

TECHNICAL GUIDE

COMBINED PROVINCIAL ROAD AND TIME TRIAL CHAMPIONSHIP

TIME TRIAL - SATURDAY

17 JANUARY 2026

ROAD RACE - SUNDAY

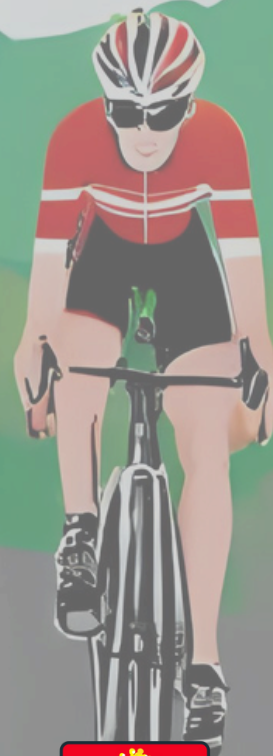
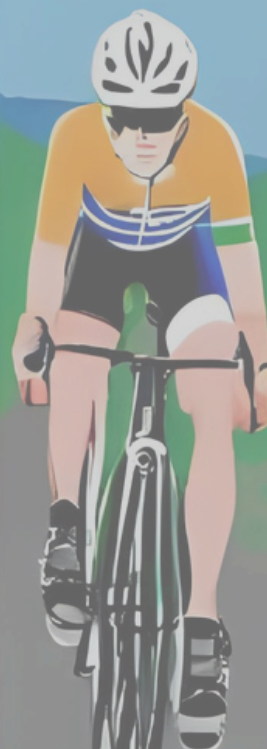
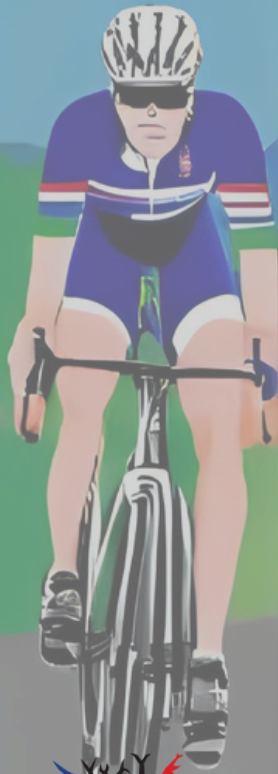
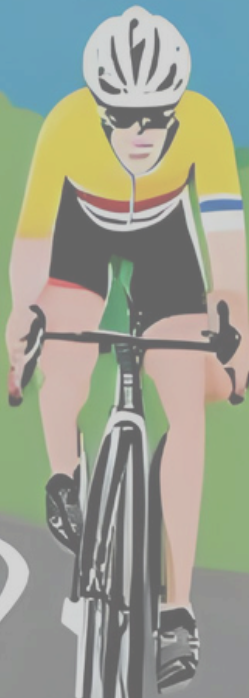
18 JANUARY 2026

VENUE - KAREL KAT

FUNCTION VENUE

PLOT 65 CNR DIANA &

E END RD, MAPLETON





THE 2026 COMBINED PROVINCIAL ROAD AND TIME TRIAL Championships will take place at Karel Kat function venue plot 65 cnr Diana & E End Rd, Mapleton

**The Time Trial will take place on Saturday, 17 January 2026.
The Road Race will take place on Sunday, 18 January 2026.
Both days will commence from 06:00.**

Please Note:

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/she will only be the U23 Champion, and the first Elite rider will be the Elite Champion.)

Race Organizer Details:

Event Organizer:

Gauteng Road Commissioner: Gerrit Pfahl - 084 644 3699
NW Road Commissioner: Jannie Schoeman - 083 796 8721
Free State Road Commissioner: Peter Bailey - 084 588 3860
Mpumalanga President: Danie Botha - 076 745 0516
Limpopo President: Jaco Van der Walt - 076 414 0009
Safety Officer: Renier Van Den Berg - 082 447 7210

Food & Refreshment:

Food and Refreshments will be sold at Karel Kat from various different food and refreshment vendors.

Licenses:

The Championship is an open Provincial Championship for any Province in South Africa. Podiums will only be awarded to Gauteng, North West, Mpumalanga, Limpopo and Free State riders who have applied for and were issued with a Cycling SA Full Racing License for 2025. There will be 5 different podiums for the various provinces.

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 2026. The different provinces might have different age categories that will be awarded medals.

