-junction to Bultfontein A/H,
- After 5km turn left at next T-junction,
- After 5.8km the road makes a 90º left turn,
- The 40km turnaround is 7km further on this road (just before the T-junction).

PLEASE NOTE: Traffic rules apply. Keep left at all times.
You do not have road closure, so please exercise caution at all times.

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Time Trial: Distances

Group	Distance
Under 11 Girls	10 km
Under 11 Boys	10 km
Under 13 Girls	10 km
Under 13 Boys	10 km
Under 15 Girls	10 km
Under 15 Boys	15 km
Under 17 Girls	15 km
Para Cyclists (per classification)	15 km
Para Cyclists (per classification)	20 km
Under 17 Boys	20 km
Junior Ladies	20 km
Junior Men	30 km
Under 23 Men	40 km
Elite Men	40 km
Under 23 Ladies	30 km
Elite Ladies	30 km
Tandems	20 km
Veteran Ladies 30-34	20 km
Veteran Ladies 35-39	20 km
Veteran Ladies 40-44	20 km
Veteran Ladies 45-49	20 km
Master Ladies 50-54	15 km
Master Ladies 55-59	15 km
Master Ladies 60+	15 km
Veteran Men 30-34	30 km
Veteran Men 35-39	30 km
Veteran Men 40-44	30 km
Veteran Men 45-49	30 km
Master Men 50-54	20 km
Master Men 55-59	20 km
Master Men 60-64	20 km
Master Men 65-69	20 km
Master Men 70+	15 km

PLEASE NOTE:

Individual start times to be confirmed on 17 January at 20h00, and distributed via e-mail and published on Gauteng North Facebook page

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ROAD RACE INFORMATION

Start venue Rietondale Park:

Rietondale Park is situated in Soutpansberg Road in Pretoria. The Start/Finish is in front of the Rietondale Country Lodge.

GPS Coordinates for the Start/Finish:
25°44'01.8"S 28°13'25.7"E OR -25.733838, 28.223800

Parking at Rietondale Park:

The designated parking areas are on the pavement on the northern side of Soutpansberg Road.

Bicycles & Equipment: Road Race

All bicycles will be checked and weighed and in the case of the Junior age category and younger, rolled in for gear ratios, 20-30 minutes before the start of each race. This will be undertaken in a clearly marked designated area before the Start Line and once done, the rider cannot leave the starting area. If a rider's bike has not been checked, he or she will not be allowed to start until this has been done. It is the rider's responsibility to have his or her bike checked on time.

The first 5 riders from the Junior age category and younger will be required to undergo a gear check immediately after their race has been completed.

Route Description: Road Race

The route will consist of approximately 10km laps around the Union Buildings.

BASIC ROUTE DESCRIPTION:

- Start at Rietondale Park in Soutpansberg Road
- Ride east towards Hamilton Street
- Turn left into Hamilton Street
- Turn left into Edmond Street
- Follow Government Avenue to pass in front of Union Buildings, road makes a right hand turn and becomes Dumbarton Road
- Turn left into Stanza Bopape Street
- Turn left into Jan Shoba Street that becomesGordon Road
- Turn left into Soutpansberg Road, finish opposite Rietondale Park.

For some categories there are deviations from the above route.

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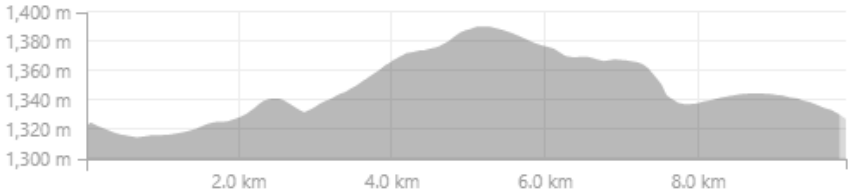
There are 3 routes:

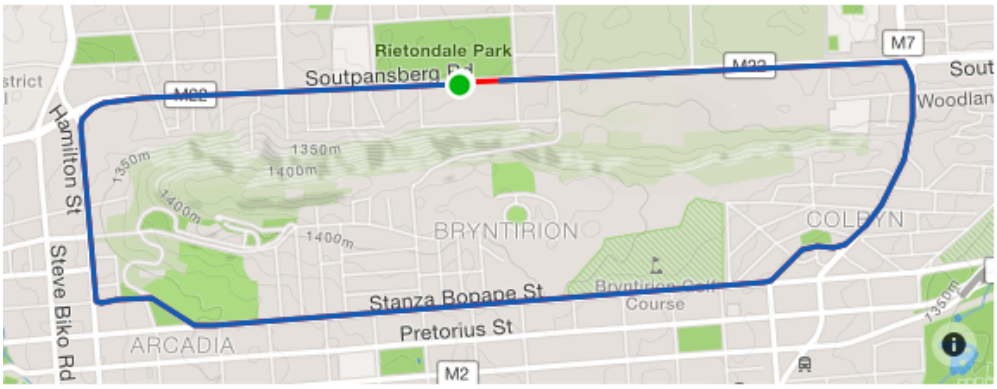
Route 1:

This route will be used for the younger riders and Para Cyclists and excludes the steep Edmond Street.

- Start at Rietondale Park in Soutpansberg Road
- Ride east towards Hamilton Street
- Turn left into Hamilton Street
- Turn left into Madiba Street
- Follow Madiba Street to where it joins Stanza Bopape Street
- Turn left into Stanza Bopape Street
- Turn left into Jan Shoba Street that becomes Gordon Road
- Turn left into Soutpansberg Road, finish opposite Rietondale Park.

Link to Strava segment of route: Route1





Route 2:

This is the basic loop around the Union Buildings. It passes in front of the Union Buildings and is 10km in distance.

- Start at Rietondale Park in Soutpansberg Road
- Ride east towards Hamilton Street
- Turn left into Hamilton Street
- Turn left into Edmond Street
- Follow Government Avenue to pass in front of Union Buildings, road makes a right hand turn becomes Dumbarton Road
- Turn left into Stanza Bopape Street
- Turn left into Jan Shoba Street that becomes Gordon Road
- Turn left into Soutpansberg Road, finish opposite Rietondale Park.

Link to Strava segment of route: Route2

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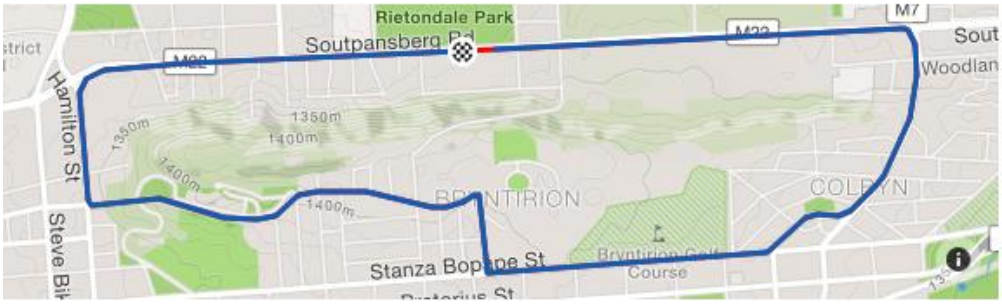
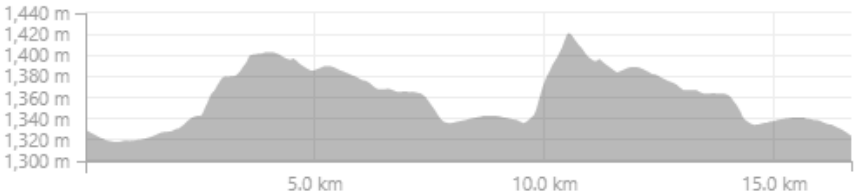