Timing

TT- CSA Officials
Road Race - Spectrum Sport



Entries

Entry is done via a **BikeAbout** which can be accessed here:

<https://bikeabout.co.za/events/combined-provincial-road-and-time-trial-championship-2026>

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

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

Entries **close on 12 January 2026** at midnight.

Strictly no late entries for the Road, Time Trial and Para Cycling categories after 15 January 2026.

Late entries subject to a R100 penalty.

Entry Fees

ENTRY FEE for TIME TRIAL:	ENTRY FEE for Road Race:
U15 and younger : R250	U15 and younger : R250
U17 and older : R380	U17 and older : R490
Para Cyclists : R380	Para Cyclists : R490
ENTRY FEE for BOTH EVENTS:	
Save 15% if entering	U15 and younger : R425
for both events	U17 and older : R740
(Pre-entries only)	Para Cyclists : R740

Registration & Number Collection

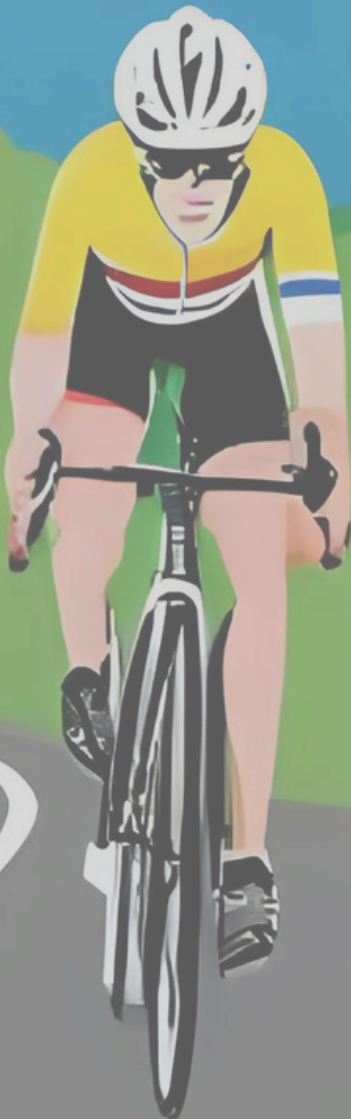
Registration will take place

- Saturday 17 January, up to 1 hour before the start of own TT starting time, and;
- Sunday 18 January, up to 2 hours before the start of your category/race.

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. Please note that Rider kit will be checked, and will need to correspond to the registered Team and or Club kits.





Support Vehicles & Radios

2026 Team Manager's accreditation is required for a support vehicle to be allowed on the route.

Team Manager's meeting for the Road Race:
Will be 30 minutes before the relevant racing category

There will be one clearly marked Feeding Zone 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 on racing distances shorter than 136km.
- Feeding Zone will be demarcated.
- 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 Commissaries, registered team managers and neutral service personnel will be permitted to use radios to communicate among themselves during the road races.

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 2x back numbers and 1x 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.

VENUE INFORMATION

Directions to Venue

The 2026 Combined Provincial Road and Time Trial Championships will take place at:
Karel Kat Function Venue

plot 65 cnr Diana &, E End Rd, Mapleton

Parking at Venue:

There is ample parking at the venue.

Venue and feeding zone Layout



TIMETRIAL INFORMATION

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. 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.

Strict rules will apply with regard to the UCI technical regulations.

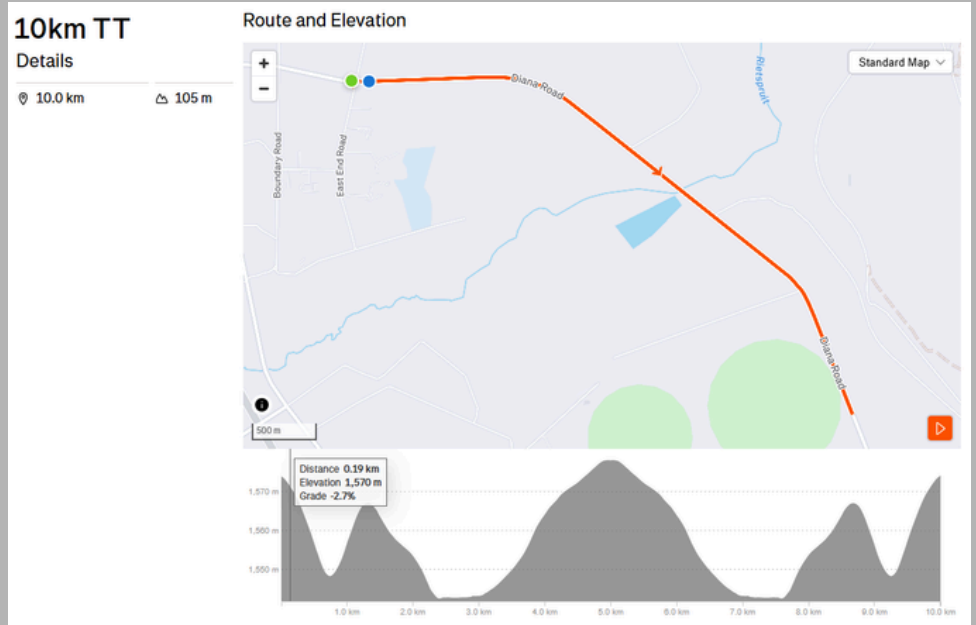
Riders will not be allowed to use the TT circuit to warm up.