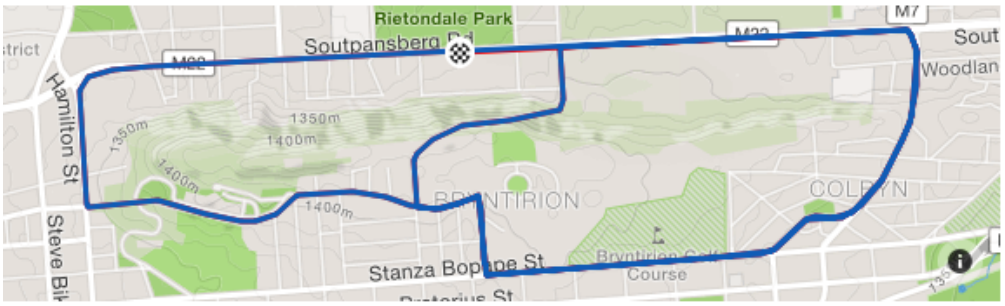
Route 3:

This is the basic loop around the Union Buildings but takes a detour across Tom Jenkins Road before returning to the original route just after the Union Buildings again. It is 16.6km in distance.

- Start at Rietondale Park in Soutpansberg Road
- Ride east towards Hamilton Street
- Turn left into Hamilton Street
- Turn left into Edmond Street
- Follow Government Avenue to pass in front of Union Buildings, road makes a right hand turn becomes Dumbarton Road
- Turn left into Stanza Bopape Street
- Turn left into Jan Shoba Street that becomes Gordon Road
- Turn left into Soutpansberg Road
- Turn left into Tom Jenkins
- After the summit of Tom Jenkins, turn left into Government Avenue and follow the rest of the normal route to the Finish in Soutpansberg Road.

Link to Strava segment of route: Route3





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Road Race: Start Times & Distances

Refer to following distance chart for number of laps to be completed per age category.

NOTE: Groups and start times may change. Please confirm before race day.

Group	Start Time	Distance	Route
U11 Girls	06:00	20	2 laps of Route 1
U11 Boys	06:00	20	
U13 Girls	06:00	20	
Para Cyclists (per classification)	06:05	30	3 laps of Route 1
U13 Boys	06:05	30	
U15 Girls	06:05	30	
Para Cyclists (per classification)	06:15	50	5 laps of Route 1
Master Men 70+	06:15	50	
Master Ladies 60+	06:15	50	
U15 Boys	06:20	50	
U17 Girls	06:20	50	
U17 Boys	08:30	71.5	7 laps of Route 2
Junior Ladies	08:30	71.5	
Para Cyclists (per classification)	08:40	71.5	
Master Men 65-69	08:40	71.5	
Master Men 60-64	08:40	71.5	
3Master Ladies 50-54	08:40	71.5	
Master Ladies 55-59	08:40	71.5	
Master Men 55-59	08:50	94	8 laps of Route 2 plus one last lap Route 3
Master Men 50-54	08:50	94	
Veteran Ladies 45-49	09:00	94	
Veteran Ladies 40-44	09:00	94	
Veteran Ladies 35-39	09:00	94	
Veteran Ladies 30-34	09:00	94	

Prize giving will take place around 09:30 for the 1st groups that started 06h00 to 06h20

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U23 Men	12:20	161.5	15 laps of Route 2 plus one last lap Route 3
Elite Men	12:20	161.5	
Veteran Men 35-39	12:30	116.5	10 laps of Route 2 plus one last lap Route 3
Veteran Men 30-34	12:30	116.5	
Veteran Men 45-49	12:40	116.5	
Veteran Men 40-44	12:40	116.5	
U23 Ladies	12:50	116.5	
Elite Ladies	12:50	116.5	
Junior Men	13:00	116.5	
Prize giving will take place around 13:20 for the 2nd groups that started 08h30 to 09h00			
Final prize giving of the day (approximately 17:00)			

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