Route Description: Time Trial

Route description: The time trial circuit is 10, 13.2, 18.8 & 37.6 km in length. Depending on your distance you will either turn around at some point or complete a lap of the circuit.

MAPS AND PROFILES OF EACH DISTANCE OF THE TT CIRCUITS BELOW:

10km Time Trial



<https://www.strava.com/routes/3420712278074268994>



Route description:
The 10km route will head towards R550, after km there will be a turn around point back to the finish.

The entire 10 km of circuit will not be closed for traffic, please be alert and stay within the yellow lane for safety.

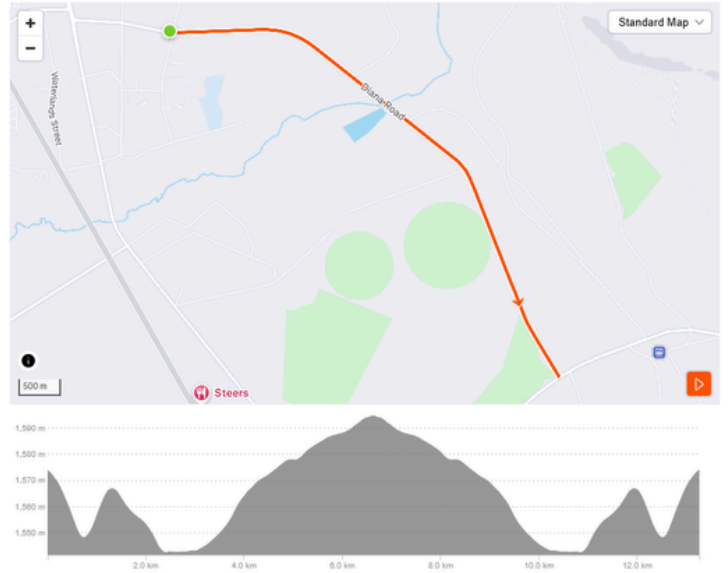
13.2km Time Trial

13.2km TT

Details

13.27 km 121 m

Route and Elevation



<https://www.strava.com/routes/3420713076092959042>

Route description:
The 13.2km route will head towards R550, after 6.6km there will be a turn around point back to the finish.

The entire 13.2 km of circuit will not be closed for traffic, please be alert and stay within the yellow lane for safety.

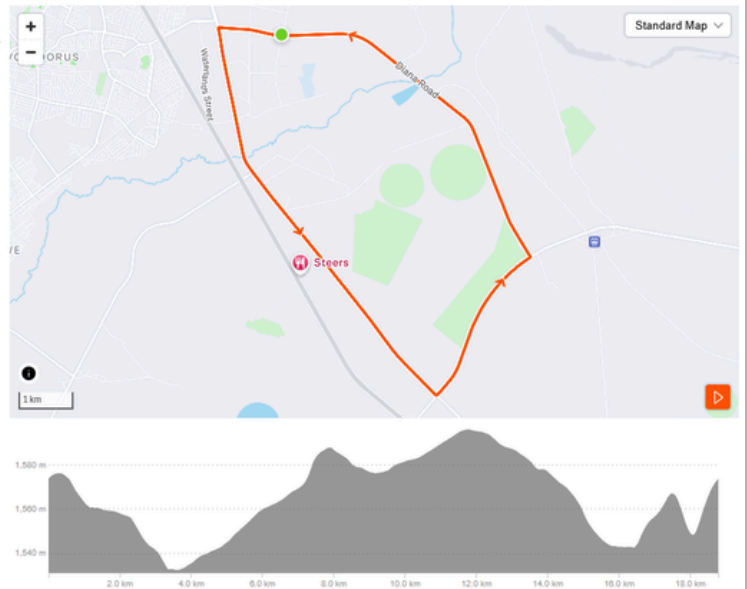
18.8km Time Trial

Gauteng Route

Details

18.79 km 128 m

Route and Elevation



<https://www.strava.com/routes/3413851120399320960>



Route description:

The 18.8km route will head towards R103, will turn left onto the R550, another left turn onto Diana Rd back to the Finish.

The entire 18.8 km of circuit will not be closed for traffic, please be alert and stay within the yellow lane for safety.

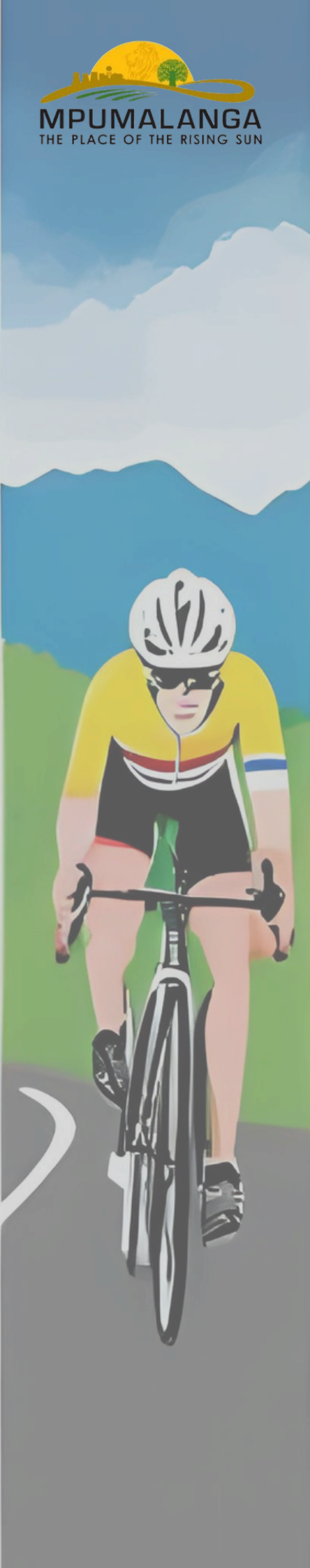
The 37.6km distance, will do the lap 2 times.

PLEASE NOTE:

Individual start times to be confirmed on 15 January 2026 at 20:00, and distributed via e-mail, and published on Gauteng Cycling Facebook page.

AGE GROUP	Total Distance	Total Elevation	Laps
U/11 Boys/Girls	10	105	1
U/13 Girls	10	105	1
U/13 Boys	10	105	1
U/15 Girls	10	105	1
U/15 Boys	13,27	121	1
U/17 Girls	13,27	121	1
Junior Women	13,27	121	1
U/17 Boys	18,79	128	1
Junior Men	18,79	128	1
Elite Men	37,58	256	2
U/23 Men	37,58	256	2
30-39 Men	18,79	128	1
40-49 Men	18,79	128	1
50-59 Men	18,79	128	1
60-64 Men	18,79	128	1
65-69 Men	18,79	128	1
70+ Men	18,79	128	1
Elite Women	18,79	128	1
U/23 Women	18,79	128	1
30-39 Women	18,79	128	1
40-49 Women	18,79	128	1
50-59 Women	18,79	128	1
60-64 Women	18,79	128	1
65-69 Women	18,79	128	1
70+ Women	18,79	128	1

GROUP	Total Distance	Total Elevation	Laps
B Men	18,79	128	1
B Women	18,79	128	1
C1-C2 Men	18,79	128	1
C3-C5 Men	18,79	128	1
C1-C3 Women	18,79	128	1
C4-C5 Women	18,79	128	1
T1-T2 Men	18,79	128	1
T1-T2 Women	18,79	128	1
H1-H2 Men	18,79	128	1
H3-H5 Men	18,79	128	1
H1-H3 Women	18,79	128	1
H4-H5 Women	18,79	128	1





ROAD RACE INFORMATION

Bicycles & Equipment: Road Race

All bicycles will be checked and weighed 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.

Route Description: Road Race

Route description:

The 18.8km route will head towards R103, will turn left onto the R550, another left turn onto Diana Rd back to the Finish.

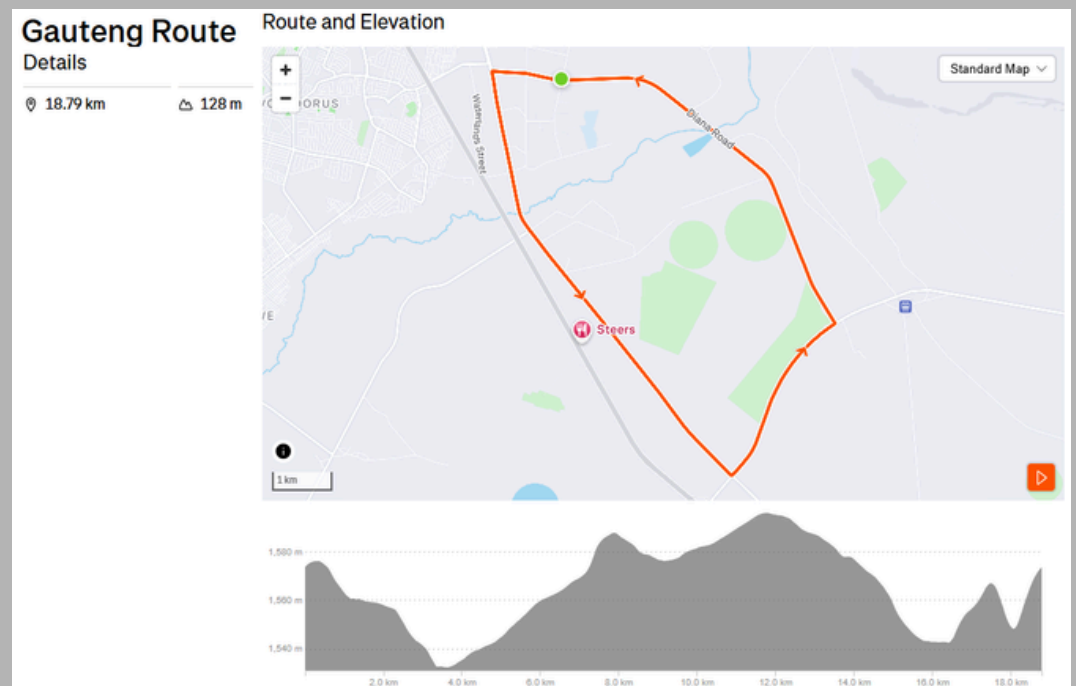
The entire 18.8 km of circuit will not be closed for traffic, please be alert and stay within the yellow lane for safety.

-Depending on your distance you will complete one or more laps of the circuit as indicated in the table below.

MAPS AND PROFILES OF EACH DISTANCE OF THE RR CIRCUITS BELOW:

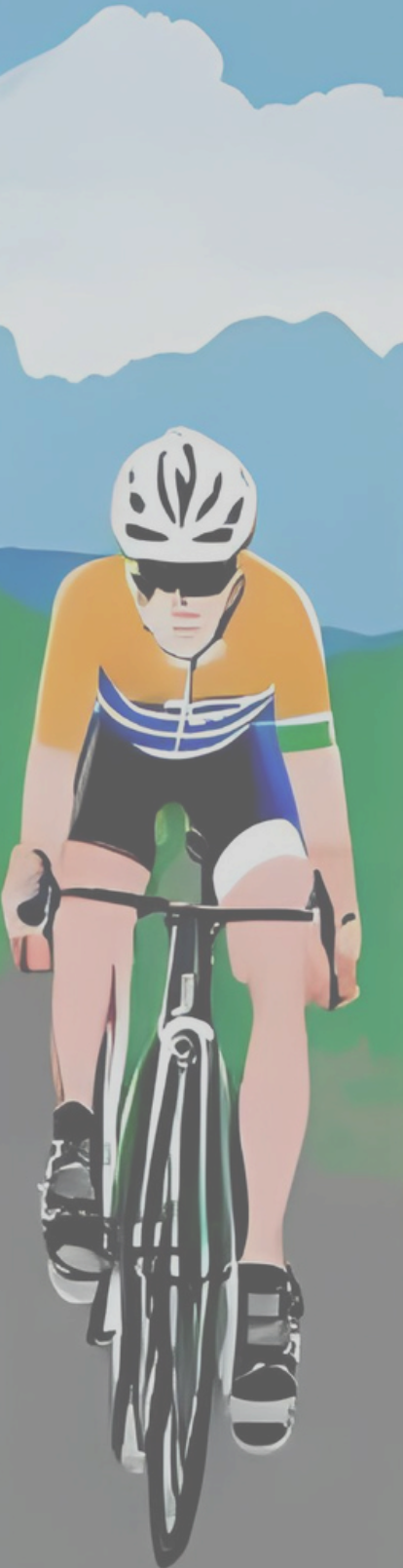
Road Race

- 18.8 km – 1 x lap of circuit
- 37.6 km – 2 x laps of circuit
- 56.4 km – 3 x laps of circuit
- 75.4 km – 4 x laps of circuit
- 94 km - 5 x laps of circuit
- 131.5 km – 7 x laps of circuit
- 150.6 km - 8 x laps of circuit
- 187.9 km - 10 x laps of circuit



<https://www.strava.com/routes/3413851120399320960>

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.

Time limits will apply, the Commissaires will pull riders of the course at their discretion if they deem the rider to be out of contention in the race. Their decision is final.

AGE GROUP	Total Distance	Total Elevation	Starting time	Laps
U11 Girls	18.8	128	06:00	1
U/11 Boys				
U/13 Girls				
T1-T2 Men				
T1-T2 Women				
U/13 Boys	37.6	256	06:10	2
U/15 Girls				
U/15 Boys	56.4	384	06:20	3
U/17 Girls				
C4-C5 Women				
U/17 Boys	75.2	512	06:25	4
C1-C3 Men				
70+ Men				
H1-H2 Men	56.4	384	07:20	3
H3-H5 Men				
H1-H2 Women				
H3-H5 Women				
C1-C3 Women				
60-64 Women				
65-69 Women				
70+ Women				
Junior Women				
30-34 & 35-39 Women				
40-44 & 45-49 Women				
50-54 & 55-59 Women				
C4-C5 Men				
Para B Men				
Para B Women				
60-64 Men	94	640	08:00	5
65-69 Men				
50-54 & 55-59 Men	131.6	896	08:10	7
U/23 & Elite Women	150.4	1024	09:00	8
40-44 & 45-49 Men	150.4	1024	09:30	8
30-34 & 35-39 Men	150.4	1024	09:40	8
Junior Men	150.4	1024	11:30	8
U/23 & Elite Men	188	1280	11:00	10



Rules and regulations:

The Inter Provincial Competition is a competition within the Combined Provincial Championships and administered by the Provincial Road Commissions.

Purpose:

To create an opportunity for all riders to participate in an interprovincial road and time trial competition against other riders in the event.

To assist the provinces with their development and transformation goals.

Format

This competition will include riders participating in the Combined Provincial Championships.

The following events will be included:

Saturday 17 January 2026 – Individual Time Trial

Sunday 18 January 2026 – Road Race

Rules:

The event will take place according to the rules and regulations set out in this document.

The Chief Commissaire appointed will make the final decision on any disputes.

All age categories will be included in the competition, U/11, U/13, U/15, U/17, Junior, U/23, Elite and Veteran/ Master groups in 10 year age groups.

The points system for these competitions works as follows:

1. Each province can nominate 3 riders per age group per gender for the competition.
2. Names of nominated riders must be submitted at the team manager's meeting on 18 January 2026.
3. The province with the most points in all disciplines will win the overall competition.
4. If the Provincial Competition ends in a draw, the final positions will be determined by a count back on the following basis:
 - Province with the biggest number of PDI riders.
 - Province with the biggest number of female riders.
 - Province with the biggest number of participants.

Points per position:

1st position = 10 points

2nd position = 8 points

3rd position = 6 points

4th position = 4 points

5th position = 2 points

6th position = 1 point



1st Awards Ceremony will take place
around 09:30 for the 1st groups that
started 06:00 to 06:20

2nd Awards Ceremony will take place
around 12:00 for the 2nd groups that
started 07:40 to 08:10

3rd Awards Ceremony will take place
around 15:30 for the 3rd groups that
started 09:00 to 11:30

SPECIAL THANKS GOES OUT TO ALL RIDERS
WHO MADE THE EVENT POSSIBLE, ALSO ALL
THE ORGANIZING MEMBERS

THANKS TO OUR SPONSORS FOR ALL YOUR
CONTRIBUTIONS TO MAKE THE EVENT A
SUCCESS!



GAUTENG EAST CYCLING

